



NEWS AND VIEWS



VOLUME 20

ISSUE 8

August 2018

PLEASE SHARE THIS NEWSLETTER WITH OTHER VETERANS

Presidents Message

This month the report is a little different. During newsletter printing and folding/ mailing I will be in Palm Springs at the national leadership conference reporting on my part of the future of VVA and where are we going next. This is a complex project with two committees that are reporting out. This will be the first report to the membership of what we have learned and what we need to do to go forward. It is also the time we will be listening to what the members here from us and their comments moving forward. It can be a little intimidating, but I am proud to be a part of it.

As I mentioned the newsletter printing, folding and mailing. We are looking for someone to take the point position on this. I would hate to lose our outreach to the membership. I have always felt that it is the best way to keep the members up to date with what we are doing. It is getting difficult for Sonja to keep doing this without someone stepping up to cover when she is unable to get to town.

We are coming to the end of our Wednesday night market and putting more effort into the chapter dinner dance fundraiser. We could use a little help selling and buying tickets to this event. The funds we raise here help us with our assistance to veterans. We are getting to a place where we have more veterans needing assistance because of changes in the area. FEMA ran out for some and paperwork to transfer to other programs can be difficult for veterans with health or mental health issues.

There is planning started to hold a ceremony and other events on October 13, 2018 at the Vietnam Veterans Me-



morial in Sacramento celebrating the 30th anniversary of our memorial. Mark the date on your calendar and try to attend. I will have more information going forward.

We can use some help at all our projects. The coffee cart is short handed if anyone is gone for a day, we could use more help there and if you know some younger veterans ask them if they have a little free time. It is only in the mornings that it is not raining and on days the clinic is open. You still get weekends and holidays off. Check our calendar as see what other things are coming up. We have the airshow in September right after the POW/MIA ceremony at the memorial in Santa Rosa. The POW/MIA ceremony is on Friday September 21st. We need people to help with setup and watching Earl to keep him in line. He loses track of time and days out there and may wander of following a balloon or something. We are putting together a project with the AmVets Post 40 to work together to host pancake breakfasts on some Sunday mornings at the Veterans Building. It is a good place to come in hang out shoot the breeze and get to know some of our workers.

We are also starting to put together the team to put together the Chapter Christmas party. It will be on December 7th, that is the first Friday in December and we have always had a good time. Let us know if you would like to help.

We still have the poker tournament once a month. This month it will be on Saturday August 18th. We can always use a couple of people to help with set up or clean up.

All of our events are filled with fun and comradery so we really get to know a few things about each other.

SAVE the DATE
October 13, 2018

30th Anniversary of the
California Vietnam Veterans Memorial

Vietnam Veterans of America Redwood Empire Chapter 223

Santa Rosa, California

Office (707) 526-4218 Email: VVA223@gmail.com

Officers

President: Ken Holybee – holybee@comcast.net - 707-887-8891

Vice President: Lou Nuñez — scso610ret@gmail.com — 707-291-5314

Secretary: Kate O'Hare-Palmer — koharepalmer@gmail.com — 707-775-4123

Treasurer:

Board of Directors

Joe Cholewa—skosh@sonic.net— 707-486-0699

Whit Patterson — dwpat2@yahoo.com — 707-292-9561

Dave Richey — beardave@sonic.net

Gabe Arevalo — garoar@gmail.com —707-303-5859

Tony Rambonga Jr.—

AVVA Representative—Brian McKeown—miltman32a@yahoo.com—707-508-9969

The Chapters new EMAIL ADDRESS IS: vva223vva@gmail.com

Committees

Chaplain:

Clinic Coffee Cart: Lou Nuñez

Color Guard:

Dinner/Dance: Lou Nuñez

Education: John McGivney

Finance: Pat Christen

Food Distribution: John McGivney

Legislation: Ken Holybee

Membership: Whitt Patterson

Newsletter: Ken & Sonja

Scholarship Fund: Sunny Campbell

UVC: Ken Holybee

Veterans Building: Lou Nuñez

Website:

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

Contributors to the News and Views: Ken Holybee, Kate O'Hare-Palmer. 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.

NOTICE

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



Mike Thompson

MEMBER OF CONGRESS

FIFTH DISTRICT, CALIFORNIA

231 CANNON BUILDING
WASHINGTON, D.C.
20515
(202) 225-3311

FAX: (202) 225-4335

<http://mikethompson.house.gov>

1040 MAIN STREET ,
SUITE 101
NAPA, CA 94559
(707) 226-9898

(H) (707) 963-1990

Hello Kate, You & I met briefly in Santa Rosa on Memorial Day.

I traveled from Phila. to San Fran to tour the city and visit My Brother from Vietnam whom resides in Santa Rosa. We were in the same platoon during our tour of duty 68/69 while in the USMC with 2Bn 1st Division.

This Letter and the Item at the end came to
Kate by way of the VVA National Office

We were stationed 10 miles west of Danang at Camp Laurer.

It was quite an Honor standing shoulder to shoulder once again with him listening to all the speakersAnd then you stood up and we listened Kate..

I heard every word you said and as you spoke my mind drifted back to 1969.. By June 69 I participated in over 250 patrols and ambushes and was thinking of going home.. On June 30 we went out on patrol and the 8 guys who went out that day were halfway through our patrol when a double booby trap exploded and 5 of us went down.. We were in a completely tree lined area and all 5 of us had pretty banged up. The 3 remaining Marines had to carry all 5 of us towards an open area for a chopper to come and land..

I was severely wounded with a lot of shrapnel in my right leg, Left hand, Right forearm and the back of my head.. It took us a long time to find a way out and 3 guys had to carry the 5 of us along with all our gear. When we finally worked our way out we called for a Medivac and we were picked up..

By the time we reached Danang Hospital we were exhausted, and I remember a nurse cutting off my boots and dog chain and all my clothes..

At that time, she looked at me and said II You look so young II and a minute later came back with a Catholic priest asking him to give me last rites because I had lost so much blood.. She held my right hand as I looked up at the priest administering Last Rights and thought it was going to be bad. The last thing I remember was the nurse pulling me up with help, so they could put a needle in my spine and it looked like she was crying.. I woke up 36 hours later in a bed freezing and not being able to move.. I laid there the longest time listening to guys screaming and the nurses trying their best to calm them down I could only look at the ceiling and praying to God mat I was alive..

After a month of healing and therapy I was sent back to camp to await my departure.. Kate, listening to you talk about the sights & sounds of a hospital ward on Memorial Day sent me back 50 years ago to those sights & sounds that you were talking about .. The nurse holing my hand, the nurse calming down screaming soldiers, the nurse running down the aisle yelling for a Doctor, the nurse putting flak jackets on top of us when the siren was alarmed, the nurse feeding all of us, the nurse tending to our wounds, the nurse who wrote letters for us, the nurse who listened to us day and night.. ..I was in attendance the day they unveiled the Woman's Vietnam Memorial and I wouldn't miss it for anything Kate.. As I stood there looking and listening to all the speakers that day I had a sense that " That Nurse " that held my hand was nearby..

Continued on next page

The Bear you are looking at is a " Freedom Bear"

Many years ago, 4 girls in the mountains of Missouri opened a

Remember Me - - Bereavement shop and created bears from loved one's clothes, and one day a neighbor walked into their shop and asked them if they could create a bear, so she could present it to the Family of a fallen US soldier from Afghanistan. And this is what they came up with Kate.. I purchase some from time to time sending them to Gold Star families and people whom I believe should have one.

After listening to you and every word you said I knew that when I returned from Calif I would forward one to you Kate.. .. The Missouri girls are self-proclaimed "hillbillies" and they are proud of that Kate and they ask only one wish,

They say all the Bears are female and should be named according so..

They used to ask me what names were chosen, and I would report but after a while they stopped keeping records. One name was selected so much that no other name could ever surpass it..

I hope you find a place for Her Kate.. She belongs to you...

There is no need for a response, I feel in my Heart that it's going to a Nurse I know what you went through Kate....I am very proud of all the nurses Yesterday, today and tomorrow God Bless You Kate..

~~~~~



Picture of Kate's  
new Freedom  
Bear

James F. Jordan  
10/18

## Harassment

Sent by Kate O'Hare-Palmer

Harassment is a form of employment discrimination that violates Title VII of the Civil Rights Act of 1964, the Age Discrimination in Employment Act of 1967, (ADEA), and the Americans with Disabilities Act of 1990, (ADA).

Harassment is unwelcome conduct that is based on race, color, religion, sex (including pregnancy), national origin, age (40 or older), disability or genetic information. Harassment becomes unlawful where 1) enduring the offensive conduct becomes a condition of continued employment, or 2) **the conduct is severe or pervasive enough to create a work environment that a reasonable person would consider intimidating, hostile, or abusive.** Anti-discrimination laws also prohibit harassment against individuals in retaliation for filing a discrimination charge, testifying, or participating in any way in an investigation, proceeding, or lawsuit under these laws; or opposing employment practices that they reasonably believe discriminate against individuals, in violation of these laws.

Petty slights, annoyances, and isolated incidents (unless extremely serious) will not rise to the level of illegality. To be unlawful, the conduct must create a work environment that would be intimidating, hostile, or offensive to reasonable people.

**Offensive conduct may include, but is not limited to, offensive jokes, slurs, epithets or name calling, physical assaults or threats, intimidation, ridicule or mockery, insults or put-downs, offensive objects or pictures, and interference with work performance.** Harassment can occur in a variety of circumstances, including, but not limited to, the following:

- The harasser can be the victim's supervisor, a supervisor in another area, an agent of the employer, a co-worker, or a non-employee.

- The victim does not have to be the person harassed, but can be anyone affected by the offensive conduct. Unlawful harassment may occur without economic injury to, or discharge of, the victim.

Prevention is the best tool to eliminate harassment in the workplace. Employers are encouraged to take appropriate steps to prevent and correct unlawful harassment. They should clearly communicate to employees that unwelcome harassing conduct will not be tolerated. They can do this by establishing an effective complaint or grievance process, providing anti-harassment training to their managers and employees, and taking immediate and appropriate action when an employee complains. Employers should strive to create an environment in which employees feel free to raise concerns and are confident that those concerns will be addressed.

Employees are encouraged to inform the harasser directly that the conduct is unwelcome and must stop. Employees should also report harassment to management at an early stage to prevent its escalation.

## Employer Liability for Harassment

The employer is automatically liable for harassment by a supervisor that results in a negative employment action such as termination, failure to promote or hire, and loss of wages. If the supervisor's harassment results in a hostile work environment, the employer can avoid liability only if it can prove that: 1) it reasonably tried to prevent and promptly correct the harassing behavior; and 2) the employee unreasonably failed to take advantage of any preventive or corrective opportunities provided by the employer.

The employer will be liable for harassment by non-supervisory employees or non-employees over whom it has control (e.g., independent contractors or customers on the premises), if it knew, or should have known about the harassment and failed to take prompt and appropriate corrective action.

When investigating allegations of harassment, the EEOC looks at the entire record: including the nature of the conduct, and the context in which the alleged incidents occurred. A determination of whether harassment is severe or pervasive enough to be illegal is made on a case-by-case basis.

If you believe that the harassment you are experiencing or witnessing is of a specifically sexual nature, you may want to see EEOC's information on [sexual harassment](#).

\*\*\*\* The EEOC will be presenting some more information on Harassment at our Leadership Conference Women Veterans Committee seminar "New Rules of Engagement" in Palm Springs (June 23-29, 2018)\*\*\*

### WE ARE UPDATING OUR MEMBER ROSTER:

PLEASE SEND YOUR NAME AND EMAIL

ADDRESS TO THE SECRETARY:

KATE O'HARE-PALMER:

[Koharepalmer@vva.org](mailto:Koharepalmer@vva.org)

THANK YOU!!

### THEN AND NOW PICTURE PROJECT

We are compiling a group of photos of our **Chapter #223** Members in conjunction with our 40<sup>th</sup> Anniversary of VVA. Please help us make this project great! Send us a photo of Yourself while serving in the military with your name, rank, and ~~Serial #~~ ~~scratch that!!~~ \*!\*-Just kidding on that last part. Then add where the picture was taken and year. We would also like a picture Of you currently so we can do a photo album for our group!

Please send to: Gabe Arevalo: [garoar@gmail.com](mailto:garoar@gmail.com)



## Treating PTSD.

John R. McQuaid, Ph.D.  
Chief of Mental Health  
San Francisco VA Healthcare System



In the previous newsletter, I described three factors that contribute to the development of Posttraumatic Stress Disorder (PTSD). They are classical conditioning (pairing the stress response with previously non-threatening things; operant conditioning (learning to avoid reminders of the trauma); and cognitive processing (how we try to fit the traumatic experience into our previous understanding of ourselves, others, and the world). In this article I will describe therapies that have been shown to treat PTSD, and how they relate to the causes.

The VA and the Department of Defense have done a very thorough review of treatments and developed practice guidelines based on the best available science.

These can be found at <https://www.healthquality.va.gov/guidelines/mh/ptsd/index.asp> and include a patient summary describing treatments. The current guidelines highlight three treatments that have strong evidence that they work:

Prolonged Exposure (PE). Prolonged Exposure targets the classical and operant conditioning that keeps symptoms interfering with life and goals. Working with a therapist, the client breaks the link between the trauma reaction (e.g., anxiety, fear, anger) by talking about and describing the experience. By remembering the trauma in a safe, supportive place, the link between the memory and the emotional response is reduced. In addition, this treatment involves the client doing things that have been avoided. This can include driving, being in crowds, or other situations that raise anxiety. By doing these things in a safe environment, the link between the painful emotions and the action is weakened, and over time clients can do things they didn't think they could.

Cognitive Processing Therapy (CPT). Cognitive Processing Therapy can share some of the techniques of prolonged exposure. For example, you might approach previously avoided experiences. However, much of the focus in CPT is looking at what you believe the trauma means about you, others, and the world, and learning to understand the experience in a way that helps you cope more effectively. You also learn to notice and change general unhelpful thoughts that interfere with your emotions and actions.

Eye Movement Desensitization and Reprocessing (EMDR). This treatment incorporates a number of techniques that address the processes that contribute to PTSD. Clients practice remembering the trauma while paying attention to stimulus that moves back and forth across the visual field. They track changes in their level of distress while doing so to guide next steps in the treatment, and also notice change in thoughts and beliefs about the trauma.

All of these treatments are effective for PTSD, and generally are relatively brief (8-16 sessions). There is good evidence that most people who complete these treatments improve, and there is not good evidence of any one of these being more effective than the other, so it makes sense to try the one that is most appealing to you. In choosing a treatment option, it is important to discuss with a doctor or therapist about what the experience is like.



Department of Veterans Affairs  
**Office of Inspector General**  
*An Independent Voice to Improve the Lives of Veterans*

### **Unwarranted Medical Reexaminations for Disability Benefits**

*Veterans Affairs Office of Inspector General (OIG) sent this bulletin at 07/17/2018 11:12 AM EDT*

You are subscribed to Oversight Reports for Veterans Affairs Office of Inspector General (OIG). This information has recently been updated, and is now available.

### **Unwarranted Medical Reexaminations for Disability Benefits**

*07/16/2018 08:00 PM EDT*

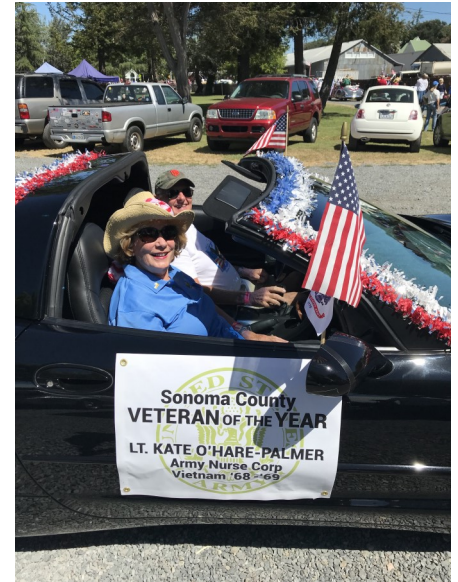
The VA Office of Inspector General (OIG) reviewed reexamination requests by the Veterans Benefits Administration (VBA) and estimated that, from March through August 2017, VBA spent \$10.1 million on unwarranted reexaminations. The OIG estimated that VBA would waste an additional \$100.6 million over the next five years unless it ensures that VBA employees only request reexaminations when necessary. According to VBA policy, employees can request reexaminations for veterans when there is a need to verify the continued existence or current severity of a disability, and when there is no exclusion from reexamination. However, before requesting a medical reexamination, VBA policy requires a Rating Veterans Service Representative to review the veteran's claims folder and determine whether the reexamination is needed. This pre-exam review serves as an internal control to prevent unwarranted reexaminations. The OIG



WED. NIGHT MARKET



Although 2018 VOY can not be in this years Veterans Day parade due to a previous commitment in Washington DC she is able to be in numerous others. Included in Penngrove along with the Butter and Egg and Rose parade. Proudly Driven by Marine Mike McLucas and his wife Maryann in their corvette and also 57 Tbird



**THE SANTA ROSA  
VETERANS' MEMORIAL BUILDING**  
1351 MAPLE AVENUE, SANTA ROSA, CA 95404



**Saturday  
September 8th  
2018**



**VIETNAM VETERANS OF AMERICA  
REDWOOD EMPIRE CHAPTER 223**


**Invites Veterans, Family and Friends to our  
Annual Dinner Dance Fundraiser and Social Event**

**Please Mark It On Your Calendar**

Proceeds Benefit Vietnam Veterans of America Chapter 223 Sonoma County  
Redwood Empire Educational and Project Programs

Vietnam Veterans of America Redwood Empire Chapter 223 is a 501 (c) 19  
Non-Profit Veterans Organization

# August 2018

| Sun                  | Mon                                              | Tue                                            | Wed                                                                         | Thu                                           | Fri                                             | Sat                                                                                                                                                             |
|----------------------|--------------------------------------------------|------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sonoma County</b> | <b>Fair</b><br><b>August 2– 12</b>               | 12 <sup>th</sup>                               | <b>1</b> Wed Night Mrkt                                                     | <b>2</b> 1990—Operation Desert Shield begins  | <b>3</b>                                        | <b>4</b> 1950-Defense of Pusan Perimeter begins                                                                                                                 |
| <b>5</b>             | <b>6</b> 1945 — Atomic bomb dropped on Hiroshima | <b>7</b> 1942—US Forces land on Guadalcanal    | <b>8</b> Wed Night Mrkt                                                     | <b>9</b> 1945—Atomic bomb dropped on Nagasaki | <b>10</b>                                       | <b>11</b>                                                                                                                                                       |
| <b>12</b>            | <b>13</b>                                        | <b>14</b> Board Mtg 1 PM                       | <b>15</b> Wed Night Mrkt 1945 — Japan accepts unconditional surrender terms | <b>16</b>                                     | <b>17</b> 1955—Birthday of Civil Affairs Branch | <b>18</b> <b>POKER</b><br>Set up at 4 PM                                                                                                                        |
| <b>19</b>            | <b>20</b>                                        | <b>21</b> General Mtg 6 PM Dinner 7 PM Meeting | <b>22</b> Wed Night Mrkt                                                    | <b>23</b>                                     | <b>24</b> CSC MEETING                           | <b>25</b> Newsletter Articles Due<br><br>1944 - Allied Forces Liberate Paris |
| <b>26</b> CSC ENDS   | <b>27</b>                                        | <b>28</b> Food Distribution 7 AM               | <b>29</b> Wed Night Mrkt<br>UVC—7 PM                                        | <b>30</b> Fold Newsletter 10 AM               | <b>31</b>                                       |                                                                                                                                                                 |

# September 2018

| Sun                                                    | Mon                       | Tue                                            | Wed                | Thu                             | Fri       | Sat                                     |
|--------------------------------------------------------|---------------------------|------------------------------------------------|--------------------|---------------------------------|-----------|-----------------------------------------|
|                                                        |                           |                                                |                    |                                 |           | <b>1</b> <b>POKER</b><br>Set up at 4 PM |
| <b>2</b>                                               | <b>3</b> LABOR DAY        | <b>4</b>                                       | <b>5</b>           | <b>6</b>                        | <b>7</b>  | <b>8</b>                                |
| <b>9</b>                                               | <b>10</b>                 | <b>11</b> Board Meeting 1 PM                   | <b>12</b>          | <b>13</b>                       | <b>14</b> | <b>15</b> 1950—US Forces land at Inchon |
| <b>16</b> US Eighth Army breaks out of Pusan perimeter | <b>17</b>                 | <b>18</b> General Mtg 6 pm dinner 7 PM meeting | <b>19</b>          | <b>20</b>                       | <b>21</b> | <b>22</b> Newsletter Articles DUE       |
| <b>23</b>                                              | <b>24</b> Copy Newsletter | <b>25</b> Food Distribution 7 AM               | <b>26</b> UVC—7 PM | <b>27</b> Fold Newsletter 10 am | <b>28</b> | <b>29</b>                               |
| <b>30</b>                                              |                           |                                                |                    |                                 |           |                                         |



## Combat-Injured Veterans Tax Fairness Act Claim Information Available

**The Combat-Injured Veterans Tax Fairness Act of 2016**, enacted December 2016, allows certain veterans who received lump sum disability severance payments additional time to file a claim for credit or refund of an overpayment attributable to the disability severance payment. The law directed the Secretary of Defense to identify disability severance payments paid after January 17, 1991, that were included as taxable income on Form W-2, Wage and Tax Statement, but were later determined to be nontaxable and to provide notice of the amount of that payment. The Department of Defense is mailing letters to affected veterans (letters 6060-A and 6060-D) in July 2018.

### What this means for some veterans

Veterans discharged from military service due to medical disability may receive a one-time lump sum severance payment. Disability severance pay is taxable income unless the pay results from a combat-related injury or the service member receives official notification from the Department of Veterans Affairs (VA) approving entitlement to disability compensation.

Anyone who received a disability severance payment that was taxed and determines later that the payment qualifies under one of the rules above can file a claim for credit or refund for the tax year in which the disability severance payment was made and was included as income on a tax return.

For veterans who received a lump sum disability severance payment after January 17, 1991, the Combat-Injured Veterans Tax Fairness Act of 2016 may provide additional time to claim a credit or refund for the overpayment attributable to the disability severance payment.

### What you need to do

You must complete and file IRS Form 1040X, Amended U.S. Individual Income Tax Return, for the tax year the disability severance payment was made carefully following the instructions in the notice mailed by the Department of Defense in July 2018. You must mail the claim generally by the later of:

- 1 year from the date of the Department of Defense notice, or
- 3 years after the due date for filing the original return for the year the disability severance payment was made, or
- 2 years after tax was paid for the year the disability severance payment was made.

If you **did not** receive the notice from the Department of Defense and you received a disability severance payment after January 17, 1991, that you reported as taxable income, you can still file a claim as long as you attach the necessary documentation to your Form 1040X. You may contact the Defense Finance and Accounting Services to obtain your documentation for submission with the required Form 1040X. See the FAQs for addi-

tional information.

## Additional IRS Help

### Frequently Asked Questions

#### Publication 3

#### Form 1040X

#### Form 1310

#### Information for Veterans With Disabilities

#### Publication 525, Taxable and Non-Taxable Income

#### Publication 907, Tax Highlights for Persons with Disabilities

## Smartphone feature provides immediate access to Veterans Crisis Line

VA is excited to announce that service members and Veterans can connect to the Veterans Crisis Line using these simple words. The Siri function on Apple's iPhone and the Google Assistant function on Android phones now automatically dial the National Suicide Prevention Lifeline which also serves the Veterans Crisis Line, even if the number (1-800-273-8255) is not saved in the phone's contact list. **Callers will need to Press 1 in order to reach the Veterans Crisis Line.**

New VA.Gov website page to describe VA benefits.  
<https://www.choose.va.gov/> July 2018



# ChooseVA

Thank you for your service. The VA wants to bring attention to all Veterans what choices they have, and the full range of benefits and services they have access to when they ChooseVA. Watch our videos, listen to our Vets and employees, and discover why Veterans ChooseVA. Below you will find links to benefits, healthcare, and employment opportunities you may not have seen before. Click EXPLORE to find out more about what the VA is about. If you need healthcare and benefits, sign up on VETS.GOV. If you are interested in jobs and how working with Veterans is special, choose the CAREERS link. We're glad you're here, and hope to continue serving you.

**EXPLORE  
BENEFITS**

- Find out more about the VA and its services
- See the full-range of benefits and services the VA offers See updates on Veterans services and where they are

**Continued next page**



MIKE THOMPSON  
MEMBER OF CONGRESS

FIFTH DISTRICT  
CALIFORNIA

April 6, 2018

Ken Holybee  
Vietnam Veterans of America #223  
P.O. Box 1583  
Santa Rosa, CA 95402

Dear Mr. Holybee:

Thank you for inviting me to participate in the ribbon cutting ceremony for the Vietnam Veterans Memorial Wall display at the Santa Rosa Veterans Auditorium. As we discussed, everyone knows someone who has sacrificed for our country and is now memorialized on this wall.

The work you are doing to place additional displays that bring attention to the outstanding contributions of veterans to our local community and outside of Sonoma County is commendable.

Please contact me at my Santa Rosa District Office at (707) 542-7182 if I can ever be of assistance.

Sincerely,

MIKE THOMPSON  
Member of Congress



SIGN UP

- Sign up for healthcare benefits
  - Register and sign up for education benefits
- Find out the status of your benefit applications

JOIN  
OUR TEAM

- Find healthcare and support jobs in your area
  - Explore the employment options and career fields available
- Find out how Veterans can continue to serve with and for fellow Veterans

#### Unwarranted Medical Reexaminations for Disability Benefits CONTINUED FROM PAGE 6

estimated that 15,500 of 19,800 unwarranted reexaminations (78 percent) lacked a pre-exam review, indicating that VBA management routinely bypassed this internal control. Instead, VA Regional Office managers routed these cases directly to a Veterans Service Representative for scheduling the reexamination. Bypassing the pre-exam review caused the unwarranted reexaminations. About 14,200 veterans saw no change to their disability evaluations as a result of these reexaminations. The OIG estimated that the reexaminations resulted in proposed benefit reductions for about 3,700 veterans. Unwarranted reexaminations also created unnecessary work for VA employees by reducing VBA's capacity to process benefits claims and the Veterans Health Administration's capacity to provide healthcare services. The OIG made four recommendations including establishing internal controls to ensure that a reexamination is necessary, prioritizing the design and implementation of system automation to minimize unwarranted reexaminations, enhancing VBA's quality assurance reviews of requested reexaminations, and conducting a focused quality improvement review of cases with unwarranted reexaminations to understand and redress the causes of avoidable errors.



Please Support Our Sponsors

707-564-6401  
MON.-SAT. 9:30AM - 5:30PM

**BATAEFF SALVAGE CO.**  
WE BUY SCRAP METAL  
COPPER - BRASS - ALUMINUM - STAINLESS STEEL

GEORGE BATAEFF, JR.  
GARY BRIANS

250 Mountain View Ave.  
Santa Rosa, CA 95407

.. What The F..?"


KWTF.net "Roots of Rock"

Saturdays @0800 am

Requests & Dedications

RockitMan@mcn.org

...Be There




**Construction  
Company,  
Inc.**

3510 Brooks Avenue  
Santa Rosa, CA 95407  
General Engineering

(707) 586-0500  
Fax (707) 586-0900  
License # 479227

FINE DONUTS & PASTRIES, GOURMET COFFEE DRINKS



Frank & Champa  
(707) 326-9181  
fwhigham@hotmail.com

4275 Montgomery Drive  
Santa Rosa, CA 95405  
(707) 539-2416

**Town & Country**  
• PROPERTIES •

Residential • Land • Vineyards • Investment Properties



**Robert J. Moreiko, Jr.**  
Broker

5212 Old Redwood Highway • Santa Rosa, CA 95403  
Cell: 707-477-9020 • Office: 707-566-3980  
E-mail: bmoreiko@comcast.net • Lic. #01022418

(866)934-cvbf—(2823) **CALIFORNIA** only Calls on this  
number <http://CAVBF.org>



**CALIFORNIA VETERANS BENEFITS FUND**



**Summit Pain Alliance**

707-623-9803

**DAN MCCASKELL, Ph.D.**  
C.R.C., C.V.E.

SOCIAL SECURITY CLAIMANT REPRESENTATIVE

529 Davis Street  
Santa Rosa, CA 95401

**VIETNAM**  
12/67 to 2/69

707-528-4003

dangmccaskell@aol.com  
www.danmccaskell.com

Fax 707-528-4045





NON PROFIT ORG  
NON PROFIT  
US POSTAGE PAID  
Santa Rosa CA 95402

Address Service Requested

**News and Views**

**Volume 20 Issue 8 August 2018**

**A Publication of:**

**Vietnam Veterans of America**

**Redwood Empire Chapter 223**

**PO Box 1583, Santa Rosa, CA 95402**

**Meets at, see below**

**1351 Maple Avenue, Vets Building**

**Office Phone 707-526-4218**

**WEB: [www.vva-223.org](http://www.vva-223.org)**

**Chapter Email: [vva223vva@gmail.com](mailto:vva223vva@gmail.com)**

Membership Application for:  
Vietnam Veterans of America, Chapter # 223

Membership is open to US armed forces veterans who served on active duty (for other than training purposes) in the Republic of Vietnam between February 28, 1961 and May 7, 1975, or in any duty location between August 5, 1964, and May 7, 1975.

NAME \_\_\_\_\_ Address \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

DATE OF BIRTH----- GENDER-- MALE \_\_\_ FEMALE \_\_\_ Year- \$20.00 3-years—\$50.00

Life - \$100.00 Signature: \_\_\_\_\_

Submit to: VVA Membership Chapter 223, PO Box 1583, Santa Rosa, CA 95402

**JOIN VVA OR AVVA**

**IF YOU ARE A VIETNAM-ERA VETERAN YOU ARE INVITED TO JOIN VVA OR JOIN AVVA AND SERVE YOUR VETERAN COMMUNITY**