



NEWS AND VIEWS



VOLUME 19

ISSUE 8

August 2017



Presidents Message

The long hot summer. It does seem like this year is a hotter than we are used to. The last couple of years have been a lot cooler than normal, or what we consider normal, but I think it may be more like when I was growing up.

Wednesday night market has been a lot of fun. We have not seen as many of our members as last year but we have spoken to a lot of interesting people. We have seen an increase of women veterans stopping by. Is this because there are more around or that more women feel comfortable admitting to serving our country. So far, we have been able to answer most of their questions, especially the ones from the Vietnam era. I think the other eras of veterans go away with questions about what they should be considering that we cannot answer. We do have a lot of information, but we are lacking in our presentation to them. For me I think it is an inability to speak properly. Believe it or not I am still shy and cannot find the right words to make a point correctly. Sometimes



I am just a little too blunt when talking and asking personal questions about children's health.

As for children's health, I am still wanting to put on town hall meetings to discuss where we should be going with the Toxic Exposure Research Act. It was signed into law last year and that was that. We need to pressure our legislators and the VA to do what the laws states and look at the children of our veterans and see why they are having so many health problems. Remember that this is not about Agent Orange and the health of Vietnam Veterans children but all veteran's children. What have the desert gasses done to the veterans and their children? What have the burn pits done to them? How far will these issues go? We can keep asking ourselves these questions or we can ask the people who are affected. Who will take care of their children when they are gone?

We keep moving on to other projects but I will always keep coming back to this one.

September 9th, we will be holding our annual dinner dance fundraiser. I hope everyone

Continued on page 4

Presidents Message continued

Vietnam Veterans of America Redwood Empire Chapter 223

Santa Rosa, California

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

Committees

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

Awards Dinner with San Quentin Veterans Group

by Kate O'Hare-Palmer and Bill Burke

On July 11, 2017, Kate and Bill participated in the awards dinner at San Quentin State Prison. The veterans group at the prison has been in existence for many years and they sponsor fundraisers for scholarships and other worthy causes including Toys for Tots. We were met at the Gate by Madeline Tenney who is the veteran's group sponsor. She works with the system as the Medical Budget Analyst. We joined up at the main gate with four young Marines that were participating in the event as well.



Our walk through the quad area revealed a memorial area and a flag kept permanently at half staff for those correctional officers that had lost their lives in the line of duty at the prison. The hedges and annual flowers are maintained by the inmates. You could look across the area and see the old façade of the hospital from the original building structure that has been maintained for historical significance. We went to the Chapel area for the event. James "Shorty" Dunbar, a VVA member, greeted us and introduced us to many of the members. There was a blues band playing music while we mingled and went through the buffet line for dinner. We were able to meet and greet almost 50 members of the SQVG. They all made us feel welcome and it was an honor to shake hands with all of them.

Shorty is a member of VVA and he has written many articles for both the Veteran and the Zephyr. He read one of those as part of the ceremony. Another SQVG member, Shiloh, read a very moving poem reflecting on time served in Vietnam from the prospective of where his boots went. He served in the 173rd for one tour, was injured and sent to Hawaii for recuperation. While there, he was recruited to become a helicopter warrant officer, trained at Ft. Rucker and went back to Vietnam for another tour where is shot down again and injured. Greg is another member who has spear-headed a Wednesday night Wellness group with mod-

ules that they work through for various levels of healing. This is the group that Sunny Campbell of Chapter 223 meets with and sponsors.

The Marines that were there were presented with a check for over \$4,000 for the Toys for Tots program. This money is collected by selling pizzas and other food items to the inmates. It is amazing how they accomplished this.

Each of us six guests was given an opportunity to give a two minute talk about their military service. As you can imagine the most interesting stuff came from Kate. She is always the most interesting although the four active duty marines (1 E6 and 3 E5's) were very impressive since all have been in service from 5 to 8 years seeing action in Afghanistan and many other places as well. They also looked very smart in their dress uniforms and way too young.

It turns out that this Awards Banquet was the first one in three years that was held. We ate the same food as the general population ate that evening. Our group had two significant improvements however. There was a second protein item of a chicken wing and breast (paid for with the funds that Chapter 223 manages for the SQVG) and a second dessert. Other items included a Mac'N'Cheese item, corn, meatballs and one other item that is gone from the memory bank. Desserts included a very good chocolate cake and an apple betty As intuitional food goes it was pretty good. Both Kate and Bill cleaned their plates commenting that we've both had much worse food during our military life especially in a combat zone!

The program continued by awarding certificates of appreciation to several non-SQVG members that have helped the group carry out their various programs.

After the dinner, we were given an opportunity to go on a tour of part of the prison. We were able to see the spectacular murals in the prison main chow halls. Painted by a prisoner that took over 8 years working at night they cover the walls of 2 dining areas. They are over twenty feet tall depicting life during the World War II era. The murals were explained by a prison guard name Sgt. Al. He is in charge of the chow hall and is an imposing figure at 6'5" and over 300 pounds and has been doing the job for over 20 years.

Article continued on page 4

Preidents Message concluded

will buy tickets and try to attend. We are counting on this as a fundraiser to be able to assist veterans in need in our community. We will put a flier in the newsletter and you can either buy a ticket in person from one of our members or go on event brite and get a ticket there. You can also just donate if you don't want to attend, but we would really like to see if you still have the moves that made you famous. This event is the same night as our poker game so you can always put in some time there and let the volunteers that work that event have some time to attend both. They are in the Veterans building in Santa Rosa.

Also in September is the Gathering, this is an event put on by Vietnam Gun Truck and Transportation families. I would say that it is done by the crews, but like all of us without the help and hard work of our spouses nothing would be done. This event is from September 11 till the 15 in Moro Bay. They normally hold these in the southeast part of the country but they are giving us the opportunity to attend and see the replica gun trucks that they have built. These are replicas of the gun trucks that some of our members served on and provided security for the convoys in Vietnam. I have sent the information to Tom to include on the VVACSC web site and I can send it to anyone that would like it. I will also have some of it in this edition of our newsletter. I hope some of you may find this interesting.

Thursday Evening Group for PTSD

By: Ken Holybee

During the past four to six years I have been a member of the Santa Rosa Vets to Vets group. We have been meeting at the Santa Rosa clinic for many years, even before we became a Vet to Vet group. We have been suffering from low numbers for a long time. It seems that doctors at the clinic do not want to refer veterans to our group. There are no clinicians running our group. It is a veterans group that serves veterans. We are now moving our group to the Santa Rosa Veterans Building. We have given this a lot of thought and discussion. We have been meeting on Thursday at 4:30 till 6 at the clinic. We will now be meeting at the Vets Building at 4:30 till 6 on Thursday's. We are thinking that we can get a few more veterans that would like to join a support group for veterans if we move our location. There are a number of our members that have

taken facilitator training to be able to run this group. If you have any interest in this group let me know.

San Quentin Article concluded

Our tour continued as we were able to view the original Condemned Row iron door. An imposing sight and looks like something out of a Frankenstein novel. At this point Bill was dragging down the group and with bad knees and back, the tour was cut short.

We had to go back through several security doors, scans, and two sign out sheets to leave the facility. Kate and Bill made it back to the visitors parking lot exhausted but thrilled at the experience. Kate and Bill sounded like two jabbering monkeys on the ride home just trying to remember half of what we experienced.

VVA Praises Senator McCain; Wishes Him Well in His Battle Against Brain Cancer

(Washington, DC) – “John McCain is a fighter who endured brutal treatment as a prisoner of war in Vietnam, and we know he'll be a fighter now in his battle against brain cancer,” said John Rowan, National President of Vietnam Veterans of America.

“On behalf of the members of VVA, and our families, we offer our prayers and sincere wishes to Senator McCain for as complete a recovery as medical science deems possible,” Rowan said. “His fighting spirit will serve him well now, as it did forty-five years ago in the Hanoi Hilton and other hell holes.

“We are saddened to learn that yet another Vietnam veteran has been diagnosed with aggressive brain cancer. Vietnam veterans are all too familiar with glioblastoma, which seems to visit our brothers and sisters at a far greater rate than our non-veteran peers. For years, we have suspected that our exposures during our military service have caused this cancer cluster. Unfortunately, brain cancer is not on the presumptive list for exposure to Agent Orange, despite the efforts of our fellow veterans and their family members.

“The Senator's integrity and determination to do the right thing for America, as well as for his constituents, has been the hallmark of his more than thirty years as a legislator,” Rowan said. “And we hope that he'll be able to return to his office and continue his service to America.”

Veterans Resource Center Hearn House

The Veterans Resource Center called the office in the last month asking if we could notify our members of items they are in dire need of. They need: Twin Sheets, Pillows and Pillow cases, Towels, Dishes, especially Bowls.

Please contact Mary at 707-815-4604 if you have any of these items to donate.

State Parks

Sergio Mondragon-Lopez
Veterans Housing and Homelessness Prevention Program, Manager

There are updated instructions on the State Parks - Distinguished Veteran and Disabled Discount Pass Exchange Program. The process is really simple and takes about 10-15 minutes. Attached is a list of locations where veterans can exchange their passes. From the Pass Exchange website:

Starting June 15, the California Department of Parks and Recreation (DPR) will be issuing new credit card design passes for current Distinguished Veteran (DVP) and Disabled Discount (DDP) pass holders as part of its transition to California's new reservation system: ReserveCalifornia.

What to Bring:

If you have a Distinguished Veteran Pass, please bring the following documentation to a designated state park location:

Distinguished Veteran Pass (copies not accepted) AND

· Valid California Driver License or California Identification Card showing veteran's current California residence address (interim/temporary not accepted) AND

· Valid U.S. Department of Veterans Affairs Veteran Identification Card.

If you have a Disabled Discount Pass, please bring the following documentation to a designated state park location:

· Disabled Discount Pass (copies not accepted) AND

· Valid state-issued driver license or suitable photo identification (interim/temporary not accepted) issued by the state, federal government or a school AND

· Department of Motor Vehicles (DMV)

Permanently Disabled Status. Valid non-joint vehicle registration stating disabled status/license or valid Disabled Person Placard Identification Card/Receipt containing the name of disabled person (copy of placard will NOT be accepted) OR

· Ask your physician to complete the Doctor Certification in Section III of our Disabled Discount Pass application. The DDP application is located on DPR's website at www.parks.ca.gov/passes.

What to Expect:

· DPR staff will help you set up a new ReserveCalifornia profile which you can start using on Aug. 1, 2017.

· Once your profile is created and your discount pass eligibility validated, DPR staff will give you a receipt that will serve as your temporary pass while your new credit card style pass is mailed to you from DPR's Pass Office (within 14 days of the date of exchange).

Current pass holders under the DVP and DDP programs may continue using their passes for camping reservations through July 31, 2017. Individuals may also use their current pass for day use through Feb. 28, 2018. Old passes will not be valid after these dates.

Veterans: We need your help. SB 725; pretrial diversion, having passed out of the Assembly and Senate, is now headed to the Governor, where he can sign or veto the bill. SB 725 is one of the top veterans bills this year and is supported by all of the major veterans organizations.

Fact sheet is attached is on the web site Please pass this on to all of your fellow veterans.

Please contact the Governor's office and ask him to sign the bill. This is top veterans bill for this year.

To email the Governor: <https://govapps.gov.ca.gov/gov39mail/index.php>

To snail mail:

**Governor Jerry Brown
c/o State Capitol, Suite 1173
Sacramento, CA 95814**

To phone: [\(916\) 445-2841](tel:(916)445-2841)

To fax: [\(916\) 558-3160](tel:(916)558-3160)

Thank you,

Pete Conaty & Associates

o Message Hi, I'm writing to thank you for the resources here: <http://www.vva-223.org/>, you've put together to help those who serve. My father-in-law is a disabled vet and lung cancer survivor, and it has meant the world to be able to find resources to help him pay for everything he needs. You're really doing a great service for people like him - I cannot thank you enough. I'm happy to pass on some other pages we've found useful, in case you or your viewers might think so too: Aging Vets - How to Plan Wisely for Your Future <https://www.onereversemortgage.com/blog/2017/06/aging-veterans-how-to-plan-wisely-for-your-future/> Residential Leases and the Military - Your Rights <https://www.justgreatlawyers.com/military-residential-leases> Resources for Vets & Families Living with Cancer [https://www.mirecc.va.gov/cih-visn2/Documents/Patient Education Handouts/Inter-net Resources for Veterans and Families Living with Cancer Version 3.pdf](https://www.mirecc.va.gov/cih-visn2/Documents/Patient%20Education%20Handouts/Inter-net%20Resources%20for%20Veterans%20and%20Families%20Living%20with%20Cancer%20Version%203.pdf) Military Veterans Resource Center <http://milvetsrc.org/> Assistive Tech for Veterans and Military <https://www.homecity.com/home-modifications-assistive-technology-for-disabled-military-veterans> Behavioral Health for Veterans <https://www.samhsa.gov/veterans-military-families> Mental Health Needs of Vets & Families <https://www.apa.org/about/gr/issues/military/mental-health-needs.pdf> Justice for Vets <https://justiceforvets.org/>

Thanks, Elena McDermott

These photos were all taken by Dr. John D. Stickle, D.C. at the Wall during the dark hours. He took these photos with his cell phone. He had never seen night pictures and passed them on to us. He thought we'd all enjoy them. Thanks Doctor of Chiropractic for these assume pictures.. Ed.



THE LAW OFFICE OF DANIEL BAKONDI

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6.26.2017

Subject: Attorney helping veterans in the North Bay

Dear veterans,

I want to do something to thank our veterans, give back to veterans, and connect with veterans in my community, so I have decided to provide my time for free, from **6:00pm to 8:00pm on Fridays**, by phone, to discuss whatever you'd like; whether a couple of general legal questions, a business idea, or just casual conversation. I do not intend this to be formal binding legal advice or to do additional research for you, just maybe give a few general tips or pointers to help you get started without any commitment or cost. I have business and entrepreneurial experience in the areas of consulting, marketing, and Internet business development. I also have a background in international law. I'm also happy to chat as friends. This is intended for veterans in Marin, North Bay, Santa Rosa, Rohnert Park, Winsor, Healdsburg, Sebastopol, Sonoma, Napa, Mendocino, Humboldt County, and Del Norte County.

I do not intend this to replace any existing service or benefit, but my additional contribution, out of my own time, strictly voluntary with no obligation. I do not intend this to any kind of emergency, urgent, or suicide prevention line, so please call appropriate professionals regarding any such matter. I will first do this on a trial basis, from June 2017 to December 2017 and see how it goes. Please only call during those hours, as I have no idea how many calls I will receive. Please also text me ahead of time, let me know your full name, that you are a veteran, and exactly when you will be calling.

About me:

I'm 42 and live in the Santa Rosa area. I have been an attorney for 11 years doing a variety of litigation including business, real estate and property rights, civil rights and securities. I am active, I love this country, and am greatly appreciative for all that our veterans have done for us. Thank you for your service.

Regards,

Attorney Daniel Bakondi
415 450 0424

Notice: No attorney-client relationship is created by this information, communication or phone call unless otherwise expressly stated by attorney in writing. Attorney licensed in California state courts, admitted to federal court, and may represent clients in arbitrations nationwide.



July 10, 2017

John McGivney,



It has been brought to our attention that participants from the Vet Connect are being allowed to receive food without waiting their turn in line. Please remember that the program is first come first served, according to the EFAP manual all recipients must follow the same rules. You are currently out of compliance with the rules and regulations of the Emergency Food Assistance Program.

The Redwood Empire Food Bank (REFB) will be attending your site unannounced to verify that you are in compliance with the rules and regulations, if you are not able to follow the rules and regulations we will have to take further action.

Olivia Barajas
Emergency Food Assistance Program Lead
Redwood Empire Food Bank
3990 Brickway Blvd,
Santa Rosa CA 95403

3990 Brickway Blvd., Santa Rosa, CA 95403
T: 707.523.7900 F: 707.523.7901 www.refb.org
A Member of Feeding America

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Board Meeting 1 PM	2 Operation Desert Shield begins 1990	3 Sonoma County Fair	4	5
						
6 Atomic Bombs dropped on Hiroshima	7	8	9 Bombs Dropped on Nagasaki 1945	10	11	12
						
13 Fair Ends	14	15 General Mtg -- 6 dinner—7 meeting Japan accepts unconditional surrender 1945	16 End WED. Night Market	17 Birthday of Civil Affairs Branch 1955	18	19 POKER set-up begins @ 4:30 Newsletter Articles DUE
20	21 Copy Newsletter	22	23	24 FOLD newsletter at 10 am	25 Allied Forces Liberate Paris 1944	26
27	28	29 Food distribution contact John McGivney 575-5261	30 UVC meeting 7 PM	31		

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 POKER setup begins @ 4:30 Japan Formally Surrenders (V-J Day)
3	4 LABOR DAY	5	6	7	8	9
10	11 Global War on Terrorism begins 2001	12 Board Mtg 1 PM	13	14	15 National POW Recognition Day US Forces land at Inchon 1950	16 IS Eighth Army Breaks out of Pusan Perimeter 1950
17	18	19 General Mtg 6 PM — Dinner 7PM—Mtg	20	21	22	23 Newsletter Articles DUE Breeze Baker Memorial, Petaluma
24	25 Copy Newsletter	26 Food Distribution Contact John McGivney 575-5261	27 UVC Meeting 7 PM	28 FOLD Newsletter at 10 AM	29 YOM KIPPUR (at Sundown)	30 Berlin Airlift Ends 1949



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**Saturday
September 9th
2017**

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REDWOOD EMPIRE CHAPTER 223**

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Annual Dinner Dance Fundraiser and Social Event**

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**Door Opens 4pm
Dinner 5:00 to 7pm
Dance 7:00 to 10pm**

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Catered by: Luigi DiPace

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No Host Bar

**Get tickets at Eventbrite.com Enter VVA in the search box along with Santa
Rosa and All Dates**

**[https://www.eventbrite.com/e/annual-vva-dinner-dance-and-fundraiser-
tickets-35296991251](https://www.eventbrite.com/e/annual-vva-dinner-dance-and-fundraiser-tickets-35296991251)**

**Proceeds Benefit Vietnam Veterans of America Chapter 223 Sonoma County
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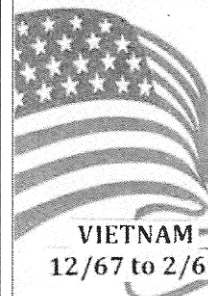
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News and Views

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Vietnam Veterans of America of Membership Application Redwood Empire 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.

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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