



The Sentinel

Vol. 6 No. 2

Vietnam Veterans of America – Chapter 1002 – Wallkill Valley
P.O. box 463, Vernon, NJ 07462 - 973-271-2413

February 2019

Website: www.VVA1002.org

President: John Harrigan

1st Vice President: John Brady

Secretary: Carl Ohlson

2nd Vice President: Walt Hazelman

Chaplin: George Burns

Treasurer: Owen Martin

Sergeant at Arms: Ted Andrews

FROM THE MINEFIELD:

Submitted by John Harrigan

Sitting down to write this I can't believe that February is just about over.

Last Sunday, February 17th, we had the St Patrick's Day Grand Marshall Luncheon at the Irish Cottage and would like to Thank everyone who attended. It was a really good time and the food was excellent.

The next scheduled event is the Mass at St Jude's R.C. Church in Hamburg on Saturday, March 2nd, at 8:30 am followed by a Traditional Irish Breakfast starting at 10am at the Irish Cottage. If you have not signed up for the Breakfast don't forget you can still attend the Mass at St Jude's.

Then lastly on March 16th we have the St Patrick's Day Parade at 11am in Newton. As of today we have 40 members signed up to participate either marching or riding in an automobile. When we arrive at the Reviewing stand we will stop and take seats there and as the Grand Marshall's we will sit and watch the rest of the Parade.

I can't express enough how Great an Honor it was to be chosen as the First Organization to be the Grand Marshall and to be recognized for the work we have done and continue to do in the Community. The only thing we have to do now is PRAY for good weather.

I want to thank Cyndi Predmore for stepping up to take over the mailing of the Scholarship Applications to the County schools and for volunteering to do the judging of the Essays when they come in. I'm sure when the time comes Cyndi will let us know when she needs help.

At our last meeting Rebecca from The Military Family Nights Program attended our meeting and if there

is enough interest in the Program they will have it here at St Francis De Sales starting on March 6th at 5:30 to 7:30 when I get more info I will let you know.

One last note is that they have tentatively approved the Blue Water Navy for benefits associated with Agent Orange. In speaking with the VA they advised that if you are affected you should file Intent to File form and this way when it gets final approval you will already send in your paper work with that Filing date as you start date.

That's it for now. See you at the Meeting.

1st VICE PRESIDENT:

Submitted by John Brady

Who said Mother Nature doesn't have a sense of humor. This winter weather has really been crazy, one day it's 0 degrees with a wind chill in the teens or twenties, the next is snow sleet and freezing rain and then we get a Spring teaser of temperatures in the 50's and 60's.

I do believe there is hope for an early spring though. The day before Groundhog Day a coyote was passing through my backyard. I went out on the deck to see him and he turned to me and said, "Don't worry about the groundhog, I ate him". I just hope the municipalities still have enough "pickle juice", sand and salt to last.

Despite the weather we have had good attendance at our monthly meetings averaging between 50 and 60 people. On Thursdays at our Vets Helping Vets program it's been SRO as we continue to help veterans and their spouses and families navigate the sometimes frustrating VA system.

I would like to thank all our members who were able to attend the Knights of Columbus Pancake Breakfast that

Never again will one generation of veterans abandon another!

was held at St. Francis de Sales Church. I know it was short notice and was only sent out by e-mail. The K of C has been very generous in their contributions to our chapter and the cemetery and they appreciate the support we give them.

Upcoming is the St. Patrick's Day Parade in Newton which our chapter has been honored by being named the Grand Marshall. Naming a group is unprecedented since it is usually one or two individuals. The parade is Saturday, March 16 and as Grand Marshall(s) we will be leading the parade. This time we only have to march to the reviewing stand and then we will be seated to view the rest of the parade. They were going to set up bleachers but our President John Harrigan in his wisdom notified the committee that "we're too old to climb". So they're going to set up chairs instead. As of this writing there are 35 members who have signed up to march. If anyone wishes to join us please let President Harrigan know so there will be enough chairs. Also, if you can't march the parade committee will make arrangements for you to ride.

So, hopefully Mother Nature will cooperate and maybe give us one of those 50 degree days. Regardless, keep eating plenty of pickles so the towns and county will have plenty of "pickle juice" to treat the roads.

SERVICE OFFICER:

Submitted by Skip Kays

No report.

WOMEN VETERANS:

Submitted by Walt Hazelman

Women Veterans

Challenges

The current global war on terror illustrates a few deficiencies in services provided for women veterans. Never before have women servicemembers been engaged in constant combative environments. Participation in Operation Iraqi Freedom and Operation Enduring Freedom has forced them to expand their military roles to ensure their own survival, as well as the survival of their units. They sustain the same types of injuries that their male counterparts endure. Any future women veterans' research will need to take into consideration the physical effects of combat on women veterans, not just mental effects of combat and military sexual trauma.

Since women veterans are sometimes the family's sole caregivers, services and benefits designed to promote independent living for combat-injured veterans will need to consider other needs – like child care during

rehabilitation. This dynamic should also be considered more when designing domiciliary and homeless women veteran programs. Homeless veterans' service providers' clients have historically been almost exclusively male. That is changing as more women veterans and women veterans with young children have sought help. Additionally, the approximately 200,000 female Iraq veterans are isolated during and after deployment, making it difficult to find gender-specific peer-based support. Reports show that one of every 10 homeless veterans under the age of 45 is now a woman. Access to gender-appropriate care for these veterans is essential.

In the past 10 years, the number of homeless women veterans has tripled. In 2002, the VA began a study of women and PTSD. The study includes subjects whose PTSD resulted from stressors that were both military and non-military in nature. Preliminary research shows that women currently serving have much higher exposure to traumatic experiences, rape and assault prior to joining the military. Other reports show extremely high rates, 20 to 40 percent, of sexual trauma while women are in the service. Repeated exposure to traumatic stressors increases the likelihood of PTSD. Researchers also suspect that many women join the military, at least in part, to get away from abusive environments. Like the young veterans, these women may have no safe supportive environment to return to, adding yet more risk of homeless outcomes.

Providing quality health care in a rural setting has proven to be very challenging, given factors such as limited availability of skilled care providers and inadequate access to care. Even more challenging will be VA's ability to provide treatment and rehabilitation to rural veterans, including women veterans, who suffer from the signature ailments of the ongoing global war on terror – traumatic blast injuries and combat-related mental health conditions. VA's efforts need to be especially focused on these issues.

Gaining access to the nearest facility providing gender-specific services can prove even more of an obstacle, since the nearest facility may be a community-based outpatient clinic that may not offer these services.

Statistics

There were 1.8 million living women veterans in 2008. In 2008 453,250 women veterans enrolled in the VA health-care system for care. The number of women veterans enrolled in the system is expected to grow by 33 percent in the next three years. Over 102,126 female veterans served in OEF/OIF as of September 2008. Of those, 44.2 percent have enrolled in the VA health-care system. Post-traumatic stress disorder, hypertension, and depression were the top three diagnostic categories for



The Sentinel



Vol. 6 No. 2

Vietnam Veterans of America – Chapter 1002 – Wallkill Valley

February 2019

Website: www.VVA1002.org

women veterans treated by VA health care. Twenty-two percent of women screened positive for military sexual trauma, compared to 1.2 percent of men. Of all the OEF/OIF veterans who used VA health care in 2007, 16.7 percent of women and .8 percent of men screened positive for MST.

Women Veterans Health Care

<https://www.womenshealth.va.gov/>

Center for Women Veterans Home

<https://www.va.gov/womenvet/>

VA Research & Development Women's Health Program

https://www.research.va.gov/programs/womens_health/default.cfm

VA Mental Health - Military Sexual Trauma

<https://www.mentalhealth.va.gov/mentalhealth/msthme/index.asp>

VA Health Services Research - Current Studies

<https://www.hsrdr.research.va.gov/research/portfolio.cfm#10>

AGENT ORANGE:

Submitted by Owen Martin

Most prevalent SC disabilities of all compensation recipients

Tinnitus	1,786,980
Hearing loss	1,157,585
Post-traumatic stress disorder	964,038
Scars, general	934,967
Lumbosacral or cervical strain	916,515
Limitation of flexion, knee	872,536
Paralysis of the sciatic nerve	675,155
Limitation of motion of the ankle	571,552
Migraine	491,267
Degenerative Arthritis of the Spine	470,390
Total number of most prevalent disabilities:	8,840,985
Total number of disabilities	23,216,491

POW/MIA:

Submitted by Bob Gilbert

No report.

This comes from Dr. Patrick Teefy, Cardiology Head at the Nuclear Medicine Institute University Hospital, London, Ont.

I hope everyone can send this on as it is really important for everyone to know!

1. Let's say it's 7:25 pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five km from the hospital nearest your home.

4. Unfortunately you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.
6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE?
 Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.
 A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.
8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.
9. Tell as many other people as possible about this. It could save their lives!
10. A cardiologist says: "If everyone who gets this email & kindly sends it to 10 people, you can bet that we'll save at least one life.
11. Rather than sending jokes, please contribute by forwarding this email which can save a person's life....
12. If this message comes around to you more than once..... please don't get irritated..... U need to be happy that you have many friends who care about you & you are being reminded of how to tackle.... Heart attacks.... when you are alone.

COMMUNITY/PUBLIC AFFAIRS:

Submitted by Lou Storms

No report.

Scheduled Meetings:

Meetings are held at 2:00 p.m. the 4th Sunday of each month unless otherwise **noted**.

2019

24th February

24th March

28th April

26th May

23rd June

29th July

25th August

22nd September

27th October

24th November

December – TBD – Christmas Party

Calendar of Events:

Visit www.VVA1002.org for information on upcoming events.

March 2nd – 8:30 a.m., Mass at St Jude's R.C. Church in Hamburg followed by a Traditional Irish Breakfast starting at 10a.m. at the Irish Cottage.

March 16th – 11:00 a.m., St. Patrick's Day Parade, Newton

NEW MEMBERS:

"WELCOME HOME"

No report.

PASSINGS:

No report.



The Sentinel

Vol. 6 No. 2

Vietnam Veterans of America – Chapter 1002 – Wallkill Valley

February 2019

Website: www.VVA1002.org

CONGRATULATIONS/CONCERNS:

Happy December (not November) Anniversaries:

Kathy & Lenny Weakland

Audrey & Jerry Magnus

Happy February Anniversaries:

Brenda & George Gunderman

MEMBERS CORNER:

February 17, 2019 - St Patrick's Day Grand Marshall Luncheon at the Irish Cottage



John trying to figure out what comes next. He doesn't realize that he is not reading a program.



Lenny is either scolding someone or pointing out the finer points of life.



We are ready to lead you in. Are you organized yet?



Jerry praying – not sure if it is for someone to rescue him from loneliness or thankful that he is left alone.



This is us organized!



So – which way does the sash go?

available to play for anyone who needs a bugler for Taps (or other appropriate bugle calls) for any honorable discharged veteran or related military ceremony. In the event I cannot play because of a scheduling conflict, I can generally still provide a substitute bugler so please contact me - Bob Caggiano, USAF Veteran, (973) 222-7591 (cell) or FinalTaps@gmail.com.



MISCELLANEOUS:

1. **Special Note: If you are a veteran in emotional crisis and need help RIGHT NOW, call (toll free 24/7) 1-800-273-8255 and tell them you are a veteran. All calls are confidential.**
2. Jackets (\$60 (summer) & \$70 (winter)); t-shirts (\$15); hats (\$10); golf shirts (short sleeve \$28; long sleeve \$33) are still available. See Owen Martin for purchases or to place an order (pre-payment for orders are appreciated)
3. Important note to families of deceased veterans, and/or requestors:

Submitted by Bob Caggiano

It is the right of every deceased Veteran to have a Military honors team attend the graveside service, to present the Flag at no charge to the family. Honors Teams are sent out, at the expense of the US Government.

In January 2000, Congress passed legislation guaranteeing Veterans the right to at least two uniformed servicemen, a flag ceremony, and the playing of TAPS at their funeral. Unfortunately, there are not enough buglers to play TAPS, so the historic melody has been played on a CD player at many Veterans' last ceremony, or more currently on a bugle that plays Taps using an electronic insert. The volunteer organization "Bugles Across America" (a.k.a. BAA) was created to honor the service of veterans by providing Taps live by a bugler using a real instrument (such as a bugle, trumpet, cornet, or flugelhorn) at funerals or any other ceremony requiring a bugler. There are currently over 7500 volunteer buglers nationwide in all 50 states, and some overseas who stand ready to serve. BAA volunteers perform Taps as a free service.

As a Vietnam era veteran member of VVA Chapter 1002 and a BAA volunteer bugler, I am

Editors Corner:

By Linda Skellenger (AVVA)

Please have information to be included in the March newsletter to me by Sunday, March 17th by email: skelle@ptd.net or by snail-mail to:

Linda Skellenger
174 Lewisburg Rd.
Sussex, N.J. 07461