Vietnam Veterans of America Sammy L. Davis Chapter 295



President's Message

This is the message this month from VVA 295's President, Mike Hamm:



We all need to pitch in and do some work around Fort Harrison Veterans Center. Too many people say this or that needs to be done but never do anything about it. It is our home so we all need to lend a hand like Mike did.

Alone we can do so little; together we can do so much.

~ Helen Keller

September 20th Meeting

6:30pm Board Meeting

7:00pm Regular Meeting

VVA 295 Officers

President Mike Hamm

Vice President Ron Sukenick

2nd Vice President Larry Shaw

Secretary John Brocklehurst

Treasurer Tom Donoven

Board of Directors

Steve Mabrey Jim Finney

Steve Anderson Jim Pierce

Wes Anderson Ken Walters

Agent Orange Advocate

Mmoja Ajabu

AVVA Chapter Representative

Holly Tookolo

AVVA State President

Tony Gigli

VVA Service Officer—Dennis Smalling Call 317-313-1577 to schedule an appointment for your VA benefits and claims.

Important Dates

| Sept 6 | Stand Down 2017 Setup 3—5pm |
|------------|---|
| Sept 7 | Stand Down 2017 at National Guard Armory at 3912 W Minnesota, Indy; 8am doors open for vendors/organizations; 10am opening ceremony; 3;30pm booths tear down. Flyer pg 12 |
| Sept 13 | The Texas Tenors & Salute to Hoosier Vietnam Veterans at Murat Theatre; This is a concert and a special preview of The Vietnam War, a new film by Ken Burns & Lynn Novick which premieres Sunday, Sept 17 at 8pm on WFYI PBS in 10 episodes. Flyer page 9 |
| Sept 13-17 | 35th Annual Howard County Vietnam Veterans Reunion Flyer page 10 |
| Sept 14-18 | The Moving Wall in Francesville, IN for Fall Festival. The wall will be on display in the empty grass lot just north of E. Montgomery, the corner of Yellow and Bill streets. An official opening ceremony will be held at 6:00 p.m. on Friday evening. Flyer page 11 |
| Sept 20 | VVA 295 meeting; Board meeting at 6:30pm; Regular meeting 7:00pm. |

THIS DATE IN HISTORY

Sept 30, 1964 First large-scale anti-war demonstration in the U.S. is staged at University of California,

Berkeley by students and faculty opposed to the war.

Sept 6, 1966 Three U.S. soldiers who have refused to serve in Vietnam are court-martialed at Fort Dix,

New Jersey. The court rejected their defense that the war is illegal and immoral.

Sept 4-24, 1968 Troops from Americal Division & 2nd ARVN Division conduct Operation Champagne

Grove in Quang Ngai Province, I Corps. Action results in a major battle with a regiment

from the 3rd NVA Division three miles northwest of Quang Ngai City.

Sept 5–Oct 8, 1971 The 101st Airborne Division (Airmobile), in coordination with the ARVN 1st Infantry Di-

vision, conducts Operation Jefferson Glen, a search & clear mission to prevent a North Vietnamese buildup and to support pacification operations in Thua Thien Province, I Corps.

This will be the last major military operation in which U.S. ground forces take part.

Sept 8, 1974 President Ford pardons former president Richard Nixon.

September is Suicide Prevention Month Let people in your community know that simple actions can make a difference. Be there for veterans and service members in need of your support. Find out how you can support veterans and service members who may be going through a difficult time. For more info: https://www.veteranscrisisline.net/bethere.aspx?utm_source=govdelivery&utm_medium=email&utm_campaign=owned-media_newsletter_be-there&utm_term=body_text_null

Mailing Address: P.O. Box 269279, Indianapolis, IN 46226-9279 Phone: 317-547-4748

Physical Address: 9450 E. 59th Street, Indianapolis, IN 46216 Website: www.vva295.com

Meetings are the 2nd Wednesday of the month at 7:00 pm; Board Meeting 6:30

Newsletter Editor: Holly Tookolo If you have any information for the newsletter, please send it to my email:

htookolo@indy.rr.com

Vice President's Corner

Thrilled to announce that we are a growing and vibrant Chapter for VVA and with your help we can keep it that way. Make a commitment to invite in and help to inspire 1 new member between now and the end of the year.

MEETING IN September IS CHANGING TO THE 3RD WEEK. I do want to point out that once again we are changing the Sept meeting to the 3rd week – Sept 20th in order to have all our members take advantage of the Salute to Vietnam Veteran program at the Murat on Sept 13th. I've been able to negotiate a 50% discount for all our members and our guests. We would love to have a big showing at this event – (being that they are saluting us) – For those of planning to attend, here is the discount code again - This offer is EXCLUSIVE to VVA Sammy L. Davis Chapter 295 members. They may purchase any amount of tickets at 50% discount. They need to enter promotional code VVA295 to receive the 50% discount. The link to tickets for SALUTE is: www.ipbssalute.eventbrite.com.

I received lot's of compliments from members stating that they appreciate the amount of relevant information we we're able to put out from attending the National Convention.

If you have any ideas on anything related to the chapter, or just want to get involved on a committee, please reach out and mention it to anyone of our current officers or board members.

As always, I'm always available to speak - I'm reachable at rs@ronsukenick.com or 317-696-1367 Regards, Ron Sukenick, Vice President - VVA Chapter 295

2nd Vice President's Corner

I wish to thank the chapter for allowing myself and the others to represent you at our National convention. I am sure that we each have a greater insight that will help make our chapter ever better.

Not all of us have the time or money to go to Washington to visit our Representatives to explain the needs of our veterans and their families. but you can get to know them locally, when they are in their local office, and town hall meetings. Get to know their aides, as they will pass your comments on to your Congressman, or Senator. Let them know that you are a veteran, and a voter; (do not threaten them with your vote, and do not say you are a voter, if you do not vote) be courteous, keep your comments short and to the point. only one subject each time.

Want to know what bills are being discussed and voted on? Go to VVA Home Page, click on How You Can Help, then click Support Legislative Action. Here you will see the bills, and find your Representatives. While there sign up with your name and e-mail, and they will contact you for action to pass or defeat bills. you then can contact your Representative and give your comments on the subject.

To get the latest news from National do the following: Go to the VVA Home Page, click on Helping Veterans, once there sing up.

Please keep everyone affected by Hurricane Harvey in your Prayers. Many have lost everything including home, family members and lively hoods. It will take many years for homes and businesses to be rebuilt. Many places and organizations are collecting food, water, clothing, and money to aid them. If you can donate in any way, please do. But if you cannot afford to, please pray that those who can will. Please pray for the POW/MIA's and their families. Thank you.

Remember we each can do a little, but together we can do a lot.

Larry Shaw, 2nd Vice President—VVA Chapter 295, 765-618-4067

Issues from National Convention August 8-12, 2017

- PTSD's relationship to dishonorable discharge. Could affect 81,000 vets who can't be treated for PTSD. Prisons are full of vets suffering with PTSD who can't get treatment.
- PTSD—50% of suicides of people over 65 are Vietnam vets.
- VVA fighting in Washington to simplify Appeals process. Making appeals set precedent. At present, every appeal claim is tried separately.
- VVA fighting processing delays. Investigating how insurances process numerous requests quickly.
- Congress is flirting with the idea of combining benefits with social security. This will affect anyone over 62. Benefits are not a right. They are at the pleasure of congress. This would be devastating to thousands of vets.
- TOXIC EXPOSURE—continuing to work on birth defects that pass down generations, disabilities of your children, effects of arsenic and additional toxins, dumping of existing toxins into the ocean, additional diagnosis of unrecognized ailments, adding areas of exposure. VVA is fighting to keep research funded.
- Pay attention to your VA Hospital. Insist on good care. Hospitals are rated 1 to 5. Ratings can be found on VA's website. Respectfully ask to speak to a supervisor or patient advocate.
- 10 to 17% of all Vietnam era veterans HAVE hepatitis C. Get tested!!! It will destroy your liver.
- Male vets should have their PSA tested often. At least twice a year. Not only do we have an increased chance of prostrate cancer, the cancer is very aggressive. It turns fatal faster than normal.
- If you drank water, ate fish, or were bit by a skeeter in southeast Asia, you need to be checked for "liver flutes" or parasites. They can live in your liver forever, causing a myriad of problems, including liver cancer. Again, insist on being tested.
- Legacy!!! "Never again will we leave any veteran behind" VVA is growing, not shrinking. Our fights will pave the way for vets in the future. National VVA Officers remind us that "All politics are local". They fight in Washington D.C. for us every day. VVA is in front on all the issues we have discussed. If you actively write and call your legislators, you have their back and make them more effective.

America's Vets Have a New Enemy: Scammers!

The bad guys deliberately call retired soldiers, sailors, Marines and airmen, pretending to be old friends, offering "sure thing" investments, finding ways to steal their money. The data says it all: One in three victims of investment fraud in America are military veterans, a recent AARP study found. And the situation is only getting worse: Now it's time for each of us to stand up on behalf of veterans. AARP's Fraud Watch Network is launching a campaign to protect veterans from scams called OPERATION PROTECT VETERANS. The goal: engage thousands of people like you to watch for suspicious solicitations that target military veterans. Your reports will be used to build tools and methods to protect veterans from the latest scams. You don't need to have absolute proof that an offer is fraud to report it. If you see something suspicious, send us an email describing the potential scam to protectveterans@aarp.org. You can also take a picture of the potential scam mailing or email with your smart phone and email it to the same address: protectveterans@aarp.org. Or simply call 1 855-800-9023 and leave a detailed message. Your reports will be held in confidence by AARP and will be used for consumer education purposes only. Your name will not be made public.

For more info, go to http://states.aarp.org/operation-protect-veterans-scams/

The Bunker

Hours: 10am—2pm on Sunday.

Your purchases at The Bunker support VVA 295 and Fort Harrison Veterans Center.

Roudebush VA Medical Center is needing volunteer drivers. Veterans Transportation Service provides Veterans a ride to their medical center or outlying clinic. This is a great way to help Veterans. To volunteer, visit or call Volunteer Services, 317-988-2734 or call driver Pat Parrish, 317-632-4263 (he's a VVA member).

Food Drive for HVAF

Bring non-perishable food to the next meeting for HVAF (Hoosier Veterans Assistance Foundation) for the Veterans they are helping. What they need the most is canned meats, pasta and noodles. You can visit their website to see what they do. http://www.hvafofindiana.org/

HVAF needs volunteers. Volunteers help sort and stock donations that come to HVAF. They provide essential services to Veterans to help promote them towards self-sufficiency. Volunteers also beautify housing properties by raking leaves, painting and landscaping. Contact Robin Close at 317-951-0688 or rclose@hvaf.org

Supporting Advertisers

Disclaimer: The ad solicitations posted here do not necessarily reflect the official policy or position of VVA Chapter 295. They are established vendors that support the VVA chapter and seek to do business with you.



Linda Begley NMLS ID: 984839 Based in Central Indiana

Reverse Mortgage Specialist

CELL (317) 522-7230

EMAIL lbegley@aag.com

WEB www.aag.expert/LindaBegley

Branch Office 181 W US 50, Suite 205 Greendale, IN 47205



My name is Mike Dolan and I am retired Air Force and a member of VVA Chapter 295. I am a specialist in Medicare and am here if you need someone to help you in navigating the many options for Medicare and Medicaid and how these benefits interact with VA benefits. There are several medical plans that many folks are unaware of and it is my mission to help veterans understand their options and act on the appropriate ones. A great client is someone over 65 who served in the military for a tour or so but did not draw military retirement (Tricare), and is eligible for VA healthcare but not 100% disabled.

If you would like to review your options, please contact me. Most of these plans offer a wide network of doctors and hospitals outside of the VA system and offer an expanded formulary of available prescription drugs., all with low or no monthly cost. There are also incidental benefits such as dental, vision, gym membership, etc. If you would like to visit, please contact me using the information below. I speak a foreign language- I speak **Medicare**!! Michael E. Dolan, Maj USAF (Retired), 317-374-5578, michaeledolan@prodigy.net

Hurricane Harvey

Our VVA Texas State Council has 7 of its 37 chapters located in the area affected by Hurricane Harvey and the aftermath—and they are very grateful for the outpouring of support and concern. VVA Chapter 292 in Beaumont has been designated the staging area for help to our Vietnam veterans and their families who are in need of assistance in the areas ravaged by Hurricane Harvey.

The Texas State Council is asking that any donations for the initial phase of the relief effort be monetary rather than supplies, as they determine the needs of the area, and that checks may be sent to VVA Chapter 292 in care of Kerwin Stone, P.O. Box 1071, Beaumont, Texas 77704. Kerwin, in addition to serving as VVA Chapter 292 president, is the Vice President of the Texas State Council and serves on the VVA National Board of Directors. For more information, contact Kerwin Stone at kstone@vva.org.

September is Suicide Prevention Month Let people in your community know that simple actions can make a difference. Be there for veterans and service members in need of your support. Find out how you can support veterans and service members who may be going through a difficult time. For more info: https://www.veteranscrisisline.net/bethere.aspx? utm_source=govdelivery&utm_medium=email&utm_campaign=owned-media_newsletter_bethere&utm_term=body_text_null

Majority of Military Hospitals Offer Holistic Therapies, Alternative to Opioids, Study Finds

Nearly 80% of military medical facilities are offering alternative medicines for pain management and psychological treatment instead of opioids when possible, according to a study published by the nonprofit Rand Corp. The study reviewed 142 military health facilities across the branches of the Army, Navy, Air Force and the national Capital Region Medical Directorate, which serves active and retired military personnel and their families. The study said there were about 76,000 alternative therapy patient visits per month treated by 1,750 providers. Services include acupuncture, yoga, relaxation therapy, among others, and responding physicians said patients often express interest and openness to the treatments. Physicians responded that a lack of providers and awareness of these services are barriers to providing care. The most common conditions these therapies are used for are chronic pain, stress, anxiety, back pain and sleep disturbance.

Shulkin will decide whether to add more conditions to Agent Orange list by November 1

VA Secretary David J. Shulkin will decide on or before November 1 whether to add to the list of medical conditions the VA presumes are associated to Agent Orange or other herbicides sprayed during the Vietnam War. Ailments to possibly add include bladder cancer, hypothyroidism, hypertension, stroke and Parkinson-like symptoms without diagnosis of that disease. All the findings, studies and work group reviews and recommendations were turned over to Shulkin on February 17. That is the same month Shulkin was confirmed as VA Secretary.

The next 3 pages are a report on the AVVA National Center from Terri C. Anderson.

Associates of Vietnam Veterans of America 9th National Convention August 2017

The 9th National Associates of Vietnam Veterans of America Convention (AVVA) was very exciting and informative. The convention officially opened on Wednesday, August 9 2017. Our President Sharon Hobbs was introduced at the Vietnam Veterans of America opening session where she gave her Welcome. She spoke about the accomplishments of the AVVA. Some of the highlighted accomplishments of the AVVA include:

- Secondary PSTD (PSTD 2) Program This is one our newest peer-support programs. It
 was launched during the 2016 Leadership Conference in Tucson, Az. Facilitators are
 currently being trained.
- Project Friendship
 - o 2016 Esperanza En Escalante (EEE)
 - o Volunteers of America Greater New Orleans
- Condolence Card Program AVVA's chaplain worked with Father Phil in sending cards to families of all reported deceased members of VVA and AVVA. We averaged about 70 cards per month. AVVA includes a small card in each envelop that encourages loved ones to submit their veteran's name to the In Memory Registry if eligible.
- Service Officer Program Currently we have 18 active Service Officers working in 10 states. In addition, there are 3 Service Officers in-training.
- Program Safe Program
- Helping Hands Program
- Two Partnerships
 - Military and Veteran Caregiver Network provides online peer support services to caregiving members
 - Vietnam Veterans Memorial Fund in the repair of the In Memory Plaque
- In Memory Plaque Project The design has been accepted by all three governmental agencies. Fundraising is beginning
- Incorporations Assists in the incorporations or chapters
- Toxic Exposure Committee Participated in 52 Faces of Agent Orange Town Hall meetings across the US.
- Leadership Development
- Membership Over 9200 members
- Paper Safe Grant AVVA received a \$10,000 grant from the National Foundation of Veterans and Families for the fourth printing of Paper Safe.
- Four Educational Brochures added PTSD 2 and legislative priorities

- Donations
 - \$1000 to Veterans Voice Writing Project
 - o \$2000 to Esperanza En Escalante
 - o \$1000 to the Memory Plaque
 - o \$2000 to Volunteers of America
- Legislative Action Actively participated in call-in to Congress Days supporting S901 abd HR1769 (Toxic Exposure & Research Act 2015)
- Sponsored Seminars During 2016 Leadership Conference
- Website
- VISTA Program Continues to thrive. Over 53000 reported since inception in 2014

AVVA Convention Caucus and Delegate training began on August 9, 2017 at the Marriot Hotel. Each session began with prayer, the pledge of allegiance and a patriotic song 9 the National Anthem and America the Beautiful). In addition the first session began with the introduction of officers. Once officers were introduced the proposed bylaws were reviewed in detail. There were seven proposed bylaw changes.

In an effort to assure orderly meetings and an understanding or the procedures to be followed in each meeting, the rules of convention were read aloud. In addition, detailed instructions were given on how to approach the microphone and being recognized to speak on the convention floor.

Delegates along with non-delegates participated in a detailed presentation on parliamentary procedures and how to conduct an effective meeting, including the following:

- Making a motion from the floor
- · Seconding a motion
- Discussion on a motion, and
- Making an amendment

Three delegates, starring yours truly, participated in a practice session of a live presentation of a Senior Group Meeting and an Amendment to a Main Motion. This was an excellent meeting with very relevant information.

The second session of the 9th AVVA National Convention began at 9am Thursday, August 10, 2017. The main objective of this meeting was the presentation of the bylaws changes by the Bylaw Committee and the approval of said changes by the majority of the delegates. All seven proposed changes were approved after being amended, along with discussion and subsequent changes. Roberts Rules of Order were followed and parliamentary procedures were executed with great excellence.

The meeting was adjourned early afternoon.

The third session of the 9th AVVA National convention convened at 9:00 am, August 11, 2017.

The main objection of the session was the AVVA Candidate Forum and Elections. The national election rules were read and assurance was given by the delegates that they were understood.

The candidates for national offices were introduced and allowed to speak if so desired. All of the candidates ran unopposed.

There were 102 voting delegates. Credentials were checked by the Sergeant-at-Arms. Voting ballots were segregated by region and each ballot was described. Delegates were called to vote by Region. Once the delegates voted, the tellers counted and recorded the vote in accordance with the rules of order issued to them. Once the results were verified, the National Elections Committee chair announced the results to the delegate body.

The newly elected board of directors were sworn in as the last order of business.

The 9th Annual AVVA meeting was adjourned on Friday, August 11, 2017.

On Friday, August 11, 2017 I attended the PSTD 2 Seminar and Peer Support meeting. It was an excellent interactive session that simulated a support group session. The session leaders were very informative.

I also attended the AVVA luncheon. The lunch included BBQ briquette, baked beans, slaw and dessert. The food was very great.

The AVVA luncheon speaker was Debbie Sprague, author of "A Stranger in My Bed: 8 Steps to Taking Your Life Back from the Contagious Effects of Your Veteran's Post-Traumatic Stress Disorder". Debbie is a board certified Life Coach, specializing in wellness and life solutions for military and veteran caregivers. In 2004, Debbie's husband, a Vietnam Veteran was diagnosed with complications to Agent Orange and Post-Traumatic Stress Disorder. Life dramatically changed for the couple and in 2006 Debbie was also diagnosed with PSTD. Her personal need to find answers and solutions after becoming overwhelmed and lost in the world of caregiving and PTSD, and her desire to help other military and veteran caregivers led to the work she does today.

This report is respectfully submitted to VVA chapter 295,

Terri C Anderson

Terri C Anderson, AVVA Life Member and AVVA delegate.

SALUTE TO VIETNAM VETERANS

INDIANA PUBLIC BROADCASTING STATIONS

FEATURING IN CONCERT



TEXAS TENORS®

AND A PREVIEW OF

THE VIETNAM WAR

A FILM BY KEN BURNS & LYNN NOVICK

WEDNESDAY, SEPTEMBER 13, 2017 | 7:30 P.M.

MURAT THEATRE AT OLD NATIONAL CENTRE

Indianapolis, Indiana

Ticket information at ipbssalute.eventbrite.com.

Discount available for veterans and active military.

PHOTO COURTESY OF THE NATIONAL ARCHIVES AND RECORDS ADMINISTRATION, 1969

Funding for THE VIETNAM WAR is provided by Bank of America; Corporation for Public Broadcasting; PBS; David H. Koch; Blavatnik Family Foundation; Park Foundation; The Arthur Vining Davis Foundations; The John S. and James L. Knight Foundation; The Andrew W. Mellon Foundation; National Endowment for the Humanities; The Pew Charitable Trusts; Ford Foundation Just Films; Rockefeller Brothers Fund; and Members of The Better Angels Society: Jonathan & Jeannie Lavine, Diane & Hal Brierley, Amy & David Abrams, John & Catherine Debs, Fullerton Family Charitable Fund, The Montrone Family, Lynda & Stewart Resnick, The Golkin Family Foundation, The Lynch Foundation, The Roger & Rosemary Enrico Foundation, Richard S. & Donna L. Strong Foundation, Bonnie & Tom McCloskey, Barbara K. & Cyrus B. Sweet III, The Lavender Butterfly Fund.

THE 35TH ANNUAL HOWARD COUNTY VIETNAM VETERANS REUNION SEPTEMBER 13 - SEPTEMBER 17

8313 f 400 s. GREENTOWN, INDIANA 46936 ENTRY FEE IS \$ 10. FOR THE ENTIRE REUNION VENDORS, DISPLAYS, LIVE ENTERTAINMENT, AND MORE

WELCOME HOME, ONE AND ALL





The stage lineup for the 35th Annual Vietnam Veterans Reun

Sept. 14, 2017

11 am - Opening Genemony

1 pm - The Who Knows Band

3 pm - Ron Jones and Old Dudes Rock

5 pm - The Eel River Band

7 pm - Carl Story 9 pm - Zach Day and Full Throttle

Sept. 15, 2017

Laying of bricks at memorial right after Opening Geremony

1 pm -A Salute to the USS Frank E Evans/74 lost by Jackie, Sandi & Karla.

3 pm - Russ Chandler

5 pm - Short Term Memories

7 pm - Seth Cook

9 pm - Cook & Bell

Sept. 16, 2017

11 am - Opening Geremony

1 pm - Elixies

3 pm - Mike Mulligan & Steam Shovel

5 pm - That 90's Band

7 pm - The Time Travelers

9 pm - Alan Kaye & The Toons

Check out the website and complete flyer: http://francesvillefallfestival.com/



VETERAN STAND Down











Thursday, September 7, 2017

11:00 am: Opening Ceremony

11:15 am-2:00 PM: Veteran Services, Community Resources

Event Site: Indiana National Guard Armory 3912 West Minnesota Street, Indianapolis, IN

Transportation will be provided from: HVAF, Lincoln Apartments, Volunteers of America, and The Wheeler Mission to Event Site on rotating basis

All Veterans with a VA Card or DD214 are invited





STAND WITH THOSE WHO STOOD FOR US