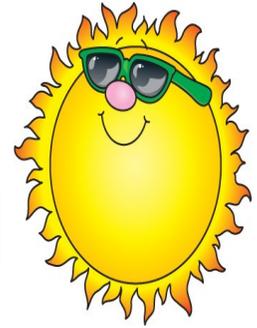




NEWS AND VIEWS



VOLUME 20

ISSUE 6 June 2018

PLEASE SHARE THIS NEWSLETTER WITH OTHER VETERANS

Presidents Message

As summers slowly approaches we have a few plans for events for get togethers. On June 9th from 7:30 till 10 we will be putting on a pancake breakfast. We could use some workers to assist at 6 AM and a couple to stay around for cleanup. I don't think this will take long and this is the job I always gravitate to. I am not much good in the kitchen, but it seems that I am at my best around the trash. We will be asking \$7.00 a person for pancakes, eggs, sausage and coffee and juice. After our successful BBQ at they park we would like to hold more events. Some we will have to charge for, but we never turn anyone away.

We have the state convention coming up in June 21—23, in Fresno. Some of us will be away for that. I will also be away on the 20th for the Assembly Veterans Recognition Luncheon in Sacramento. This is an event where the State Assembly Members honor a veteran in their districts. No, I am not being honored, but I work to put in on with the California Veterans Benefit Fund. I will also be in Sacramento on May 29—31 for the CalVet Leadership conference.

I am also working to put together a meeting of the chapters in northern California. This will be in August in Lake county. There are eight chapters in the district and this is a meeting to get to know each other and exchange ideas and what works for outreach, recruitment, fundraising and other projects. We did this years ago and it should be a regular program. It will be after the state elections, so it will be a good arena to exchange ideas on what should be happening at the state level. We are working on an area where we can have not just a meeting, socializing and a BBQ and family enjoyment. Lake county will be either warm or hot and the wind may blow.

I am now the chair of a national committee on Outreach to Post Vietnam Veterans. We are looking at who does outreach, how they do it and who they are outreaching to. As some of you may have noticed, a lot of us are not a mobile as we once were, and we are starting to slow down. We need to see if we have been successful in assisting other veterans or if we need to amend our methods. We have worked at making sure veterans are taken care of and that we receive the benefits that we earned. When we say we, we mean all veterans not a select few. The other main issue we are seeing is who will make sure we are not left out in the end. Will someone step up and demand that the children of all veterans are receiving the assistance they need?

We are still involved in fire relief and general assistance to our local veterans. We also work with the veterans in Lake county. Joe and is gang work many hours to make sure people and families can have a little comfort in their lives. They have made connections in a lot of areas and demographics carrying on the mission of our chapter. We have members working on everything from town hall meetings with the VA to helping make sure people can have a meal. We have many openings for people that want to help. At the Wednesday night market that is a question that has come up this year, I am now retired and would like to spend some time volunteering. We have lots of places they can step in.

We have just under three months till our dinner dance. We will have tickets available for sale or if you would like to try your hand at selling them we would welcome the help. The funds raised from this project helps us in assisting veterans. We are trying to make this an event that we can enjoy and watch Lou dance. If we can sell the tickets, CONTINUED ON PAGE 9

Vietnam Veterans of America Redwood Empire Chapter 223

Santa Rosa, California

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Committees

Chaplain:

Clinic Coffee Cart: Lou Nuñez

Color Guard:

Dinner/Dance: Lou Nuñez

Education: John McGivney

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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, Carlton Simini, and Gabe Arevalo. 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.



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This is a little late, but it came after the last newsletter went out and printed after the week honoring nurses. From Kate O’Hare-Palmer.

Military honors nurses during National Nurses Week



A look at military nurses through the ages in celebration of the Military Health System’s 2018 National Nurses Week.

5/4/2018 By: [Military Health System Communications Office](#)

FALLS CHURCH, Va. — American poet and writer Maya Angelou said, “They may forget your name, but they will never forget how you make them feel.”

This reference to the impact nurses have on their patients rings true every day, especially for those who help and heal our nation’s military. In their honor next week, the nursing profession is celebrated across the Department of Defense as part of the 2018 National Nurses Week observance.

Nurses Week begins on National Nurses Day, May 6, and culminates May 12 on Florence Nightingale’s birthday, who is widely known as the founder of modern nursing. For the U.S. military, it is an opportunity to recognize the contributions of the women and men serving as nurses since the American Revolution to today. Currently, there are nearly 30,000 military and civilian nurses serving active duty service members, their families, and retirees.

“This week, we proudly celebrate all nurses across the Military Health System – past and present – serving our courageous warfighters, retirees, and their families,” said Acting Assistant Secretary of Defense for Health Affairs Tom McCaffery. “The selfless service of nurses in the Military Health System and the Department of Defense impacts each of us every day. Their dedication to providing the highest quality care possible to our 9.4 million beneficiaries means that our troops are safer downrange, our military families are healthier back home, and our nation is a more secure, more prosperous place as a result.”

This year’s theme – *Nurses: Inspire, Innovate, Influence* – embodies the profession that has been voted by the American public as the most ethical and honest profession in the country 16 years in a row, according to the annual Gallup poll on honesty and ethical standards.

The MHS begins the week with a wreath-laying ceremony at Arlington National Cemetery’s Nurses Memorial at 1:30 p.m. May 7. Air Force Maj. Gen. Dorothy Hogg, the deputy surgeon general of the Air Force,

is the keynote speaker. Hogg was recently confirmed by the Senate to be promoted to lieutenant general and appointed as the next Air Force Surgeon General. Also speaking at the ceremony are Dr. Carol Romano, retired U.S. Public Health Service Rear Admiral and current dean of the Uniformed Services University of the Health Sciences Graduate School of Nursing, and Rear Adm. Tina Davidson, the 25th director of the U.S. Navy Nurse Corps.

The ceremony will be live-streamed via Facebook Live beginning at 1:30 p.m. Eastern Time. Anyone can join by linking into <https://www.facebook.com/militaryhealth/>.

For more than two centuries, military nurses have served America – on the water, in the air and on land – during peacetime and in conflicts stateside and abroad. Nurses in the MHS have played central, heroic roles in military medicine and provided unique contributions within military treatment facilities and clinics throughout the world. They ensure that those in uniform are medically ready to deploy anywhere around the globe on a moment’s notice. Nurses play key roles in military medical research, psychological health, and many other areas within the full spectrum of the health care profession.

Join our Nurses Week conversation on social media by following <https://www.facebook.com/militaryhealth> and <https://twitter.com/militaryhealth> -- use hashtags #ThankUNurses, #NursesWeek, #MHS. Sign-up to receive e-mail updates about Nurses Week. Register on GovDelivery <https://public.govdelivery.com/accounts/USMHS/subscriber/new>, and select "National Nurses Week" from the MHS News category.

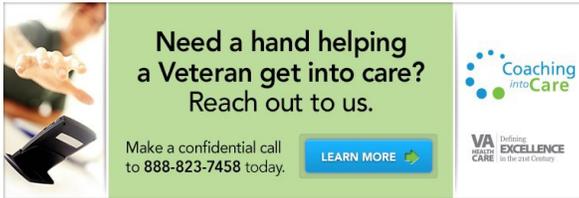
Log on to www.health.mil/nursesweek to view articles, photos, and videos honoring MHS nurses.

About the Military Health System

The Military Health System is one of America’s largest and most complex health care institutions, and the world’s preeminent military health care delivery operation. MHS medical professionals save lives on the battlefield, combat infectious disease around the world, and care for 9.4 million beneficiaries in one of the nation’s largest health benefit plans.

The missions of the MHS are:

- To ensure America’s 1.4 million active duty and 331,000 reserve-component personnel are healthy so they can complete their national security missions.
- To ensure that all active and reserve medical personnel in uniform are trained and ready to provide medical care in support of operational forces around the world.
- To provide a medical benefit commensurate with the service and sacrifice of more than 9.4 million active duty personnel, military retirees and their families.



Need a hand helping a Veteran get into care? Reach out to us.

Make a confidential call to 888-823-7458 today. [LEARN MORE](#)

Coaching Into Care

VA EXCELLENCE In the 21st Century

Submitted by Kate O'Hare-Palmer

Coaching Into Care VA Family Call Center

(888) 823-7458 Monday – Friday, 8am – 8:00pm EST FACT SHEET

☐ **Coaching Into Care** is a national telephone-based support service for family members and others who want to help reluctant Veterans access their VA health care benefits, particularly for mental health issues

☐ **Purpose:** To help family members and other loved ones encourage distressed Veterans to access VA Care successfully anywhere in the United States

☐ **Phone:** (888) 823-7458, Monday – Friday, 8:00am – 8:00pm Eastern Time

☐ **Email:** CoachingIntoCare@va.gov

☐ **Web:** www.va.gov/coachingintocare

☐ **Type of help provided:** Coaching Into Care is another “door” to VA care. We provide support and problem solving assistance for family members and others concerned about a Veteran, coaching with family members about how to talk to Veterans about seeking VA care, referrals for care for Veterans and family members, and information about available programs or enrolling in VA Care

☐ Veterans and their family members already well-connected to VA care should work with their local providers rather than calling Coaching Into Care

☐ Support for Coaching Into Care is provided by the Department of Veterans Affairs

☐ Coaching Into Care staff coordinate with the Iraq and Afghanistan Veterans Program Managers and Points of Contact in VA Medical Centers, Vet Centers, the National Veterans Crisis Line, the VA Caregiver Support Line, and the National Center for PTSD

☐ **Locations of call center personnel:** Philadelphia, PA, Durham, NC, and Los Angeles, CA

☐ **Leadership:** National and PA Site Director, Steven L. Sayers, Ph.D.; Training Director, Tanya Hess, Ph.D.; NC Site Director, Cindy Swinkels, Ph.D.; CA Site Director, Marleen Urbaitis, Ph.D.

☐ **For immediate crises:** Family members or Veterans should still contact the Veterans Crisis Line, (800) 273-8255, press 1 for Veterans

☐ **Former name:** Families At Ease

Princesses Elsa and Anna Make An Appearance Wednesday Night

by Bill Burke

For those who have attended the Wednesday Night Market over the last couple of years, you know how cold it can get especially at the end of the evening. We'll on Wednesday May 9th Princess Elsa and her sister Princess Anna along with Olaf the snowman from the movie “Frozen” made an appearance at the VVA booth to help us warm up. They were also able to demonstrate how to wear and show off our hats for sale. We still looked like penguins and felt like popsicles but we appreciated the gesture.

Want to see more? Come to the Wednesday Night Market running through August and see what the snowflake is all about.



Submitted by Kate O'Hare-Palmer

1 [Home](#)

Contrary to Recent Study, Low-Calorie Sweeteners Useful for Diabetes and Weight Management



Contrary to Recent Study, Low-Calorie Sweeteners Useful for Diabetes and Weight Management

On April 22, 2018, unpublished research was presented at the American Physiological Society meeting during Experimental Biology 2018 suggesting low-calorie sweeteners may contribute to diabetes and obesity. However, the research suffered from a few drawbacks, as noted by the Calorie Control Council:

This unpublished data was performed in rats There are limitations to studies performed in animals. While studies in animals and in the lab can be helpful in planning future research, the gold standard for research is the randomized control trial (RCT). A recent [RCT](#) by Mattes et al, showed that consuming aspartame in concentrations that are realistic for healthy adults, did not have adverse effects on blood sugar.

- **Results do not mention quantities** It is unclear what levels of low-calorie sweeteners were used.

Research is preliminary, not peer reviewed or published The Calorie Control Council cautions against accepting research conclusions based on unpublished data. Critical methodological and statistical information was not available as the research has not been peer reviewed or published.

There continues to remain no peer-reviewed or published research that proves a causal relationship between low-calorie sweeteners and an increased risk of diabetes or obesity.

What the Experts Say

Global health agencies around the [world](#), including The American Heart Association, American Diabetes Association and British Dietetic Association note that the use of low- and no-calorie sweeteners can be helpful for people with diabetes as they do not raise

blood glucose or insulin levels, and when used to replace sugar, can help lower carbohydrate intake. Millions of Americans are affected by diabetes and obesity, and more develop these conditions every year. For these individuals, nutrition plays a major role in managing disease. Low- and no-calorie sweeteners are excellent tools to reduce sugar intake, manage blood glucose levels, and reduce overall calorie intake. The Academy of Nutrition and Dietetics says that people can safely enjoy a range of non-nutritive sweeteners when they are part of an eating plan that is guided by current federal dietary guidelines.

The following agencies have utilized the most rigorous and extensive testing methods to evaluate low- and no-calorie sweeteners for use in diabetes management, and have concluded:

Foods and drinks that use artificial sweeteners are another option that may help curb your cravings for something sweet. – **American Diabetes Association**
The evidence reviewed suggests that when used judiciously, (nonnutritive sweeteners) NNS could facilitate reductions in added sugars intake, thereby resulting in decreased total energy and weight loss/weight control, and promoting beneficial effects on related metabolic parameters. – **American Heart Association & American Diabetes Association Research**

Artificial sweeteners are also safe for people with diabetes when consumed within the ADI [554] and the EFSA Panel concluded that there is sufficient scientific information to support the claims that intense sweeteners lead to lower postprandial blood glucose concentrations if consumed instead of sugars [555]. For people who are accustomed to sugar sweetened products, (non nutritive sweeteners) NNS have the potential to reduce overall energy and carbohydrate intake and may be preferred to sugar when consumed in moderation and can be a useful strategy for those individuals seeking to control their calorie and manage their weight. – **Diabetes UK**

**News Flash – 40th Anniversary
Coins In**

by Bill Burke

If you signed up to get the VVA 40th Anniversary Challenge Coin at the April 2018 meeting, they are now in. Please contact Bill Burke to pay for and pick up your coins as soon as possible. We also have a few extra for those that still want to get one.



The names are: Mia Cain, Erica Rennic, Samantha Stewart (3rd from left in the picture), Julianna McBurney, Elizabeth Pool, Michelle Kainz Names from Bill Burke



Submitted by Carlton "The Doorman" Smirni.

Pictured from left to right) Terry Thurman, Steve Bosshard, Carlton Smirni, Roy Brown, Jim Loorya, Judy Tullos (not pictured, took photos), and Randy Phillips (also not pictured) worked together on locating, cleaning and marking 1000 flagpole holes, as well as pruning errant brush (plus a dead tree, see Terry), at Santa Rosa Memorial Park, preparatory to our Avenue of Flags Ceremony to be held on May 28, Memorial Day. Roy Brown must be credited for doing a lot of the advance work, working the grounds by himself weeks ahead of time. Our small band of volunteers - Marines Steve, Roy, Jim and Randy; Air Forces' Terry and Carlton; and Army daughter Judy- then teamed up with Roy, and completed the job. Kudos to this small band of brothers and a sister. It turns out Mike Rowe is not the only one who can do the Dirty Jobs.

New Mental Health Resources for those Impacted by Wine Country Wildfires

Submitted by Cathleen Read, LCSW, Santa Rosa VA Community -Based Outpatient Clinic

Please take note! A new website has been launched, www.mysonomastrong.com, which is a self-help service designed to help survivors of the 2017 wildfires learn more about post-disaster stress and cope more effectively. It also connects to local resources (some specific to **veterans**) including **free** individual and/or group counseling and trauma-informed yoga and meditation. It is available in both English and Spanish and has accommodations for the hearing impaired. Mysonomastrong.com was a partnership of the Sonoma Healthcare Foundation, the VA National Center for PTSD, and the University of Colorado, Colorado Springs.

In April, several Sonoma County mental health providers (including two staff from the **local VA clinic**) attended a training on “Skills for Psychological Recovery”, a post-disaster recovery model developed by researchers and providers at the VA National Center for PTSD and the Substance Abuse and Mental Health Services Administration (SAMHSA). The training was organized by local mental health organizations, and offered to community mental health therapists who are part of the Sonoma County Wildfire Mental Health Collaborative. Therapists trained in SPR hope to begin providing SPR groups and individual therapy at no cost or low fee for fire survivors in the community. Please consult www.mysonomastrong.com for updated information about SPR and other wildfire recovery mental health services in your area!

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San Francisco VA Healthcare System Mental Health Service Update, 5/16/18

Submitted by John McQuaid, Ph.D. Chief of Mental Health, for the VVA Chapter 223 Newsletter

Thanks to Dr. Michael Drexler for providing the included information.

The Mental Health Service current services approximately 10,000 veterans across the SFVA system, including at the Medical Center at Ft. Miley and the 6 affiliated outpatient clinics in San Bruno, Downtown San Francisco, Santa Rosa, Clear Lake, Ukiah, and Eureka. In addition to having a broad range of traditional treatments (e.g., medications, group therapy, individual psychotherapy), the Mental Health Service is providing innovative opportunities to expand options for veterans. One example is Telemental Health.

What is Telemental Health?

Telemental Health (TMH) uses videoconferencing technology to **conveniently, securely, and quickly** provide Veterans with access to mental health services from remote facilities. TMH instantly connects a Veteran in one location with a mental health provider in a different location. This connection allows for **real-time interaction** between patient and provider. Videoconferencing allows for a **safe, reliable, and accurate** way for providers to assess a patient without physically being in the same location.

TMH services can be accessed either at a nearby clinic or at your home using your personal computer and VA-furnished videoconferencing software. You and your provider will decide which will be the best for you. If home-based TMH is selected a telehealth technician will contact you and assist you in installing and learning to use the software. Multiple research studies have demonstrated that TMH is as effective as face-to-face for treating PTSD and mood disorders.

What is TMH like to use?

CLINIC-BASED

TMH appointments feel a lot like traditional face-to-face appointments. When you come to your scheduled appointment a staff member will escort you to a room equipped with videoconferencing equipment. The monitor and the camera will be set up so that you and your provider can both see and hear each other clearly. When your visit is over, stop by the front desk to take care of any business or schedule your next appointment.

VIDEO TO HOME

Prior to your appointment you will receive an email invitation reminding you of your appointment and a link to click on to connect with your provider.

TMH Services

TMH is a rapidly expanding option for quality and convenient care. **Contact the TMH Program or your health provider to learn more about Telemental Health Services.**

Current TMH services include:

- Individual Therapy**
- Couples Counseling**
- Group Therapy**
- Medication Management**
- Peer Support**
- Brief behavioral assessment & treatment within Primary Care**

Why should I use TMH?

Telemental Health (TMH) helps you access the best healthcare without having to make long trips to go see a provider in person. Using advanced technology, our providers can give you the care you need by TMH as effectively as they can with a traditional face-to-face appointment.

What if I don't want TMH?

If you decide for whatever reason that TMH is not right for you, then a traditional face-to-face appointment can be arranged.

Summary

The goal of the Telemental Health Program is to provide veterans with the right care, at the right place, at the right time. TMH aims to make the local community the preferred place of care whenever possible, by bringing the best care to you. Trained mental health providers are using health information technology to securely deliver care and promote healing relationships.

Who to Contact:

You can contact your VA provider to find out more, or you can reach out to one of the resources below:
Telemental Health Program Coordinator: **Dr. Michael Drexler** (415) 221-4810 x26980

Clinic Contact Numbers:

Eureka	(707) 269-7500
Ukiah	(707) 468-7700
Clearlake	(707) 995-7200
Santa Rosa	(707) 569-2300
Downtown Clinic	(415) 281-5100
San Bruno	(650) 615-6000

From Kate O'Hare-Palmer



Women Veteran Monthly Statewide Webinars

Join Deputy Secretary Lindsey Sin to learn about and discuss events, services, resources, and benefits for women veterans in California. Register for the Women Veterans Roster, call, or email us to receive dates, times, phone number and weblink of the next Webinar/Phone Call at (916) 653-1402 or womenveterans@calvet.ca.gov.

Women Veterans Benefits & Employment Resources Workshops

These workshops occur throughout California at public libraries as part of the partnership with the California State Libraries Veterans Connect program. Each workshop is tailored to the region; employers and veterans advocates are selected specific to the area, but every workshop will always provide lunch and a special presentation by White House Champion of Change, [Graciela Tiscareno-Sato](#).

Location

DATE	TIME	LOCATION	
June 16, 2018 Saturday	10AM-2PM	Yreka, CA	REGISTER
July 21, 2018 Saturday	10AM-2PM	Mammoth Lakes, CA	REGISTER
August 25, 2018 Saturday	10AM-2PM	Fresno, CA	TBD
September 22, 2018 Saturday	10AM-2PM	Monterey, CA	TBD

Women Veterans Roster

If you are a woman who served in the U.S. Armed Forces, **please complete this form on the Cal Vet Website to be added to the CalVet Women Veterans Roster.** As part of the roster, you will receive updated information about benefits, programs, services, and resources throughout California. Your information will remain confidential and will not be shared with other entities. We currently have 8,000 on our roster and have 186,000 women veterans in California. So we have a ways to go!!!

Memorial Day

From Kate O'Hare-Palmer

Memorial Day Videos taken last Veterans Day at the Wall. 2017.

The two below links are to videos posted to YouTube and feature familiar VVA faces, and, of course, the VVA logo:

<https://www.youtube.com/watch?v=af217iJ4b7k>

<https://youtu.be/BlnD7Y9Obdg>

Presidents Message completed from page 1

we are hoping to be able to have most of the work that night done by others. If not, you can come and watch Lou and I clean up. The End!!!!

Attention all Veterans

Breakfast for all Vets, Family and anyone who is HUNGRY.

- Sat. June 9th from 7:30 am to 10:00 am
- Santa Rosa Veterans Hall Dining Room
- \$7.00 will get you Eggs, Sausage, Pancakes, Juice and Coffee

Join VVA Charter 223 in this important fundraiser.

Come hang out, have a great time and a great breakfast.

Chair: Gabe Arevalo

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Wed Night Market	7	8	9 POKER
10 1953—Battle of Outpost Harry Begins 1999—Kosovo air cam-	11 1999—Kosovo Defense Campaign ENDS	12 Board Meeting 1 PM	13 Wed Night Market	14	15	16
17 FATHERS DAY	18	19 General Meeting 6 PM Potluck 7 PM meeting	20 Wed Night Market	21 CSC CONVENTION in Fresno	22	23 Articles Due for Newsletter
24 RETURN FROM CONVENTION	25 Copy Newsletter 1950—Korean War Begins	26 Food Distribution 7 am	27 UVC 7 PM Wed Night Market	28 Fold Newsletter 10 AM	29	30



July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1962 Military Intelligence Branch est.	2	3	4 Happy 4th Wed night market	5 First Combat ground forces in Korea (task Force)	6	7 POKER
8	9	10 Board Meeting 1 PM, 1999 1st Bat. 26 Inf in Kosovo	11	12	13	14
15	16	17 General Mtg. 6 PM Dinner, 7	18	19	20	21 Newsletter Articles Due
22	23 Copy Newsletter	24 VVA National Leadership Food Distribution	25 IN Palm Springs	26 Fold Newsletter 10 AM 1948 -Exec. Order 9981 ends Segregation	27 1953—Korean War Armistance	28
29 Leadership Ends	30	31				



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Chapter Email: vva223vva@gmail.com

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

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

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CITY _____ STATE _____ ZIP _____

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

Life - \$100.00 Signature: _____

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