



# NEWS AND VIEWS

VVA # 223 - THE REDWOOD EMPIRE CHAPTER



Volume 17, Issue 2

MARCH 2015

PLEASE SHARE THIS NEWSLETTER WITH OTHER VETERANS



## Kym Valdez helps tally the homeless in Sonoma County

Excerpts from a story by Angela Hart  
photo by Kent Porter, Press Democrat

Kym Valdez records the area of a homeless encampment under the Dutton Avenue bridge at Santa Rosa Creek in Santa Rosa, during Sonoma County's homeless count, Friday Jan. 23, 2015. Valdez is an employee with the federal Department of Veterans Affairs who oversees the local housing subsidy program for veterans. Many of you know Kym as a counselor at the Sonoma County Vet Connect on Tuesday mornings.

Sonoma County, like many other California counties, conducts homeless counts every two years. Officials use the resulting data, including not just population numbers but other information on length of homelessness, substance abuse history and health status, to compete for funding through the federal Department of Housing and Urban Development, the largest source of support for housing programs and other homelessness services.

In Sonoma County, roughly 70 teams fanned out to tally every unsheltered person in each of the county's 99 census tracts, from rural communities along the Russian River and coastal encampments to more concentrated gathering spots like downtown Santa Rosa.

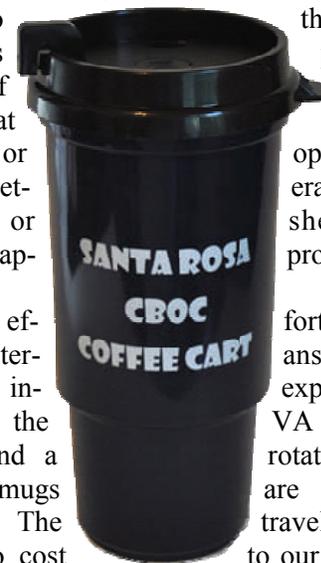
The last homeless count, in January 2013, identified 4,280 homeless people living in Sonoma County, with 77 percent of those people considered shelterless.

## TRAVEL MUGS for the BUS

As we learned in kindergarten, the wheels on the bus go round and round, but with all of the VA rules for the bus ride to the San Francisco clinic, it's pretty hard to take a cup of coffee on the bus. That means no paper cups or open containers. However, a veteran can have coffee if he or she uses a "travel mug" approved by the bus driver.

In an effort to support our fellow veterans, VVA-223 has created an expensive travel mug to satisfy the VA rules. With a snap-on lid and a rotating drinking closure, these mugs are both reliable and reusable. The travel mugs are provided at no cost to our fellow travelers at the VVA-223 Coffee Cart at the Santa Rosa VA Community Based Outpatient Clinic.

The volunteers at the coffee cart request you frequent flyers hold on to your mugs for reuse and convenience. The coffee cart is self-sustaining from donations by visitors.



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

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**VVA -223 ELECTIONS  
WILL BE HELD IN APRIL.  
NOMINATIONS SHOULD  
MADE AT THIS MONTHS  
MEMBERSHIP MEETING.**

**NOTICE**

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

To make a contribution to the News and Views, submit a story, or a photograph, please call or email: Brooke McKusick @ 537-9003, or mcq6@vbn.com To make a complaint about the newsletter, please call: Ken Holybee @ 887-8891, or 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**

# President's Letter



Ken Holybee

March is here already.

As I write this I can see the clear days and nice evenings of the spring. Maybe I should be a fiction writer.

March will begin the busy time of the year. The big events are on March 25<sup>th</sup> and March 29<sup>th</sup>. On the 25<sup>th</sup> the state council will hold their 8<sup>th</sup> annual lobby day in Sacramento. This is an event that I have been proud to say I have been involved in since the start.

We will be having breakfast in the capitol cafeteria followed by comments from legislators. We will also ask the attending members to stop in and see their legislators from their areas. This is when we drop off information we need them to support. We will then have lunch and follow up with a program at the memorial where we will have a screening of the names that are being added this year. We are inviting the legislators to join us in this program. Lobby Day is an event of the VVA State Council and hosted by the California Veterans Benefit Fund. There is no cost to VVA and AVVA members attending the breakfast and lunch.

On March 29<sup>th</sup> the CDVA is hosting the event for the formal unveiling of the names of 31 Californians that did not return from their tours to Vietnam. Twenty-one of them were crewmembers of the USS Frank E. Evans that were lost at sea in 1969. Their bodies were not recovered, and their families have waited all these many years for some recognition of their service.

We will be holding our chapter elections in April. You still have time to ask questions and put your name in to run for office. We could still use a few more volunteers if you have a little spare time on your hands. We have some upcoming events and some ongoing events that you may be interested in. Keep an eye on the newsletter for something that may appeal to you. Those of us that are working these events could use some help or just some company if you wish to stop by and chat.

Our biggest event that is on our horizon is the upcoming elections. I cannot mention it enough that we are looking for a few new board members. I try not to overwork people, our board meetings are on Tuesday afternoon, we try to communicate by email and phone between meetings and most of us stop by the office on Tuesdays.



## Names of Fallen Service Members to be Added to California Vietnam Veterans Memorial

The California Vietnam Memorial Name Committee agreed to add the names of 31 California Veterans who died while serving our country in the Vietnam War. The 31 names are scheduled to be added to the California Vietnam Veterans Memorial and then unveiled during a ceremony in Capitol Park, Sacramento, on **Sunday, March 29, 2015**.

"We are honored to formally recognize the service and sacrifice of our brave men in uniform," said Peter Gravett, Secretary, California Department of Veterans Affairs (CalVet). "Although our recognition is decades late, California's salute is equally heartfelt and deserved for all of our fallen service members and their families."

On October 28, 2014, the Committee took two actions. First, it voted in favor of adding the names of 10 California Veterans to the state memorial that were already etched into the Vietnam Veterans Memorial located in Washington, DC, yet not on the California memorial.

Second, the Committee voted in favor of adding the names of 21 California Sailors who died while aboard the USS Frank E. Evans when the ship sank during a training exercise in the South China Sea on June 3, 1969. The destroyer's home port was Long Beach, California.



**AT-TEN-TION!**  
**ALL REDWOOD EMPIRE CHAPTER 223**  
**VIETNAM VETERANS AND MEMBERS**  
**THIS IS YOUR CHAPTER... PLEASE**  
**ATTEND THE MONTHLY MEETINGS**  
**AND PARTICIPATE IN OUR EVENTS**



## IF YOU HAVE DIABETES REMEMBER YOUR A, B, C 's !!

by Astrid Ortega



Astrid Ortega

**A...** A1C - Your Hemoglobin A1C is a convenient test, A1C uses a blood Lab test to measure average blood glucose over the past 2 to 3 months. A measure of 6.5 or higher indicates you have Diabetes . Results between 5.7 and 6.4 indicates pre-Diabetes. The A1C is used to monitor how well your blood sugars are being controlled. A Hemoglobin A1C of less than 7% will aid you in pre-

venting most Diabetes complications. A is for Aspirin a baby aspirin , enteric coated, 81 mg daily , it thins the blood , prevents strokes and heart attacks. You can purchase it over the counter at any store such as CVS , that sells OTC medications. Do Please check with your Health Provider before you start taking this low dose Aspirin. People who are on blood thinners all ready, may not benefit or be able to take Aspirin.

**B...** is for your Blood Pressure. Usually a Diabetic is on a Ace - Inhibitor such as Lisinopryl or another prescription Blood Pressure Medication.

**C...** Your BP goal is 129/70 or less in your Health Providers office.

**D...** This will protect your Kidneys from Kidney Disease.

**E...** A Blood Pressure under good control reduces strain on your Heart.

**F...** You can purchase a BP Monitor for under \$60.00 at most Pharmacies. The ones for your wrist are not accurate.

**G...** CHOLESTEROL - Statins lower "BAD" cholesterol ( your goal for your Low Density Lipids is 99 or less. This helps in preventing strokes and heart attacks. Most Diabetics must remain on these medications for the rest of their lives.

Having Diabetes is your job , take charge of it , learning to live with it peacefully and effectively.

>>>>>

Sometimes clarifying and prioritizing what you value in your life will help you in setting Goals. A simple statement such as " My most important goal in caring for my Diabetes is \_\_\_\_\_ . " Your values influence your behavior and efforts for your own self-care . Do not forget you are not ALONE. Find support through your family, your extended family, friends that will listen, a Diabetes Support Group , your Diabetes Medical Team , Diabetes Educators and even online groups. Knowledge is Power.



### CalVet Honors Women's Military History Week Reception Scheduled for March 18 at Stanford Mansion

Sacramento - The California Department of Veterans Affairs (CalVet) honors Women Veterans by hosting a free, public reception celebrating Women's Military History Week.

**WHO:** Guest Speakers from CalVet and the State Legislature present awards to two outstanding women Veterans recognized for their distinguished achievements and service.

**WHAT:** Governor Edmund G. Brown Jr. proclaimed the third week of March as "Women's Military History Week."

**WHERE:** Leland Stanford Mansion, 800 N Street, Sacramento, CA 95814.

**WHEN:** Reception on Wednesday, March 18, 2015, 5:00 to 8:00 p.m.

Pre-registration is required at [www.calvet.ca.gov/womenvets](http://www.calvet.ca.gov/womenvets)

**BACKGROUND:** California is home to nearly 200,000 women Veterans. Each year, the 3rd week of March is set aside as a time to reflect on the outstanding and honorable service of our women who have served or who are serving in the United States Armed Forces. Our California women Veterans are part of a long and proud legacy of military service, and we owe them our deepest appreciation and respect.

As Californians, it is our duty to recognize the contributions and sacrifices of the brave and often overlooked women service members and Veterans. As proclaimed by the Governor, Women's Military History Week is celebrated this year from March 16 - 22, and it is dedicated to the women who have given so much in defense of our nation.

The reception is free, includes appetizers and refreshments, and is open to the public, thanks to the generosity of VetFund Foundation Board Members Michelle Oushakoff, with CA Technologies and Dr. Richard Pattenaude, President of Ashford University. For information regarding the reception please call 916-653-1402, or email [womenveterans@calvet.ca.gov](mailto:womenveterans@calvet.ca.gov).



## WHY WE FIGHT...

by Brian McKeown, Sr. Vice Commander  
VFW Post 1844 Santa Rosa, Ca

Most of us veterans have a profound reason for joining the military, and some of us, we'll, didn't have a choice at all. Regardless we all find our reasons for putting forth the intestinal fortitude and courage to do things and accomplish feats that very few have done in their lifetime. Our faith and drive are what makes us as country so incredibly strong. Not one specific reason but a diverse amount of reasons. How we rationalize it depends on our individual experiences.

Everything from the state of the world to the state of the country affect why we fight. Many can say it's for country, many can say for family but most of all we all come to realize the common ground we all hold is the faith and drive to fight for the soldier, sailor, airmen or marine next to them. Not for a year in country, or a 6 month peacekeeping mission but for the rest of our lives. Veterans organizations give us that chance to keep fighting for something. They give us the chance to continue to make a difference no matter how big or small the affect.

At times, much of why we fight morphs over time. Some of us were forced to join and found the reasons we needed to justify our unique situations to continue on. Before September 11th our world was much different. Many of us, including myself, joined for school, money, and host of many other reasons. After that day much of why we fight had morphed and had given new reasons for men and women to join the military and fight. I soon found myself no longer fighting for a future so much as fighting for the brothers next to me. I quickly realized that we would all have to believe in each other if we expected to make it home. Before September 11th I had also joined so that my siblings would not have to. I was willing to answer my nations call regardless of the reason I had originally joined. This is the "adapt and overcome" that we as humans, veterans and military are so good at. To the extreme that we are willing to put everything to the wayside to ensure our brethren return safely. Not instead of family but adding those people to our family.

>>>>

We as veterans have each other now, just as we did on the battlefield. We must realize and understand that the men and women that we care most about we may not even know that well. Regardless we still continue to fight. We still continue to struggle. We still continue to make a difference for the man and woman next to us. Our fight continues now with the very veterans we are helping by our sides. Veterans organizations allow us to continue fighting for what we believe in and the people we believe in.

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## Redwood Empire Chapter Kicks Off a New Scholarship Season

by Sunny Campbell

Every January, VVA-223 sends out scholarship applications to all the high schools in Sonoma County, plus Sonoma State University, Santa Rosa Junior College and Empire College. The funding for these scholarships comes from the efforts and fund raising of all of the members of VVA-223 throughout the year.

The scholarship forms get mailed to the scholarship coordinators of the respective schools in our county. The requirements for the high school and college students are that they are a child or a grandchild of a Vietnam Era Vet. The applicants will be graded on grade point average, academics, community service, and a 500 word essay on, "What effect did my parent's or grandparent's military service have on my life."

There is a category for college students who have recently served in the military in Iraq and/or Afghanistan. They will also be graded on academics, grade point average, and will need to provide a 500 word essay on, "What effect did my military service have on my life."

Last year we presented 5 scholarships for a total of \$3,000,000.

The awards will be presented on May 19, 2015 at 7:15 PM at the Veterans Building in Santa Rosa. Parents and family members are welcome to attend the awards presentation.

We will have applications available to VVA-223 members who would like to give an application to any of their children or grandchildren that meet the above requirements. You can contact Sunny Campbell at 707-849-4399. VVA-223 members can also receive an application at our monthly meetings, the third Tuesday of the month.

Applications and more information can be found and downloaded from the chapter website:

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

Applicants must return their applications no later than **May 1st**, to CA Campbell, 2163 Alejandro Drive, Santa Rosa, CA 95405.



## AMVETS POST 40 ANNUAL FUNDRAISER DINNER

By Dave Richey

Photos by Dave Marquardt & Brooke McKusick

Michael Ottolini AMVETS Post 40 of Sonoma County [www.caamvets40.org](http://www.caamvets40.org) held its 2<sup>nd</sup> annual Veterans Valentine Dinner & Dance on February 14, 2015. The event was a complete success, thanks to the hard work of many. This Dinner has become the primary fundraiser for the post to carry out the many programs and projects for local veterans and the community. One of the most important programs the post supports is *The Pathway Home* [www.thepathwayhome.org](http://www.thepathwayhome.org) located on the campus of the Yountville Veterans Home. The Pathway Home, a treatment facility for Gulf War veterans and military suffering from severe Post Traumatic Stress and Traumatic Brain Injury, is supported only through private grants and donations. We were very fortunate to have Tim Miller, a graduate of The Pathway Home, in attendance to share how the Home gave him back his life and family.

Juanita Alarcon Gonzales and her crew prepared a wonderful meal of chicken, pork loin, Caesar salad, roasted potatoes, dinner roll and dessert. Everyone raved about the dinner. The “Fantastic Bombshell Babes” were on hand to help behind the scenes during the event, selling raffle tickets, greeting dinner guests and whatever was asked of them. When dinner was finished, local dance instructor, Steven Nordquist, presented a crowd-pleasing set of “formation team” dances featuring fourteen of his star teenage students. They were impressive! This was followed by music and dancing, interspersed with raffle and silent auction. Andy Martinez, appearing as “A.N.D.Y. Brown Production DJ—173<sup>rd</sup>”, a Vietnam veteran, has a unique ability to read the crowd and pick appropriate music to get people on the dance floor -- and the floor was packed most of the evening with old and young.

Judging by the comments from dinner guests as they left, the dinner and dance was a resounding success. The meal, the décor, the music, the entertainment and the dancing pleased all who were there. Guests are already looking forward to next year. Many thanks to all the VSO's who came out to support us.





## VVA California State Council Meetings

by *Kate O'Hare-Palmer*

Welcome Home Vietnam Veterans Day will be celebrated throughout the state around March 30th. The Ceremony in Sacramento will be on Sunday March 29th at the California Vietnam Memorial at 1pm. There will be an addition of 31 names added to the memorial that were not originally placed. Twenty one of the names are sailors from the USS Evans, the destroyer that was cut in two during a training mission at sea during the Vietnam era.



**Kate  
O'Hare-Palmer**

Our household good funds have decreased to the point that it is affecting the funds available to pay our VSO's. Al Sickle was describing a crowd funding site that they are setting up with PayPal so that they can run a campaign for donations over a 60 day period and 10% will be given to PayPal for using the site.

Our VVA national convention will be held in Springfield, Ill. in July. Reminders were given out for the resolutions that need to be reviewed from the various committees. Anyone can write a resolution and the national website has the forms to send in. March 25, 2015 is the deadline. Much discussion was held on the need for an expansion of the Caregiver Act to be expanded to include those veterans that are pre-9/11. So much care and long hours of family work is done to maintain many Vietnam era veterans in their homes and they are not receiving the compensation for their services. There will be three resolutions coming out of the Government Affairs committee and one came out of the Women Veterans committee.

We are one of the few state councils that has a secondary PTSD committee. This group really delves into the aspects of families and spouses lack of training on how to deal with the veteran with PTSD and how they can develop secondary PTSD from living in a stressful environment. Each meeting seems to create the environment of safety needed to discuss some of these emotional issues and how others can help each other with techniques that may have worked for them. Confidentiality is maintained.

Our chapter member, Lou Nunez, has had to step down from the minority affairs committee chair due to family issues. We wish him well during this time.

The national Agent Orange act of 1991 needs to be extended and this is a legislative priority. The Toxic Exposure Act is another set of bills that will have to be reintroduced to the house and senate with new numbers to again push for the VA to study the effects of all toxins to all military. The goal is to have it signed off by Memorial Day.

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The state council meetings have an amazing exchange of information on what all the chapters are doing. The Zephyr newspaper does highlight many of the chapters activities.

The CSC website is going to put a calendar up that would list the events from the various chapters and we are all encouraged to read other chapter's newsletters. Our organization does so many social services within our communities... I am always amazed.



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## DREAMS FOR VETERANS

[www.dreamfoundation.org/veterans](http://www.dreamfoundation.org/veterans)

888-4DREAMS

The guest speaker at January's VVA California state council meeting was Kristie Rain, part of the Dream Foundation. This foundation has just celebrated its 20th anniversary. Kristie talked about the dreams for veterans program. This program enables veterans to fulfill their final dreams. These may be basic need items (a working appliance or mobility scooter) to bedside reunions, final vacations with family, meetings with personal heroes or reconnecting with aspects of former military service. Dream recipients are U.S. military veterans 18 years of age or older with a life expectancy of 12 months or less. This is the only national adult wish granting organization for individuals and their families battling life-threatening illness. This foundation works with hundreds of volunteers and more than 600 hospices and healthcare organizations nationwide. They have fulfilled over 20,000 final dreams and have never turned down a qualified dream request.

Kristie told the story of "Joe", a 90 year old Navy veteran suffering from end stage pancreatic cancer. He dreamed of seeing Ferdinand and other Beluga Whales at the SeaWorld San Diego. He had first seen the whales in the wild while serving as a Navy pilot in WWII. He was struck by their beauty and grace in the water. It had helped ground him emotionally to nature during the time of war. Joe was able to go to SeaWorld and meet a beluga named Ferdinand, touch and feed him. This had been a lifelong dream that came true.



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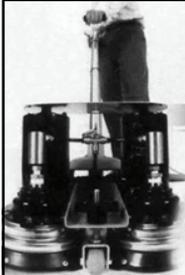


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# SONOMA COUNTY VETERAN SERVICES

## 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 707-755-1417**

These services are, also, available at the Veterans Memorial Buildings in **Guerneville** on the 2nd Thursday, **Sonoma** on the 3rd 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**

## NORTH BAY VETERANS RESOURCE CENTER

200 Montgomery Drive, Suite "C"  
Santa Rosa, CA 95402  
Phone 707-578-8387

NBVRC provides supportive services to very low-income veteran families living in, or transitioning into, permanent housing. The employment workshop is free. Veterans can obtain career training.

NBVRC operates Hearn House, a behavioral health treatment program that provides comprehensive treatment and housing for male veterans.

## SONOMA COUNTY VETERANS SERVICE OFFICE

**(707) 565.5960**

3725 Westwind Blvd, Suite 101  
Santa Rosa CA 95409

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

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

*Please call to schedule an appointment.*



## FREE BUS RIDES FOR VETERANS

For 2015, veterans and college students in Sonoma County will be able to ride **Sonoma County Transit** buses free of charge. The program went into effect Jan. 1. Students and veterans just need to show a valid identification card to ride.



<http://www.vva-223.org>





**CHAPTER 223  
GENERAL MEETING  
MARCH 17, 2015  
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.

**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 @ 575.5261** for time and station.

**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... **March 7th**

**VVA 223 PHOTOGRAPHS**

on SHUTTERFLY

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# COMIC'S CORNER

The great Greek tragedian Euripides walked into a tailor shop with a pair of torn pants and handed them to the tailor. "Euripides" greeted the tailor. "Yes," he answered with his Greek accent, "you menda dese?" --Gill Krebs

When I see lovers' names carved in a tree, I don't think it's cute. I think it's crazy how many people bring knives on a date.

"Sesame Street" is turning 45. "And yet still no ring," said Bert to Ernie...

A tiger has been seen running around Paris. Citizens were told to stay indoors and do whatever's necessary to protect the wine and cheese. They should leave home only to smoke and to judge others." --Craig Ferguson

Felix, my husband, was playing golf with our town's fire chief when he hit a ball into the rough. As Felix headed for the brush to find his ball, the chief warned him, "Be careful, the rattlesnakes are out." The chief explained that calls had been coming in all week requesting assistance with removing the snakes. "You've got to be kidding," Felix replied in astonishment. "People actually call the fire department to help them with rattlesnakes? What do you say to them?" "Well," said the chief, "the first thing I ask is, 'Is it on fire?'" -- RD

Health officials in countries affected by Ebola are encouraging people to stop shaking hands and instead give an "Ebola handshake," which is when you bump elbows with someone. That would be a great idea if they hadn't spent the past five years telling us to sneeze into our elbows. --Jimmy Fallon

A Major League Baseball umpire has revealed he is gay...or as he put it, "I'M OUT!" --Stephen Colbert

NBC says rumors for a sequel to a TV show that starred Bill Cosby are untrue. There will not be an "I Spy-Spanish Fly" television series. --TC Chong

"The British tabloid The Mirror published a story about a woman who faked her own death to break off a relationship after the man wouldn't leave her alone. Ahh yes, the old 'It's not you, I'm dead' approach." --Seth Meyers

"During a conference yesterday, Pope Francis spoke about birth control and said that Catholics don't have to breed like, quote, 'rabbits.' The Pope knew it was getting out of hand when he had to baptize babies with a hose." --Jimmy Fallon

Recently I was writing on a piece of paper and wondered if the word I had just written was spelled correctly. So I paused to see if a red squiggly line would appear underneath. It didn't....



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**SONOMA COUNTY WOMEN VETERANS WELLNESS DAY RETREAT**

Womens Veterans are invited to join their peers for this dynamic, yet relaxing day retreat. Sonoma County women veterans from all branches of the United States Military are welcome.

Join us on **Saturday, April 4, 2015 from 11am to 6pm**. Registration starts at 10:30am at **Dhyana Center**, 186 North Main Street suite 250, Sebastopol, CA 95472

Day activities will include yoga, stretch for success, self-care health studio, a drink/tea bar, individual health treatments, and enlightening discussions for women veterans about available support systems.

Wear comfortable clothes that are easy to move in and bring a swimsuit for the spa. Lunch will be provided. For more information please call Kate O'Hare Palmer @ 707-280-9000 or 707-490-6654, or you can e-mail her at [koharepalmer@gmail.com](mailto:koharepalmer@gmail.com).