NEWS AND VIEWS

VOLUME 20 ISSUE 3 March 2018

PLEASE SHARE THIS NEWSLETTER WITH OTHER VTERANS

JOSE RAMOS WHVVD APRIL 2017

This was written before Jose passed last year.

FYI brother, D.C. has begun to challenge our welcome home! I need support:

To all Vietnam Veterans who served in and during the Vietnam War. VVA CSC and to CA State Elected Representatives:

Most of us VN Veterans remember the less than poor "welcome" we received after our time of service was up and we attempted to return home.

We VN Veterans did our best to get on with our lives after we got back to the States. Unfortunately, some more successfully than others.

So many men and women have passed since the end of the VN war, many of whom never heard the words "welcome home". However, in Washington, DC in 2006, for the first time in American history our United States Congress and Senate both unanimously passed resolutions proclaiming March 30 as Welcome Home Vietnam Veterans Day (WHVVD)!

In California on September 26, 2009, March 30 WHVVD became law! The first state in the nation to do so. Since 2009, every March 30 in Sacramento California we have held, celebrated and hosted our very own home grown WHVVD event. And it has been great!

Thirty days after California proclaimed March 30 as WHVVD, Connecticut became the second state to pass legislation, and since then so many other states have followed this wonderful lead.
Now, today, almost twelve years after the creation of WHVVD and after 40 years of ignoring us, Washington DC attempts to jump in with a watered down version of what they titles "National Vietnam War Veterans Day" and they also changed the date to March 29 instead of March 30. Why? Why are those in DC trying to reinvent something that already exists and works so darn well?! I believe it's because they would like to make WHVVD their own idea, to make it a political Washington, DC idea.

At WHVVD we also feel it is so unfair to ALL other Veterans who served during various wars/campaigns. If we have a Vietnam War Veterans Day, then obviously in order to show respect to all who served, should we now have a National WWII Veterans Day? A National Korea War Veterans Day? A National Iraq, Afghanistan, ……etc.? Wrong! We have November 11! That's National Recognition Day for all who served.

The reason for the creation of WHVVD is simply because we were the only warriors to return home and treated with dishonor and disrespect, that is why the words WELCOME HOME are the MOST important part of our idea and our dream to recognize our VN Veterans.

After waiting nearly forty years for America to do something to fix the past, to try and heal the old wound tht the "homecoming" left in the hearts of All Who Served in and during the VN War, WHVVD got tired of waiting for others. With a lot of work WHVVD was born in Whittier, CA. It took us two years however in 2002 Whittier, CA became the first city in the nation to proclaim March 30 as WHVVD.

In May 2004, in order to raise national attention, the WHVVD Cycling Team rode bicycles from Whittier, CA to Washington, DC (with the strong support of Congresswoman Linda T. Sanchez in DC). After 28

Continued on page 3

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:	
Dinner/Dance:	Lou Nuñez
Education:	John McGivney
Finance:	Pat Christen
Food Distribution:	John McGivney
Legislation:	Ken Holybee
Membership:	Bill Burke
Newsletter:	Ken & Sonja
Scholarship Fund:	Sunny Campbell
UVC:	Ken Holybee
Veterans Building:	Lou Nuñez
Website:	Bill Burke

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, Bill Burke, and Whitt Patterson. 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

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Continued from page 1

WHVVD

Jose Ramos

days and twenty seven hundred miles we arrived in DC where we gave birth to WHVVD in every congressional office on the The Hill!

In California our Vietnam Veterans of America of California State Council (VVA CSC) not only supported WHVVD but strongly endorsed it at our State Capitol and with the combined efforts of the VVA CSC then California Senator (now Republican) Congressman Paul Cook along with Congresswoman Linda T Sanchez and fellow Veteran Pete Conaty WHVVD became a reality.

What WHVVD is asking of all who served in and during the VN War, what WHVVD is asking VVA CSC and all VN Veterans in California is to stand firm in what we have created and celebrated here at home, in our great state of California.

Washington DC wants to change what we have already established here in our own backyard, a day of honor and hope. Our strongest desire is that our welcome home goes on forever AS IT IS in our history books so that NEVER again will any Veterans coming home from any war be spat on or treated with disrespect when they come home!

The words "Welcome Home" must remain in our day of celebration every March 30! California and ALL California Veterans, WHVVD asks you to please respect and observe March 30 as WHVVD; DO NOT CHANGE THE DATE OR THE NAME OF OUR WELCOME HOME!

Thank you for your time and attention. May God bless America and ALL her Veterans. To those who served, Welcome Home! Jose Ramos, CEO/ Founder, WHVVD.

Look on our website vva-223.org to find information on the upcoming welcome home Vietnam veterans day program to be held on March 31 2018. You can also contact one of the board members to get more information.

PRESIDENTS MESSAGE

Ken Holybee

Our new year is off to a good start. The board is working on a lot of programs for us this year. Remember that we have elections in April and we give out scholarships in May. If you know someone that is interested in the scholarships have them go on our web site or contact Sunny. If you know someone interested in becoming a chapter officer, President, Vice President, Secretary or Treasurer, come to the meeting and step up. Be sure to look at the calendar and keep up with what we are up to. Hopefully we will get enough information into the newsletter to make it easy for you to show up. Some of the events and programs we are working on are. Welcome Home Vietnam Veterans Day, March 30th. We are looking at a program on Saturday March 31st. Wednesday night Market starting on May 2nd and running for 16 weeks. We will be needing a few people to help out with this. Memorial weekend we will be at the Vets building on Sunday for the motorcycle run and BBQ and the Avenue of the Flags on Monday. We have already started planning for this year's dinner dance. The funds raised from this event go to assist veterans and the Veterans Treatment Court program. These are both programs that we use to assist veterans get back on track.

Some of you may be aware that we have been losing members lately. As we grow older and the toxins ravage our bodies we are slowing down. If you look in the Veteran Magazine you will see that we are losing members almost as fast as we recruit them. Sine we went to the $100 life memberships we have increased our numbers at the national level but at the chapter we have only raised our numbers by a few. We now set at 292 members. I have been trying for years to get us over the 300 mark but have not accomplished it yet. We are number 24 nationally and spent the last 25 years in the top 25.

We can also use some assistance with the monthly food distribution program. John McGivney has run the program for over 15 years and needs take some time to get his health in order. Joe and Tony are stepping up to help run it but will need some help, so they can keep up with the demand. We are all getting to the place where we can use some assistance in these programs. We need to put programs in place and prepare a for a new generation to step in and take the helm. I am not saying we have one foot in the grave yet but we are digging the holes. We do important work that is appreciated by the people in our community. We still have a lot to do in assisting veterans and their families. We can accomplish a lot if we have enough people to give us one day. There is a lot of fun stuff on the horizon.

Feeding our Community, We need you!

By Brian McKeown

In partnership with the REFB (Redwood Empire Food Bank), the VVA chapter 223 has run a food giveaway program at the Santa Rosa Veterans building. For years the chapter has facilitated the distribution of food to Veterans and needy Santa Rosa families on a monthly basis. I have personally volunteered here for years and look forward to it. It takes some a very long time to recognize the value in doing things like volunteering in our community, I personally believe it is an invaluable experience as the areas of need it can address for Veterans is staggering. From PTSD to social anxiety, many different things allow us to overcome our fears and the hardest thing to do can be recognizing what they are.

If you are anything like me you may or may not have an issue with waiting in lines and the "closeness" of them. That whole hurry up and wait thing is a real SOB. One of the greatest advantages of the Veteran food pantry is there is no waiting. Volunteers are able to pick up their portion of food 5 minutes before the distribution. For many veterans the promise of free fruit, veggies, and more without waiting in line can be a payment in itself.

Our county has been through a very trying recent months and our county's resolve has been unbridled. Much of this is in part to our community and its Veterans. We need your help to continue the mission now more than ever. Please come out and give us a hand.

WHEN: 4th Tuesday of every month

TIME: 0700

WHERE: Santa Rosa Veterans Building Dining Room

National Vietnam Veterans Longitudinal Study Registry - History

From: Kate O'Hare-Palmer

History of NVVRS and NVVLS

In the early 1980s, there was concern regarding the health and well-being of Veterans who served during the Vietnam era. In response to these concerns, Congress passed Public Law 98-60 in 1983, which mandated that the U.S. Department of Veterans Affairs (VA), contract for an independent national study looking at the frequency and effects of post-traumatic stress disorder (PTSD), and related postwar psychological issues. In 1984, the contract was awarded to the Research Triangle Institute (RTI), a for-profit research group, and the study was named the National Vietnam Veterans Readjustment Study (NVVRS). The NVVRS Report of Findings are available here.

To determine the frequency and effects of PTSD across a 25 year period, Congress passed Public Law 106-419 in 2000. This required the VA to contract a follow up study to the NVVRS, which was called the National Vietnam Veterans Longitudinal Study (NVVLS) and awarded to Abt, a for-profit research group. This follow-up study filled a critical gap in understanding how military service affected adjustment later in life. A total of 1,450 Veterans participated in at least one of the NVVLS study phases, which included a paper-and-pencil health questionnaire, telephone health interview, and a telephone mental health interview conducted by a professional clinical interviewer.

Formation of the NVVLS Registry

Veterans who participated in both NVVRS and NVVLS, and the data they provided are now part of the NVVLS Registry. The NVVLS Registry is housed at the Seattle Epidemiologic Research Information Center (ERIC) in Seattle, WA. The Center is one of several within the Cooperative Studies Program (CSP) of the Department of Veterans Affairs (VA) Office of Research and Development (ORD). The Seattle ERIC acquired stewardship of the NVVRS and NVVLS data in April of 2015, and modified it to function as a registry.

The NVVLS Registry is a closed cohort, and is not currently recruiting new members.

1-800-329-8387 ext. 61965.

Https://www.seattle.eric.research.va.gov/NVVLSR/Main.asp

?

Help for Veterans with Seasonal Affective Disorder

By Dr. Esteban A. Gonzalez, Veterans Affairs Psychiatrist
Sent by Kate O'Hare-Palmer

What is seasonal affective Disorder (SAD)?
Seasonal Affective Disorder is a condition associated with feeling sad or blue during certain times of the year. It is a disorder that triggers symptoms of depression, most commonly in the fall or winter. In the fall and winter there is less sunlight, hence it is sometimes called winter depression. Psychiatrists and other mental health clinicians diagnose depression by documenting low or sad mood, irritability, feeling of guilt or shame, problems with sleep, poor concentration or attention (memory problems), low energy or motivation, poor appetite and thoughts off self-harm. SAD can mimic other medical conditions, such as anemia, hypothyroidism, diabetes, infections. Hence a medical work up may be needed--including levels of some vitamins, like vitamin D. Get more sun, stay active, and get to a brighter place.
You may have SAD if in the last 2 years, you feel depressed in this season and normal during rest of the year. You may also have SAD if your depression for which you are being treated gets worse in this season.Your symptoms will get better on their own when a new season arrives, often in spring or summer. But treatment can make you feel better sooner.
Is there treatment?
Light therapy, also called phototherapy, generally works well for SAD. You need to sit in front of a box or lamp that gives out up to 10,000 lux of fluorescent light—more than 20 times brighter than most indoor light. Researchers think that light helps your brain make more serotonin, a neurotransmitter that affects your mood. You'll sit 12-18 inches in front of the light for 30 minutes or more a day, 3 times per week at least. The light must shine on your back or chest. You can read a book to pass the time. Do not stare at the light. You will feel better after 1- 2 weeks.
You may also want to see a medical provider to consider taking medications to increase serotonin levels. Your doctor may also recommend talk therapy such as cognitive behavioral therapy. You will learn behavioral skills to do pleasurable things during the winter, notice and change negative thoughts or manage stress.
In conclusion, it is important to consider all type of treatment. Get more sun, stay active, get to a brighter place and work toward sleeping the right amount of time. Consider talking to a professional to identify ways of coping with SAD. EAP counselors are available to guide you during this time. Do not feel frightened to talk about your problems. They are there to help you.
For more information about Seasonal Affective Disorder visit the National Institute of Mental Health by clicking on the link below:
https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtm

The Wall on the wall

Ken Holybee

We have managed to get the miniature Vietnam Memorial on the wall in the Veterans Building. It took a little longer than we hoped to get it up but it is now there. It is outside of our office. If you have never seen it, it is 42 feet long and 13 inches high. If you have trouble seeing small print bring a magnifier to assist you. It has all the names on it and it also has the important dates in the war on it. It is a very good educational addition to the building. Thank you to Jerry Shimmel for the donation. Jerry purchased this many years ago and we have been trying to figure out how to best display it. We will be working with Congressman Thompson's office and the local politicians to hold a dedication for it. This is another item to look for on the web site to find out when we will be unavailing it. We all need to keep an eye on the website for upcoming events and projects.

Maybe someone can put something together to give our members quick updates on the goings on of the chapter.

We are looking at adding other information to the inside of the veterans building. Brian McKeown has been looking into many different aspects of what to put up. We have had a display of Billy Montgomery since the dedication of the building. Billy died at Pearl Harbor. There were also two other from Sonoma County that died during the attack and they are still on the Arizona. We are working on honoring all three of these locals. There are a lot of people from our community that have given their all for our country. We need to honor them so their sacrifices are not forgotten.

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 AVVA nominations open, turn paperwork if wishing to run to Sonja	2	3 Poker set up at 4 PM
4	5	6	7	8	9	10
11	12	13 Board Meeting 1 PM	14	15	16	17
18 1969— Operation Dewey Canyon ends	19 2003 Iraq War begins	20 General Meeting 6 PM potluck —7PM meeting **Nominations for officers begin**	21	22	23 153 Battle of Pork Chop Hill	24 newsletter articles due
25	26 copy newsletter	27 Food distribution, set up at 7 am	28 UVC meeting at 7 PM	29 **Fold newsletter at 10 am** 1973 -- US involvement in Vietnam Ends	30 **Good Friday/ Passover begins at sundown**	31

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 EASTER 1968—operation Pegasus begins	**2**	**3**	**4**	**5**	**6**	**7** Poker set up at 4 PM
8	**9** Ken DC 1987—SF becomes separate branch of ARMY	**10** Board Meeting 1 PM	**11**	**12** 1983—Aviation branch established	**13** Thomas Jefferson B-day	**14**
15 Ken home from DC	**16**	17 Gen Mtg 6 PM potluck —7PM Mtg Election of Officers & AVVA Rep	**18 CAVBF Board MTG**	**19**	**20**	**21 Newsletter Articles Due**
22	**23** Copy Newsletter	**24** Food distribution, set up at 7 am	**25** UVC meeting at 7 PM	**26 Fold Newsletter 10 am**	27 CSC Mtg, Fresno	**28** 1965— US invades Dominican Republic
29 CSC ends at noon 1970—US invades Cambodia	**30**					

Bill Hodges from Chapter 400 in red, Ernie Bergman from Chapter 547 next to him and Ponce Gonzales from Chapter 464 the last of our CSC crowd, were all waiting on the train to go home. Kate and Ken were waiting too, but Kate took the picture and Ken is camera shy.

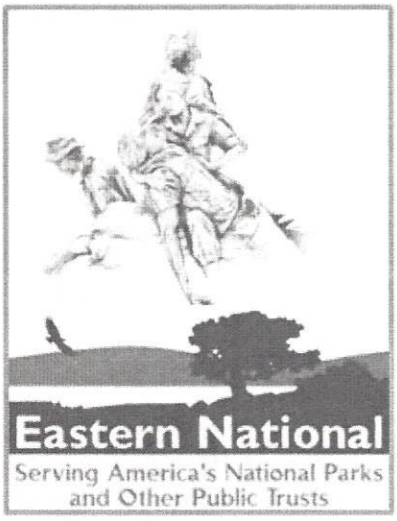
13 star flag hanging in the Lobby of the Petaluma Veterans Memorial Building

Ken took the picture.

Save the Date!!

25th Anniversary ~ Vietnam Women's Memorial

Veteran's Day Weekend — November 10th-11th, 2018



1993 - 2018

Join us in Washington, DC at the Vietnam Veterans Memorial as we celebrate the **25th Anniversary** of the dedication of the Vietnam Women's Memorial. Plans are underway for a series of events to commemorate this extraordinary landmark event. Official events begin on Saturday the 10th of November. The Embassy Suites, Downtown on 22nd Street between M and N Streets NW will be the host hotel, and suites will be available at a reduced rate (202-857-3388). This is the same hotel that was used for the 20th Anniversary. Check back for news of even more plans and events that may appear at www.vietnamwomensmemorial.org

Saturday November 10th

10am-4pm: Vietnam Women's Memorial Gift Shop opens at the Washington Embassy Suites Hotel, in the hospitality suite

6 p.m.: Candlelight Ceremony at the Vietnam Women's Memorial on the National Mall

Sunday November 11th

9am – 12pm: Story Telling at the Vietnam Women's Memorial: In Their Own Words

1:00 p.m.: Veterans Day Ceremony at the Vietnam Veterans Memorial

Following the Ceremony at the Wall (approximately 2:30pm): Group Picture for women veterans at the Vietnam Women's Memorial

Continued next page

Vietnam Women's Memorial Gift Shop will be open November 10th from 10am until 4pm. During this time special gifts representing the Vietnam Women's Memorial, and honoring the women who served will be available. The shop will be at the Headquarters Hotel listed below, located downtown on 22nd Street between M and N Streets NW. Items include commemorative pins, as well as other Vietnam Women's Memorial patches, coins, and keepsakes.

Storytelling at the Vietnam Women's Memorial: In Their Own Words is a program of speakers scheduled throughout the day. Speakers are scheduled at 30 minute intervals. Speakers may be women or men who served, family or friends, school children, or anyone who has a message about the meaning of the Vietnam Women's Memorial. (stacym@easternnational.org and nickmiano@easternnational.org)

Headquarters Hotel

There is a special group rate if you use the **Group Code: VWM**

Group Name: Vietnam Women's Memorial at Eastern National

Hotel Name: Embassy Suites Washington DC Georgetown

Address: 1250 22nd Street NW
Washington D.C. 20037

Phone: 1-202-857-3388

Online Reservation Link: http://embassysuites.hilton.com/en/es/groups/personalized/W/WASDNES-VWM-20181109/index.jhtml

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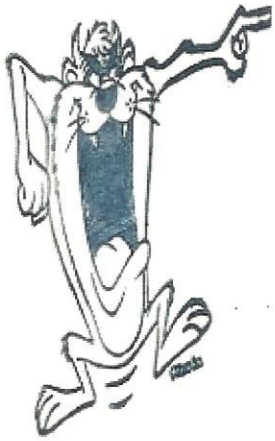

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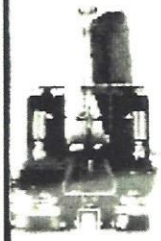

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Membership Application for:
Vietnam Veterans of America, Chapter # 223

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.

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Life - $100.00 Signature:_____

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

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