



NEWS AND VIEWS



VOLUME 18

ISSUE 7

JULY 2016

PLEASE SHARE THIS NEWSLETTER WITH OTHER VETERANS

Asbestos Exposure

Veterans from all branches of the military were often at risk of asbestos exposure, although it's much less likely for those currently on active duty or recently discharged to have come into contact with asbestos. If you're a veteran and have been diagnosed with an asbestos-related illness, you are potentially eligible for service connected disability compensation, and VA health care.

Asbestos is a catch all term for six naturally occurring silicate materials that were mined and used in for its ability to insulate objects from heat and fire. It was used extensively throughout the Department of Defense and industry until lawsuits pointed out the significant adverse health effects caused by its use. Veterans who worked in or on US Navy ships were particularly vulnerable to asbestos exposure, due to its extensive use as insulation throughout ships.

Inhalation of asbestos fibers can cause serious adverse health effects such as asbestosis, lung cancer and mesothelioma. If you are a Veteran and have lung problems, please make sure that you discuss your veteran status and possible asbestos exposure with your doctor, so they can look into the possibility that your lung condition may have an asbestos related component to it.

If you've developed an asbestos-related disease after serving in the military, there is a good chance that you may qualify for compensation and medical care. According to the U.S. Depart-

ment of Veterans Affairs (VA), if you were exposed to asbestos while in service and subsequently developed an asbestos-related illness, you may be eligible for service-connected benefits. Our office can assist you in all aspects of claim development.

The Sonoma County Veterans Service Office can complete the DMV Veteran Status Verification Form for the new California Veteran Designation on your driver's license and also issues Veteran I.D. cards to honorably discharged veterans. There are many state and federal benefits and programs available to veterans and their dependents. To determine if you are eligible for any of these benefits, visit or call our office. We can and will assist you in completing all required application forms.

*Sonoma County Veteran Services, 3725 Westwind Blvd, suite 101, Santa Rosa, CA 95403
Services by appointment, please contact 565-5960; Drop in services are available Monday through Thursday, 8:30-10:00 am.*

*Chris Bingham,
Chief Service Officer*



Vietnam Veterans of America Redwood Empire Chapter 223

Santa Rosa, California

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Committees

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Clinic Coffee Cart:	Lou Nuñez
Color Guard:	Dave Phillips
Dinner/Dance:	Lou Nuñez
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Finance:	Pat Christen
Food Give-A-Way:	John McGivney
Legislation:	Ken Holybee
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Newsletter:	Ken & Sonja
Scholarship Fund:	Sunny Campbell
UVC:	Ken Holybee
Veterans Building:	John Crooker
Website:	Bill Burke

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

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

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We Will Miss All of You

We have lost the following veterans in the last couple of months, starting on Memorial Day with the passing of Ron Sidbeck, and then Frank Rezende, by heart attack the middle of June, Ross Hall from 702, and lastly Stan Turner in a fire.

They helped one and all.

President's Message

Ken Holybee



This year has been very hard on our membership. It seems like every week I am hearing of another member of our chapter or our national organization dying. We have lost two more members this last month. We also lost Ross Hall, a founding member of chapter 702 in Yountville. Some of us have known Ross for many years. If we were ten or fifteen years older this would not be so depressing. Look at the list in the "Veteran" magazine and see the ages of the members listed. The members listed in the magazine are just the ones that have been reported. If you know of a member that has passed, please let us know so we can submit the paperwork to national. If you can send us a copy of their obituary so we can include it.

Ron Sidbeck has been a life member of our chapter since about 1991 and a life member of AVVA since it became an organization in 1999. Until he became ill he was always at every event we held and always made people laugh. There will be a celebration of life and memorial service for him on July 30th at the Cotati Veterans Memorial Building from 2 till 4 PM. Feel free to stop by and share stories of your time with him. His family would be honored to meet the people that Ron called friends. I think everyone was a friend to him.

Frank Rezende has also been a life member of the chapter since about 1991. He has always been a supporter of our chapter and has assisted in many projects over the years. There will be a service for Frank on July 23rd, the time and place is pending.



MEMORIAL WEEKEND

By Ken Holybee

Memorial weekend in Santa Rosa was very busy for the veterans' organizations. We started out with the "Good Ole' Boys" fifth annual motorcycle run from the veterans building. People started showing up at around six o'clock

to set up the event. The American Legion had the breakfast starting at eight and the bar opened at nine. During this time the vendors set up their displays and other props. The motorcycles began arriving early and continued until well into the day. There were over 500 motorcycles attending. This group of Clampers really knows how to BBQ. They had the fire going early and they worked non-stop with cooking, registration, and coordinating everything that was going on. Since this is a fundraiser for the veterans, the run started at 11, leaving the vets building and going to the Santa Rosa Memorial Cemetery for a ceremony at the POW Memorial and then off to Petaluma Veterans Building. There were snacks and refreshments available there for sale in Petaluma. This is a way to benefit the veterans there rather than run around and support non veterans and hope for a donation. They then left Petaluma and returned to Santa Rosa where lunch was served at 2 PM. While the riders were gone the band started playing to keep people entertained. There were sales and information booths set up in the parking lot as well as a car show. Next year they are hoping for a larger car show to bring in more money and people.

We need to, as a group, promote this event and show up to support it. The money raised all goes to the veteran's organizations in Santa Rosa. It assists us in our programs and does a great service to promote us all working together for the good of all. The American Legion breakfast costs \$8.00 and is a good meal and gives everyone a chance to meet people coming to the event. The run, with a Tee shirt and steak BBQ costs \$25.00 and is well worth the money. It also gives us a chance to sit down with people and thank them for spending the day with us. The organizers of the event work all year to put on a better event every year and we appreciate their work, caring and commitment to this cause. A lot of them have their children involved and they work hard to help with different fundraising ideas of their own. Most people that see a group of motorcycles going down the road never see this side of them. The riders are from all walks of life but have a common appreciation for veterans and the freedom in our country. I can never say too many times that we all need to try to attend this event and see what is going on.

This information is on Burials on the next three pages, we are getting to that age.

Burial and Plot-Interment Allowances

VA burial allowances are partial reimbursements of an eligible veteran's burial and funeral costs. When the cause of death is non-service related, the reimbursements are generally described as two payments: (1) a burial and funeral expense allowance, and (2) a plot or interment allowance.

A veteran may be eligible for a VA burial allowance if:

- the veteran paid for a veteran's burial or funeral; and
- the veteran has not been reimbursed by another government agency or some other source, such as the deceased veteran's employer; and
- the veteran was discharged under conditions other than dishonorable.

In addition, at least one of the following conditions must be met:

- the veteran died because of a service-related disability; or
- the veteran was receiving VA pension or compensation at the time of death; or
- the veteran was entitled to receive VA pension or compensation, but decided not to reduce his/her military retirement or disability pay; or
- the veteran died while hospitalized by VA, or while receiving care under VA contract at a non-VA facility; or
- the veteran died while traveling under proper authorization and at VA expense to or from a specified place for the purpose of examination, treatment, or care; or
- the veteran had an original or reopened claim pending at the time of death and has been found entitled to compensation or pension from a date prior to the date of death; or
- the veteran died on or after October 9, 1996, while a patient at a VA-approved state nursing home.

How Much Does the VA Pay?

- **Service-Related Death:** The VA will pay up to \$2,000 toward burial expenses for deaths on or after September 11, 2001. If the veteran is buried in a VA national cemetery, some or all of the cost of transporting the deceased may be reimbursed.
- **Non-Service-Related Death:** The VA will pay up to \$300 toward burial and funeral expenses and a \$300 plot-interment allowance for deaths on or after December 1, 2001. As of October 2011, the burial and funeral expenses and the plot allowance increase to \$722. If the death happened while the veteran was in a VA hospital or under VA contracted nursing home care, some or all of the costs for transporting the veteran's remains may be reimbursed. No plot allowance is paid to the family when the burial occurs in a national or state veteran's cemetery.

To obtain information regarding associated funeral expenses are incurred by the veteran and/or family, contact the local County Veterans Service Office.

To apply for burial benefits, complete VA Form 21-530, Application for Burial Benefits. Attach a copy of the veteran's military discharge document (DD Form 214 or equivalent), death certificate, and funeral and burial bills. The bills should indicate they have paid them in full. Please download the form or one can be obtained from the local County Veterans Service Office.

**Sorry so grim this month, but I had to
find something to put in, and with all
the deaths I thought this would be the
information to use.**

California Central Coast Veterans Cemetery

The California Central Coast Veterans Cemetery (CCCVC) will be the second California Veterans Cemetery developed and constructed in cooperation with the U.S. Department of Veterans Affairs, Veterans Cemetery Grants Program. The facility will be located in Monterey County in the City of Seaside. CCCVC is currently in the construction phase with an estimated opening in the Fall of 2016. The first phase of the cemetery will accommodate cremated remains only. If you are interested in a casketed burial, please contact the Monterey County Military and Veterans Affairs Office at (831) 647-7613.

Eligibility applications for columbarium burials are available below and at the Monterey County Military and Veterans Affairs Office until the cemetery opens. Please submit all forms to the Monterey County Military and Veterans Affairs Office at 1200 Aguajito Road, Suite 003, Monterey, CA 93940.

California Central Coast Veterans Cemetery Eligibility for Burial Benefits Determination Form

Northern California Veterans Cemetery

The Northern California Veterans Cemetery (NCVC) is the first California Veterans Cemetery constructed with the cooperation of the US Department of Veterans Affairs, and is operated by the state. State Veterans Cemeteries are intended to serve areas that are not adequately served by a National Cemetery. NCVC, located near Redding, California, primarily serves the veteran population in the eighteen Northern-most California counties. The currently developed area of the cemetery provides sufficient burial space for more than thirty years. Beyond that, the cemetery has the capacity for expansion of space for well beyond 100 years. Any eligible veteran, along with their spouse and eligible dependents, may be interred at the cemetery.

NCVC is located at 11800 Gas Point Road, Igo, CA 96047 or you may call the office at (866) 777-4533.

The NCVC Eligibility Determination Form can be downloaded.

Yountville Veterans Cemetery

The Yountville Veterans Cemetery is located on 11 acres of oak-covered hills in the northwest corner of the Yountville Veterans Home; this historic cemetery marks the resting place of over 5,700 veterans and dependents. The cemetery currently accepts only the interment of the Veteran Home's residents and their eligible dependents. Eligibility for interment is equivalent to the requirements for burial in a National Cemetery.

State Cemetery Information Eligibility

The VA has adopted regulations that establish the eligibility requirements for interment in a state veterans' cemetery. The regulations make the state eligibility requirements equivalent to the requirements for burial in a National Cemetery and provide for CalVet collection of information needed to determine eligibility. For eligibility requirements, go to www.cem.va.gov.

The Eligibility Determination/Pre-need Form is designed to assist in determining eligibility for burial in the NCVC on a pre-need basis. Pre-need determination allows a veteran to establish in advance, his/her eligibility for interment at the NCVC. There is no cost for pre-need determination, and it does not obligate the veteran to be interred at the cemetery.

Pre-need determination is intended to simplify and assist the veteran's next-of-kin at the time of death. There will be a \$500 interment fee for eligible spouses and dependent children at the time of need. Associated funeral expenses are incurred by the veteran and/or family.

A government which robs Peter to pay Paul can always depend on the support of Paul.

George Bernard Shaw

Military Funeral Honors Program

Military funeral honors are available within the State of California for honorably discharged veterans of the U.S. Armed Forces.

At minimum, two service representatives will render honors, sound taps, fold the flag and present it to the next of kin. Additionally, a detail to fire volleys, a chaplain, and/or a detail to serve as pall-bearers may be provided depending on the desires of the surviving family and resources available. Frequently, funeral honors are rendered in concert with a local Veteran Service Organization (VSO).

Note: The VSOs that may perform one or more of the above functions might include the Veterans of Foreign Wars, American Legion, Marine Corps League, etc.

Family members of the deceased veteran should first notify their funeral director of their desire to have military funeral honors rendered at the service. The family should provide the funeral director with as much of the following as possible:

- Name of Deceased;
 - Date of Birth;
 - Social Security Number;
 - DD Form 214 (Discharge Papers);
- Other Proof of Veteran Status or Eligibility for Burial Honors.

Veterans are eligible for military funeral honors if they meet one of the following requirements:

- Discharged from active duty under conditions other than dishonorable;
- Completed at least one term of obligated service in the Selected Reserve under conditions other than dishonorable;
- Enlisted on active duty at the time of death or in the Selected Reserve (drilling with a unit);
- Discharged from the Selected Reserve due to disability incurred or aggravated in the line of duty. The funeral director should contact one of the following Casualty Area Commands depending on the veteran's branch of service:

- **Army**
- North of Fresno)
- Fort Lewis, WA
- (888) 634-7496
- (Fresno & South of Fresno) Fort Huachuca, AZ
- (800) 248-0759
- **Air Force** Travis AFB Mortuary Affairs Military Honors
- (800) 586-8402 Casualty Assistance/ Benefits (866) 819-7250
- **Marine Corps**
- (866) 826-3628
- **Navy**
- (800) 326-9631
- **Coast Guard**
- (510) 437-5922

- In the event the funeral director cannot make contact with one of the centers listed above, please contact:
 - **Office of the Adjutant General**
 - ATTN: Military Funeral
 - Honors Program P.O. Box 269101
 - Sacramento, CA 95826-9101 Phone: (916) 854-3821

Kate O'Hare-Palmer in front of the Congressional Building



Jim Tyson, Color Guard from Virginia, Kate, Sharon Hodge, office Staff at the VVA Office, laying the AVVA Wreath at the Tomb of the Unknown Soldier All AVVA Members

Native American group laying Wreath at the Tomb of the Unknown Soldier



What this country needs are more unemployed politicians.

Edward Langley, Artist (1928-1995)



Women veterans column.

6.23.2016

By Kate O'hare-Palmer

On June 10, 2016, the Santa Rosa VA clinic had a women veterans appreciation luncheon. There are 1.6 million women veterans nationally. Most of those women were born after 1970. The VA is now strategically looking at ways to improve and incorporate needed services for the women. A lot of times, women are the ones who pick the healthcare for the family. The VA focus is on preventive care as well as comprehensive care. Ashley Ressigue, 82nd airborne, is the RN as the women liaison for care. The clinic can support pregnancy care now. There are two women health teams. Mammograms and ultrasounds are all contracted out to SR Memorial. The choice card is also available to women with healthcare needs at a greater distance of 40 miles from VA care. There is a new MOVES program (health, lifestyle, and weight management) for women only. Christine Loeber, clinical mental health CBOC coordinator, is also the Military Sexual Trauma coordinator. The clinic has partnered with a community group, Verity, to have an every Friday drop in group at 2pm at the VA clinic. Each veteran is assigned a PACT team and on that team is a psychologist, Dr. Grossman, that you can call to get needed accommodations (such as entering clinic without sitting in main waiting area). There was some time at the end of the presentation for questions and answers and also some time to get to know some other great women vets in our community.

VA Town Hall Meeting

By Ken Holybee

The Veteran and Family Advisory Committee hosted a town hall meeting with the staff and leadership of the San Francisco VA and the Santa Rosa CBOC. I wish I could say it was well attended by our local veterans, but it wasn't. We had the leadership of San Francisco and the staff from the CBOC and they ac-

tually outnumbered the veterans attending. We did have some important questions answered and we had one on one time with the leadership. The responses to the questions were mostly adequate and some were surprising with the lack of wanting to get into the meat of the questions. All in all it was a good meeting and I think we have opened some doors. We asked about transportation, phones, reception people and a host of other areas. Transportation is a major issue that we put to the leadership. We told them that having to walk or wait for someone to pick up the veterans arriving on the late bus was unacceptable.

One thing I took from this meeting is that I think the VA staff care more about our issues than the local veterans do. We have been talking about this meeting for about four months and have had fliers out for two months, and still people said they did not know about it. A few said they forgot about the meeting and I am sure some have no excuse for not attending. I don't know how we can get our members to become more involved in these types of projects, but I will keep trying. If anyone has any questions for the VA, feel free to call the clinic and speak to Phila Cole or stop in and leave a comment in the suggestion box. All comments left in the box are read and if you leave contact information they will get back to you.

The positive part of this meeting was the time spent talking to the leadership of the VA and showing them that there are people here with concerns that we want addressed. I will be inviting the staff to attend future meeting of our chapter for updates on progress from our questions. We must be vigilant to make things better for us all.



Military Jokes

The deadliest job in WWII. My high school assignment was to ask a veteran about World War II. Since my father had served in the Philippines during the war, I chose him. After a few basic questions, I very gingerly asked, "Did you ever kill anyone?"

Dad got quite. Then, in a soft voice, he said, "Probably. I was the cook."

Never lose a Tank

When I lost my rifle, the Army charged me \$85. That's why in the Navy, the captain goes down with the ship.

Military Lesson: Never Volunteer

During basic training at Ft. Leavenworth, our Sergeant asked if anyone had "artistic" abilities. Having been an architectural draftsman in civil life, I raised my hand. Then the Sergeant announced that everyone would get a three-day pass...except me. I would stay behind and neatly print each soldier's name onto his Army-issued underwear....

A Vietnam Tupperware Party

The steaming jungles of Vietnam were not my choice of places to spend his 21st birthday. However, the mood was brightened when he received a birthday cake from his sister. It was carefully encased in a Tupperware container and came with a this note: "Dick when you're finished, can you mail back my container?"

At Ease, and April Fools

We were inspecting several lots of grenades. While everyone was concentrating on the task at hand, I held up a spare pin and asked, "Has anyone seen my grenade?"

Military Pranks Are Scarier Than Bombs

The military has a long, proud tradition of pranking recruits. Here are some favorites from rally-point.com:

- Instructed a private in the mess hall to look for left-handed spatulas

- Sent a recruit to medical-supplies office in search of fallopian tubes
- Had a new guy conduct a "boom test" on a howitzer by yelling "Boom!" down the tube in order to "calibrate" it
- Ordered a private to bring a five gallon of dehydrated water (in fact, the sergeant just wanted an empty water can)

How did you know the war was over?

My 90-year-old dad was giving a talk at our local library about his WWII experiences. During the question-and-answer period, he was asked. "How did you know the war was over?" He replied. "When they stopped shooting at me."

I hope you ROTC

In college my freshman-year roommate was in ROTC and came from a long line of military men. Trask (his last name) used that heritage to lord it over me. But I got the last laugh. One night, he returned to the dorm in his perfectly pressed uniform, his newly acquired name tag in his hand. Reluctantly, he showed it to me. In large gold letters was printed: TRASH.


TRUE OR FALSE: MILITARY EDITION

- 1) In WWII, a German U-boat was sunk because of a malfunctioning toilet.
- 2) American combat dolphins deployed in the Persian Gulf, surrounded and captured an Iranian battleship.
- 3) The pen used by the military meets 16 pages of military specs.
- 4) At the real-life Top Gun program—the one the film was based on—there is a \$5 fine for any staffer who references or quotes the movie.
- 5) The Franco-Prussian War ended in a stalemate and had to be settled by a winner-take-all game of Backgammon played by the two countries' prime ministers.

Answers to True or False at bottom of August Calendar .

Vet Connect will be remove on a weekly basis butt is still running on a weekly basis every Tuesday from 9-12

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Poker Game set -up starts 4:30
3	4 INDEPEND- ENCE DAY 	5 Vet Connect 9—Noon	6 Weds Night Market 3:30-Dark	7	8 Hep C 6-8 SR Vets Build. Lodge Rm.	9
10	11 Veterans & Advisory Commit- tee 2-4 @ SR VA	12 Vet Connect 9—Noon BD Meeting 1PM	13 Weds night Market 3:30-8:30 or Dark	14	15	16
17	18	19 Vet Connect 9—Noon General Meeting 6-9 PM	20 Weds night Market 3:30-8:30 or Dark	21 CSVCC SAG OFFICE LA 2-5 PM	22	23 Articles Due for Newsletter
24	25 Copy Newslet- ter As long as it takes!!!	26 Vet Connect— 9-12 Food Give A Way Contact John McGivney 575- 5261	27 United Veterans Council@7 PM SRVets Weds night Market 3:30-8:30	28 Fold Newsletter @ 10 am	29	30 Ron Sidbeck Commemoration Service Cotati Vets Building from 2-4
31						

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Wed. Night Market 3:30- 8:30	4	5	6
7	8	9 Board Meeing 1-? SR Vets next to office	10 Wed. Night Market 3:30-- 8:30	11	12	13 POKER set up at 4:30
14	15	16 General Meeting 6-9 SR Vets Building	17 Wed. Night Market 3:30- 8:30	18	19	20 Newsletter articles Due
21	22 Copy news- letter	23 Food Give A Way Contact John McGivney 575-5261	24 Wed. Night Market 3:30- 8:30 United Veterans Coun- cil@7 PM SRVets	25 Fold News- letter at 10 am	26 CSC Meeting Fresno	27 CSC Meeting Fresno
28 CSC Meeting Fresno Ends at noon	29	30	31 Wed. Night Market 3:30- 8:30			

Answers for True or False

1—T. 2—F, 3—T, 4—T, 5—F.

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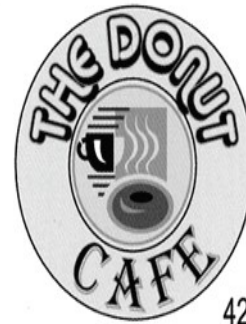


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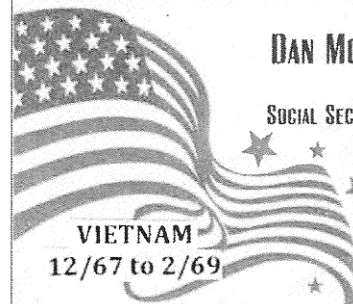
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News and Views

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Santa Rosa, CA 95402

OFFICE: 707-526-4218



Offered at the VA SR Clinic
through Verity's
FORGOTTEN WARRIORS PROJECT

*You are not alone
Make the Connection ~ Start the Healing*

**NEW Drop-in
MST Support Group
for Women**

Fridays, Starting February 5th.
Time: 2:00-3:30 PM

Location: SR VA Outpatient Clinic ~ Group Room 240

Please note that registration as a VA patient is NOT required to attend this group)



For more information about this group contact:

**Group Facilitator: Cathy Read, LCSW, 707-545-7270 ext. 11,
or ask your provider at the SR VA Mental Health Clinic.**

Verity, Sonoma County's Rape Crisis, Trauma and Healing
Center has received funding to provide FREE counseling
services to survivors of Military Sexual Assault and Traumatic Sexual Harassment.

**This project is graciously founded by a Grant from the County of Sonoma
Human Services Department, Aging and Adult Division**

