

INCOMING NEWS



**MARCH
2014**



Viet Nam Veterans of Diablo Valley

"Proudly We Served"

CRAB FEED - A HUGE SUCCESS

Next... "Walk of Honor"

VNVDV Prez Ray's Comments:

CRAB FEED A HUGE SUCCESS!

Thanks to all who contributed to making our **10th annual Super Crab Feed** a success.

A big part of that success was the high quality of the Silent Auction items we had this year which brought in the bulk of the revenue.

Thanks to all who solicited these great donations. Everything sold – there were no items with no bids! The food was great as was the company & everyone seemed to be having a good time – in spite of the game being a blowout.

The next event we need to all support is the **March 15, 2014 Corned Beef & Cabbage Feed** to benefit the Veterans Memorial Building joint Operating Funds. If you have or can obtain any items to contribute to the Silent Auction for this event please contact Dennis Giacobelli ASAP. If you have not purchased your tickets for this event, there may be a few tickets left... so don't delay – contact Dennis.

"HOUSTON WE'VE GOT A PROBLEM" We have a number of members who are a bit tardy with their 2014 dues. (VNVDV runs calendar year Jan-Dec) The annual dues is only \$25 so please, if you haven't done so already, please send your check to our P.O. Box or pay at a dinner. Better yet, go for a Life Membership for only \$200 & you'll never get bugged for dues again! Make sure to annotate your check with *"2014 Annual Dues"* or *"Life Membership"*, as applicable. Every member makes a difference - appreciate your renewal

(Cont. page 2)

March 6, 2014 Dinner
Speaker

Douglas Northam USN will describe what it took to survive the three years he spent as a Japanese POW during WWII. Douglas details the horrors of daily life in the many camps he spent time in and the excitement of finally being liberated. *Don't miss this great guest speaker!*

Armed Forces Day

May 17, 2014

Be a Phillips 66

WALK of HONOR

"Tribute" Walker!

Raymond
"Ray"

La
Rochelle
VNVDV
President

2014 offers:

Special
thanks to
the Staff
that
prepared
and served
the Crab
Feed.



Corned Beef & Cabbage Dinner Donations for Raffle & Silent Auction are Critically Needed prior to March 15th to support the VMB Operations. To help contact Dennis Giacobelli.



On ARMED FORCES DAY - Plan to Join Us -
For the Phillips 66 Walk of Honor

In Crockett - Third Saturday in May 2014

This is a major event supporting our veterans & the
Historic Crockett Veterans Memorial Building

Phillips 66 is the generous Host & Sponsor



2014 President Ray La Rochelle

(President message cont.)

Jerry Yahiro is LOOKING FOR A FEW GOOD MEN to assist in the numerous events we have planned for this year. Jerry is our new **Director of Events** and we need Color Guard volunteers for:

Blue Star Moms Golf Tournament, April 25, 2014

Phillips 66 "Walk Of Honor" - May 17, 2014

Memorial Day - Oak Hill Park - May 26, 2014

Kiwanis 4th of July Parade - Danville July 4, 2014

Veterans Day - November 11, 2014

And numerous other events during this year. Get Involved - carry your *Military Colors* PROUDLY.

WE ARE GETTING NOTICED. We've received *positive comments* from two different businesses to be the recipient of *recognition*. This is very welcome and shows the dedicated, all volunteer efforts of our members. More on this at our meeting. The more we do the more our organizational name meets our mission & goals. So keep up the good work and thank you to all the members for their support.

We also received *recognition* for our efforts in **Operation Welcome Home** from Capt. David Yuers upon his return from another tour of duty. See the beautiful plaque at our March dinner.

"PROUDLY WE SERVED" and continue to serve



Raymond F. La Rochelle
President - Viet Nam Veterans of Diablo Valley

Phillips 66 - San Francisco Refinery & Carbon Plant Honor the Men and Women who Served Our Nation & those serving currently on **Armed Forces Day** - 3rd Saturday in May in Crockett with the **"WALK of HONOR" for our veterans!** **Phillips 66** and the VNVDV invites you to join with us in honoring & celebrating the service of our military veterans on May 17th Armed Forces Day 2014. Currently, the employees are organizing their **"6th Annual Phillips 66 "Walk of Honor" a key-stone community event sponsored & hosted by Phillips 66.** On **Saturday, May 17,** the **"Walk of Honor"** is a short walk across the *Alfred Zampa Memorial Bridge* & back - followed by an amazing BBQ luncheon. Last year's event was a huge success. More than 400 employees, contractors, sponsors & local residents participated in the celebration, together raising in excess of **\$100,000** in the past four years. **Phillips 66** event planning team is working hard help surpass last years fundraising & attendance milestones, and with your help we are sure to succeed! We promise you a fun, exciting and fulfilling morning honoring the men & women who have valiantly served our nation. This event supports our veterans. Once again, **Phillips 66** is partnering with *both* the **Vietnam Veterans of the Diablo Valley (VNVDV)**, and the **Crockett Community Services District (CCSD).** **Phillips 66** equally divide all proceeds from the **Walk** between these two organizations. The **VNVDV** is an incredible organization comprised of community volunteers who work diligently providing support services to veterans in need, including hosting the **"East Bay Stand Down"**. The volunteers of the **CCSD** have undertaken a huge public benefit challenge, leading the efforts to **re-store the Crockett Veterans Memorial Building.** We are very honored to support these two worthy causes and hope we can count on your support. Registration opens soon and more details will follow. Please join us in 2014. Watch for updates on website - newsletters - Facebook & Flash news!



A Book about the VNVDV and our members ... an Opportunity to participate!



Jerry Whiting is an accomplished research author & has started the interviewing of VNVDV Members.

The intention of interviews is to develop a book that will present the background of Members and how the VNVDV Organization became involved in the many Projects beginning with the All Wars Memorial & Memorial Day, followed by EBSD, Operation Welcome Home, Veterans Memorial Building, Speaker's Bureau, 4th of July Parades, Veteran's Day & others.

Mike Martin is the VNVDV BOD Primary Contact for coordinating Members to participate in this effort.

Please consider this unique opportunity and contact Mike Martin (925-323-1093) and be part of the VNVDV legacy! This will be the legacy of our organization.

To participate - please complete the following questions and return to Jerry Whiting.

Jerry Whiting
925-934-5204

EAJWWhiting@aol.com

www.jwhitingwarstories.com * Please e-mail the above information to Jerry Whiting

Veteran Pre-Interview Questionnaire

Full Name:

Address:

Phone number:

Email address:

Date of Birth:

Were you drafted or enlisted:

Branch of Service:

Date of Service entry and departure:

Specialized training received:

Dates of Service in Viet Nam:

Units in which you served:

Assignment in Viet Nam:

Where in Viet Nam did you serve?

If on a ship which ship?

Remembering VietNam Vets "Who Gave All"

Community Members / Supporters - We have joined in an effort to find the PHOTOS of Fallen VietNam Veterans KIA from our Contra Costa County. **Names & details on our website.** Help us in this national project for the VN Wall Museum

This exhibit will be part of the National Vietnam Veteran's Memorial Fund Museum

Veterans / Family & Community Members - Will you assist in the project on your own time?

See the **Contra Costa Times** feature by Gary Peterson on our website along with all the names of fallen who require photos. Help this worthwhile effort to Honor - Remember & Pay Tribute to those Contra Costa Vietnam Vets... **"Who Gave All"**



East Bay Stand Down (EBSD) 2014 Planning Meetings on the 2nd Tues. Community Donors step up & support this Sept 2014 program at Jan. & Feb. meetings in Danville.



Planned Public Community Meetings

2nd Tuesdays - 6:30PM at Alameda County Fairgrounds

March 11 at the Palm Pavilion

April 8- at the Palm Pavilion

May 13 - at the Jockey Pavilion (the other side of the grandstands)

June 3 - at the Palm Pavilion

July 8 - at the Jockey Pavilion OR the Palm Pavilion (see website)

August 12 - at the Palm Pavilion

Website: <http://www.EastBayStandDown.org> - Please Check Often

East Bay Stand Down 2014 is now scheduled for September 11 to 14, 2014. The next public informational /coordination & planning meeting will be held, March 11, 2014 - beginning at 1830 (6:30PM) at the Palm Pavilion, Alameda County Fair Grounds. The month-

ly meetings are open to the public - all organizations & clubs interested in getting involved this year. A schedule of dates is shown & your group can make sponsorship donations at any of these meetings. See the website for details - on Facebook too!

Veteran Service Organization Members Purchase Tickets at any Meeting

Saturday March 15th 2014 @ 6:00 PM

The first, and, hopefully annual,

Combined

Veterans Service Organization

Fundraiser

Corned Beef and Cabbage Dinner

Tickets \$30.00

Please help us by collecting an item to auction, mark "for
CB&C" and deliver to the Veterans Memorial Building before
March 1, 2014

All funds collected go directly to your

Veterans Memorial Building Operating Committee

for the operating expenses of the Veterans portion of our Building

Tickets have been "assigned" to each VSO for member purchase!

See Dennis at our March 6th Dinner Meeting for your Tickets!

WALK OF HONOR
FOR OUR
VETERANS



RAY says... get ready to join us for the Armed Forces Day

"WALK of HONOR" for our Veterans

on Saturday - May 17th

More details soon!

Be a part of a very special East Bay community event & join us on Armed Forces Day - Saturday May 17th in Crockett for our "Walk of Honor" for our Veterans - 2014
Sponsored by Phillips 66

Step-Out... Be a Sponsor in the 2014 "Walk of Honor"



The VNVDV and Diablo Valley Flag Brigade had the "tables turned" at one of our recent Operation Welcome Home events - where Capt. David Yuers presented beautiful framed flags flown in combat along with challenge coins & combat patches... after being welcomed by the SRV VSOs. VNVDV President Ray La Rochelle accepted our plaque & display it at our meeting.

Mark YOUR Calendar NOW for the
Kiwanis July 4th Parade in Danville

A Reminder . . .

MEMORIAL DAY - MAY 26

The Diablo Valley's Largest Veteran Remembrance

Oak Hill Park - Stone Valley Road - Danville

Site of the ALL WARS MEMORIAL

CHECK - OUT & FOLLOW MONTHLY SOME OF OUR SUPPORTERS WEBSITES:

All "Operation Welcome Home" event updates can be found at: www.DiabloValleyFlagBrigade.com for upcoming events.

Visit our own VNVDV website to see more about the [VietNam Veterans of Diablo Valley](http://www.VNVDV.com) at: www.VNVDV.com

Information on [All Wars Memorial](http://www.AllWarsMemorial.org) and obtaining [AWM Pavers](http://www.AllWarsMemorial.org) at Oak Hill Park - visit: www.AllWarsMemorial.org

[East Bay Stand Down](http://www.EastBayStandDown.org) monthly meetings - Second Tuesday - visit: www.EastBayStandDown.org for location of monthly meeting

[Marines Memorial Association / Hotel / Club in SF](http://www.MarineClub.com) - Visit their website at: www.MarineClub.com

[Sentinels of Freedom Scholarship Foundation](http://www.SentinelsofFreedom.org) - visit: www.SentinelsofFreedom.org

[Wheelchair Foundation & Wine for Wheels](http://www.WineforWheels.org) - Support our those in need of mobility - Visit: www.WineforWheels.org & see VNVDV

[Blue Star Moms #101](http://www.bluestarmoms.org) website: www.bluestarmoms.org & [Blue Star Moms #20](http://www.ccblostarmoms.org) website: www.ccblostarmoms.org

Plan to participate on [Armed Forces Day for 2014 PHILLIPS 66 "Walk of Honor"](http://www.SFRWalkofHonor.com) on-line soon at: [http://SFRWalkofHonor.com](http://www.SFRWalkofHonor.com)

See other websites listed inside this edition of the INCOMING News

For details and information on our [new Veterans Memorial Building](http://www.srvVeteransHall.org) visit: www.srvVeteransHall.org - You can still make a "pledge" over a three to five year period... have your name on the donor wall and YOU will "make a difference in the future"



Special thanks to our February guest Speaker Frank Wallace

Please Join Us the First Thursday each Month!

**You can Help the VNVDV \$\$\$
by Paying by CHECK or CASH at Dinners
Checks payable to the "VNVDV"**

Monthly Meeting Chef's Choice "All-you-can-eat" Buffet Dinner is \$25. members /guests

Social Hour begins at 1700 Hrs. - Buffet Dinner begins just after 1800 Hrs.

Yes - we also take Major Credit Cards...

However - on the back-end the VNVDV is charged a percentage - for "a processing fee"

J. Rockcliff



REALTORS



MIKE WEBER
Realtor ®

4105 Blackhawk Plaza Circle
Danville, CA 94506
CalBRE#00441586

direct: 925.736.1500
mweber@rockcliff.com

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2551 San Ramon Valley Blvd. #113

San Ramon, CA 94583

ph. (925) 820-2202

fax. (925) 820-8911

Email: 48@fastsigns.com

Just a few photos from our Crab Feed ~ More on website!



★
Thank You

Our Charity Crab Feed Fund Raiser on Super Sunday was a Huge Success. We Thank all of our Donors & Sponsors and Thanks to our Members & Guests for their Support

A BIG Thanks to the... ★

OAKLAND RAIDERETTES

for 10 continuous years of "Super Sunday Support" to our Troops who Proudly Serve & to the VietNam Veterans of Diablo Valley

Special Thanks to all our crab feed event donors & sponsors of our Military & Sentinel attendees

See more event photos on the VNVDV website: www.VNVDV.com

Don't Miss our Featured Guest Speakers Monthly

Speakers for 2014

- March 6th :** **Douglas Northam USN** will describe what it took to survive the three years he spent as a Japanese POW during WWII. Douglas details the horrors of daily life in the many camps he spent time in and the excitement of finally being liberated.
- April 3rd:** **John Shirley-WWII** 3rd Infantry Division of the US Army, awarded the Bronze Star, Purple Heart as well as being named to the French Legion of Honor. He will tell of his combat on the breakout of the Anzio, Italy Beachhead, and the march to capture Rome. Also how he was wounded, captured, and escaped fighting in the Colmar Pocket, France.
- May 1st :** **Tad Kishi** -Japanese American who was interned at Manzanar, America's Stalag during WW II, because he looked like the enemy. After the war he was drafted and sent to Occupied Japan as an interpreter. Later Tad had a rewarding career at Lawrence Livermore Labs for over 35 years.
- June 5th :** **Susan Mayall** – Grew up in England during World War II. Having lost her father to the war, her mother was left with four small children, Susan at six, being the eldest. She will describe how they survived the nightly bombing, strict rationing, travel restrictions, and constant air raids.

The VMB / SRV Danville



VMB Renovation Coffee Table Book

The are available now at meetings & VMB Books sell for \$45.00. All proceeds go directly to pay for the operating expenses of the Veterans portion of the Veterans Memorial Building for the San Ramon Valley

Attention: ALL Veterans

Danville's Veteran Memorial Building OPEN every SAT. AM from 0800 to 1100 for a *free* coffee & pastry social get-together. Stop by for a few minutes, an hour, stay as long as you desire - leave when you want. Meet in our new lounge - see the museum displays - *bring a friend!*

The VMB Museum is Open Monday thru Friday 9 to 3 for public visitors. Past President Mike Slattengren is looking for any members interested in volunteering a few hours each month as a VMB Docent for our Historical Military Museum tours. Easy Training is provided - 3Hr shift. Contact "*Slatts*"

Don't forget the "St. Pat" Corned Beef & Cabbage Dinner

Gold Star Parents Honored by Blue Star Moms at Marines Memorial Club



Blue Star Mom - Chapter 101 Thanks VNVDV & Guests for their Support

This past month, the **Annual California Gold Star Parents Honor and Remembrance** event was held in San Francisco at the **Marines' Memorial Club**. About one-hundred California Fallen Heroes were remembered at this reception and memorial, including a Vietnam veteran killed-in-action whose family returned again this year. This is the eighth year that the **Marines Memorial Association** and **Blue Star Moms** have welcomed **Gold Star Parents** into a community of kindred spirits, surrounded by memories of their loved ones. The event provides a warm, safe atmosphere at a reception of approximately 300 invited guests, including members of the *Viet Nam Veterans of Diablo Valley*, where parents share stories of their sons and daughters to kind listening ears.

As you know, many parents have never had such an opportunity; a mother whose son died just ten months ago - never felt comfortable enough to speak about his death, yet told her story to VNVDV member John Reese and others for the very first time. Mothers and fathers attend together and alone, some knowing not a soul, but bravely come to honor their sons' and daughters' memories at Friday's Memorial Service that exquisitely honors both parents and their sons and daughters, speaking each name, displaying every face, recognizing all with lighted candles and white roses.

Thank you, ladies and gentlemen, for supporting this momentous and healing event for our Gold Star Parents and continuing to honor the memories of their sons and daughters. As long as there are people like you with open, generous hearts and love of country, our Fallen Heroes need not worry about those special people, their moms and dads, who are left behind. You have their backs.

Editor's note: This recap was adapted from a note written to the VNVDV & other invited guests by Blue Star Mom, *Judy Yarian*, Member of Chapter 101, with our deepest thanks to the Blue Star Moms

Thanks to...

Marines' Memorial Association

609 SUTTER STREET • SAN FRANCISCO, CALIFORNIA 94102-1027 • UNITED STATES
TELEPHONE: (415) 673-6672 • FAX: 441-3649



Department of
Veterans Affairs

Affordable Care Act & Veterans and the Veterans Health Administration



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

The provisions of the Affordable Care Act (ACA) upheld by the U.S. Supreme Court will not affect the current role the Department of Veterans Affairs (VA) has in the lives of America's Veterans.



U.S. DEPARTMENT OF
VETERANS AFFAIRS

Monday-Friday 8:00a.m.-4:30p.m.
Martinez Primary Care Clinic
150 Muir Road, Martinez, Calif.94553

Advice Nurse-Appointment Line
800-382-8387
Pharmacy(Toll Free)Line
866-600-8279
Martinez, CA 94553

Fax: (925) 372-2804

We will continue to provide Veterans with high quality, comprehensive health care and benefits they have earned through their service. VA health care does not

Veterans... Are You Utilizing Your VA Health Care Benefits?

The VNVDV encourages all Veterans to Enroll in VA Health Care coverage & utilizing trained professional advocates at our Contra Costa County VSO. The VA Health Care System is the Best - get help Visit our VNVDV Website for more Benefit details.

FLU IS CAUSING SERIOUS ILLNESS & DEATH!
Please visit one of our VA Clinics in Martinez - Oakland or other locations now to obtain your FLU shot - available to all Veterans! Don't Wait!

FEDERAL BENEFITS FOR VETERANS

Link to 2012 Veterans Handbook:

http://www.va.gov/opa/publications/benefits_book/2012_Federal_benefits_ebook_final.pdf

Download your copy of your Veteran Benefit Handbook - Review the benefits you may have earned with your service!



Veteran Job Fair

The Veteran Employment Committee
& Delta Veterans Group Present:
Veterans Employment Job Fair.



March 25th 10 a.m. - 1 p.m.
329 Railroad Ave.
Pittsburg, CA 94565

The VNVDV encourages all Veterans to enroll for VA Health Care **by first visiting our Contra Costa County Veteran Service Officers** - who are trained professional advocates & provide this service **FREE** at their County Service Offices. Get VA Health Care - it is **the Best!**

VA Martinez Getting Vets Active

Center For Integrated Brain Health & Well- ness

Ongoing Groups ON & OFF Campus ! To Sign -up call

Julie Dunnigan @ (925)-372-2000x6049

Must have medical clearance from your Doctor for physical Activities



Golf

GOLF LESSONS-(Off Campus) Free Drop-In Therapeutic golf Clinic for Veterans at Buchanan Driving Range. Increase your Golf swing skills in just an hour. Competent professionals on hand to instruct you!

Time: 1:30-3pm
Location:
Buchanan Golf
Course 1091
Concord Ave

ART

ART EXPRESSION-(CIBHW-Bldg23-Club House) -The group explores Various Art mediums to encourage creative self expression. Utilizing different modalities and themes.

TBA

OEF/OIF/OND

OEF/OIF/OND-(CIBHW-BLDG 23-Club House) Ongoing Drop In Wellness Class for OEF/OIF/OND Veterans to discuss information and explore skills to manage: Readjustment, Sleep, Stress, & Relationships.



Time: 1:00-10:30
Location: aCIBHW-
BLD23, Crockett
Bldg Leader-
Tracie Chapman-
Wiley@25372-
2003

YMCA



YMCA-(OffCampus) Recreation program includes: Swimming, Handball & B-Ball courts, Fitness Gym, Jacuzzi and Sauna.

Time: Tues: 9:30-
12/Thurs:
1:00-3pm
Location: 385 Civic
dr. Ste G, Pleasant
Hill, Ca, 94523-
Meet there or meet
Van @VMMartinez

Tai Chi



TAI CHI-(Bldg 20CREC) This is a non-competitive class with a simple blend of exercise in a relaxing atmosphere. Discover mind, body, and health benefits from this traditional Chinese Art. Mon: 11am-Rec. Therapy Rm-/Fri: 11am-Shasta unit

Time: Mon:11am-
Rec. R/Fri:11am-
Shasta Unit
Location: Bldg 20-
CREC

FLY TYIN'

FLY TYING-(CREC-BLDG20-Rec.RM)If you are interested in learning the art of tying fly and fly fishing this is a great opportunity to work with expert fishermen. Project Healing Waters provides free instruction and equipment. You bring your curiosity!



Time: Thurs: 1:30pm
Location: Bldg20-
CREC-REcreation
Therapy RM

BOWLING

BOWLING(Off Campus)-Join other Veterans in a relaxing social activity. Bowling can be challenging and Fun and it is Free! So please join us!

Time: Fridays 10am
Location

CIBHW-Bld23
150 Muir Rd.
Martinez, Ca.
94553

Phone: 925-372-2000x6049
Julie Dunnigan, CTRS,LMFT-Recreation
Therapist
Email: julie.dunnigan@va.gov

**And for "Walking" remember the -
Phillips 66 "Walk of Honor"
Armed Forces Day - May 19th in Crockett**

You are getting Older & Health Care has Changed - Enroll in the VA through our Contra Costa County Veterans Service Office

Let true professionals guide all veteran through the VA process for Free!

County VSO Outstation OPEN in Danville on Wednesdays & in Martinez a Team of VSO Professionals Mon - Fri

Danville VSO Office - 400 Hartz Ave. Room 208 - Open every Wednesday from 10am to 2pm (Except Holidays). Martinez Office is "drop-in" & Danville you can make an appointment by calling in advance to the Martinez VSO Office for appointment **(925) 313-1481**.

The VNV DV strongly encourages all veterans to obtain trained - professional veteran service assistance free of charge when dealing with any of your VA claims, benefits, appeals, or other questions about veteran services which you have earned through your military service. Don't wait until it is too late & the veteran's family members are requesting help! Don't try to complete VA forms alone - professional help is available - it's local - free & the best available anywhere!
We are all getting older - See our County Veterans Service Officer NOW!

Contra Costa County Veterans Service Office is a FREE service for all Veterans!

Find out about all the Veteran Benefits
You earned through your Military Service
Visit the County VSO Office NOW...

for your FREE "Benefit Check-Up" - You Earned it!

Our Contra Costa County Veterans Service Office is "the place" to have all of your VA paperwork completed - by a qualified, experienced service rep. & this service is for all veterans FREE & available M - F in Martinez & on Wednesdays in Danville 10-2

Veterans Benefits Contact:

Nathan D. Johnson
Veterans Service Officer
Contra Costa County

10 Douglas Dr. Suite 100
Martinez, CA 94553

Tel: (925) 313-1481

Fax: (925) 313-1490

Nathan.johnson@vs.cccounty.us



**Veterans
Services**

VENTURE RESEARCH Commercial Real Estate Appraisers & Consultants

Helen S. Reese
PH: 925 / 935 - 4294

E: HReese@sbcglobal.net

Website: www.VentureResearch.biz

"Experience the Quality Difference... over 30 years
serving California and beyond with Excellence"



Promotive
Performance and Repair

Richard Rein
Owner operator

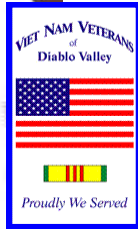
"Veteran Owned"

1410 Lesnick Lane
Unit E
Walnut Creek, Ca 94597

925-247-4268



RAY says... get ready to join us for the Armed Forces Day "WALK of HONOR" for our Veterans on Saturday - May 17th. More details soon!



Phillips 66 "Walk of Honor" Armed Forces Day SAT - May 17th in Crockett

YOUR COMPANY OR ORGANIZATION CAN BE A SPONSOR

Contact MARK HUGHES at "Phillips 66" NOW to be a "Walk of Honor" Event Sponsor for 2014.

Marine Corps League #942 Continues to Ship Packages Congratulations!

The MCL again received many outstanding letters and notes from the troops serving thanking them for their packages **BRAVO-ZULU to the Marine Corps League from VNVDV.**

Veterans Memorial Building Renovation Coffee Table Book on Sale - see Dennis!



VNVDV Membership Dues Now only \$25. Renew Your 2014 Annual Dues at our Monthly Dinner or convert to a Life Membership for only: \$200.00! If you Paid 2014 - get Life for only \$175.



Thomas Corbett
Family Service Counselor
Pre-need and Veteran Specialist
Lic. #44629
tcoak8@gmail.com

2099 Reliez Valley Road • Lafayette, CA 94549
cell 925.216.4785 • office 925.935.3311 • fax 925.935.0625
COA #619, FD #875



Rub it on - Pain is gone!
Promo Code: 2058

Mike Martin
Independent Vendor

1090 B Street, #128
Hayward, CA 94541
925.323.1093

Member - VNVDV & Marine Corps League

www.AskMikeMartin.com | info@askmikemartin.com



Danville/Sycamore Valley Rotary
Club
Presents

The 24th Annual
Blackhawk Food, Wine & Film Festival
May 15, 2014

Thursday 5:30 - 8:30PM
The Blackhawk Museum

An Evening of Great Food, Wine & Entertainment!



Featuring Wineries from the Livermore Valley
& the Finest Restaurants throughout
the San Ramon Valley, great musical entertainment,
and Silent and Live Auctions

Proceeds go to the Rotary Club of Danville/Sycamore Valley Community
Foundation a 501 (c) 3 charitable organization in support of local
charitable and non-profit organizations and international service
projects.

A Private Event for the Donors of the Rotary Club of Danville/Sycamore Valley
Community Foundation with a minimum annual donation of \$50.00 or more.

Advance Invitations Only. Information at dchandler@leaders-inc.com or call 1-925-413-5338

VETERANS - advance invitation - contact HELEN REESE at: HReese@sbcglobal.net or 925 /935-4294

Invitations
available
for a **Donation** of **\$50.**
or more per
person

If you need in-
formation or to
would like an
invitation for
this out-
standing an-
nual event -
Contact one
of our
VNVDV Sup-
porters:

David Behring
or *Helen
Reese*

This event
held at the
Blackhawk
Museum annu-
ally features
outstanding
food restau-
rants - winer-
ies - desserts -
beverages and
much more, in
addition to a
fun silent and
live auction on
Thur. May 15th

*Join Us - Sup-
port the D/SV
Rotary CF.*

FREE!

DELTA VETERANS GROUP INVITES YOU TO:

Veterans Health Fair & Outreach



"A VETERANS HEALTH IS THEIR FUTURE"

**THURSDAY,
MARCH 13TH 2014
10AM-3PM**

VFW POST 6435
815 Fulton Shipyard Road
Antioch, CA 94509

SCREENINGS EDUCATION

- ⇒ Blood Pressure
- ⇒ Depression
- ⇒ Glaucoma
- ⇒ Women's Health
- ⇒ & MORE...

- ⇒ Diet & Nutrition
- ⇒ Mental Health
- ⇒ Disease Management
- ⇒ & MORE...



Food provided by Archie's S & Q

**VA Medical Center on-site
Enrollment/Eligibility!**

Veterans—bring your discharge papers, or VAMC ID card

CALL FOR MORE INFO: 925-421-1DVG (1384)

Special thanks to:

VFW post 8425 — VFW post 83788

East County Veterans — Archie's S and Q

Brentwood Embroidery — Veterans Employment Committee of CCC



VA is working with Equine-Assisted Therapy Group for Veterans - *Program Started contact directly*



EQUINE-ASSISTED THERAPY GROUP FOR VETERANS

Giant Steps Therapeutic equestrian Center is currently offering a six-week equine-assisted psychotherapy group for Veterans who are experiencing issues related to combat trauma. This group will help Veterans to recognize and manage anger and other intense emotions they may be experiencing since returning home and dealing with the transition from combat soldier to civilian. Our group will offer participants a hands-on experience with horses to help them engage in their own healing process. Horses have a unique ability to help people work through traumas and emotional barriers without shame or stigma. Being naturally in the moment and present, horses provide meaningful and long lasting educational opportunities through metaphorical learning experiences. Dr. Roberson and her team will put the horses' unique sensitivities to work and by using their special capacity to read and respond to people's non-verbal signals and cues, provide opportunities for powerful emotional breakthroughs and life-changing insights helping the participant to reconnect with aspects of themselves and their lives. This is a ground-based non-riding program, no previous horse experience necessary!



Through their partnership with the horse, participants will be able to work with issues such as:

- Depression
- Anxiety
- Grief
- Addictions
- Relationships
- Communication
- Managing and Regulation of intense emotions
- Mistrust
- Stress Reduction
- Trauma Recovery
- Mindfulness

The 6-week session begins February 24th from 12:30 to 2:00. Contact us now to reserve your space by calling 707-781-9455 or email program@giantstepsriding.org

Giant Steps Therapeutic Equestrian Center was founded on the belief that caring for and riding horses can be a powerful and life-changing tool. It is our mission to enrich and change the lives of people with disabilities through the extraordinary benefits of therapeutic riding and related equine-assisted therapy.

Recent Study confirms air crews' exposure to Agent Orange.

Have YOU had an Agent Orange protocol testing at the VA in Martinez?

**If not - contact our County VSO office
For details on the process.**

Social Security Announces New Expedited Disability Process for Veterans

Carolyn W. Colvin, Acting Commissioner of Social Security, along with Congressman John Sarbanes (D-MD) today unveiled a new initiative to expedite disability claims by veterans with a Department of Veterans Affairs (VA) disability compensation rating of 100% Permanent & Total (P&T). Under the new process, Social Security will treat these veterans' appli-

cations as high priority and issue expedited decisions, similar to the way the agency currently handles disability claims from Wounded Warriors.

"Our veterans have sacrificed so much for our country and it is only right that we ensure they have timely access to the disability benefits they may be eligible for and deserve," said Acting Commissioner Colvin. "Social Security worked with Veterans Affairs to identify those veterans with disabilities who have a high probability of also meeting our definition of disability. I am proud of our collaboration and happy to announce this new service for America's vets."

In order to receive the expedited service, veterans must tell Social Security they have a VA disability compensation rating of 100% P&T and show proof of their disability rating with their VA Notification Letter.

The VA rating only expedites Social Security disability claims processing and does not guarantee an approval for Social Security disability benefits. These veterans must still meet the strict eligibility requirements for a disability allowance. Social Security plans to launch the expedited process in **mid-March**. For additional information on this service for veterans - visit their website at:

www.socialsecurity.gov/pgm/disability-pt.htm.

For more about Social Security's handling of **Wounded Warrior's disability claims**, please visit the Social Security website:

www.socialsecurity.gov/woundedwarriors.

Membership Drive... Bring a VN "veteran" to our monthly dinner

Veterans - Join us at our monthly dinner at Crow Canyon Country Club - 1st Thurs/Monthly

VIET NAM VETERANS
of
Diablo Valley



Proudly We Served

MEMBERSHIP APPLICATION

DATE:

	<i>Last</i>	<i>First & MI</i>	<i>Home Phone</i>	<i>Cell Phone</i>	<i>Work Phone</i>
NAME:					
Spouse / SO					
	<i>No. & Street</i>		<i>City</i>	<i>State</i>	<i>ZIP Code</i>
Address:					
Home E-Mail:			Work E-Mail:		
Company:			Title:		

Military Service

<i>Branch</i>	<i>Dates of Service</i>	<i>Rank</i>	<i>Specialty</i>	<i>Viet Nam Dates</i>
Viet Nam Units:				
Location(s):				
Medals & Awards:				

PLEASE INDICATE ACTIVITIES/COMMITTEES OF PERSONAL INTEREST

- | | |
|---|--|
| <input type="checkbox"/> Operation Welcome Home Events | <input type="checkbox"/> VNVDV Super Sunday Crab Feed |
| <input type="checkbox"/> Memorial Day Ceremony | <input type="checkbox"/> Walk of Honor for our Veterans |
| <input type="checkbox"/> Danville Fourth of July Parade - Flag Distribution | <input type="checkbox"/> East Bay Stand Down - Volunteer |
| <input type="checkbox"/> Color Guard & Service Colors/Flag Detail | <input type="checkbox"/> Holiday Support for Veterans |
| <input type="checkbox"/> Veterans Day Ceremony | <input type="checkbox"/> Speakers Bureau - High Schools |
| <input type="checkbox"/> Board of Directors / Leadership | <input type="checkbox"/> Other (specify): |

Please Visit our Website @ www.VNVDV.com for other Activities & Programs

I PLEDGE MY INTENT TO PARTICIPATE WITHIN THE ORGANIZATION. TO HELP MAKE IT A SUCCESS AND OFFER ASSISTANCE WHENEVER POSSIBLE. I ACCEPT PERSONAL RESPONSIBILITY FOR ANY LIABILITY IN ANY ACTIVITY I CHOOSE TO PARTICIPATE IN AND HOLD HARMLESS THE VIET NAM VETERANS OF DIABLO VALLEY, ITS MEMBERS AND ITS BOARD OF DIRECTORS SHOULD ANY MISHAP OCCUR. I PLEDGE TO ABIDE WITH THE BYLAWS OF THE ORGANIZATOION.

THE ABOVE INFORMATION IS TRUE AND CORRECT TO THE BEST OF MY KNOWLEDGE.

SIGNATURE: _____

DATE: _____

Please attach a copy of your DD-214 - and a check for Annual Dues: \$25 payable to VNVDV

P.O. BOX 2079 - DANVILLE, CA 94526-2079 - PR/INFO: 925 / 935 - 4859 - E-Mail: VNVDV1@gmail.com

Viet Nam Veterans of Diablo Valley is a non-profit organization/corporation (EIN 68-0266369) exempt from Federal (IRC 501a) and State (RTC 23701w) income tax

Please Mail your completed application to our P.O. Box above or Submit at our 1st/Thurs. of Month Dinner. Thank You!

Visit our Website at www.VNVDV.com - Read our monthly newsletter "INCOMING" for our current events!



Operation Welcome Home

DIABLO VALLEY FLAG BRIGADE

*Dedicated to the Remembrance of 9-11
Devoted to the Support of our Troops*
www.diablovalleyflagbrigade.com



OPERATION WELCOME HOME!

We will never, ever again let our military heroes be treated like they were when they came home from the Vietnam War, when our Soldiers, Airmen, Seamen and Marines were spat on when they got off the plane.

NEVER, EVER AGAIN.

If you know of a military member that is returning home and you would like to surprise them with one of these heart-warming Welcome Home ceremonies, please contact Bryan Welden of the Diablo Valley Flag Brigade at 925-212-9260 or to see pictures of past Welcome Home ceremonies or to be added to our E-mail list, go to

www.diablovalleyflagbrigade.com

www.warriorwatch.org
spiker592000@yahoo.com

For Full Military Escorts - Welcome Homes, Funerals And All Veteran Events. An All Volunteer Patriotic Riding Group

VietNam Veterans of Diablo Valley thanks and welcomes all returning military along with Diablo Valley Flag Brigade - Warriors Watch Riders - Blue Star Moms & our fellow VSO support organizations.

To find out how and when these events are in your area and occur - visit DVFB website of the **Diablo Valley Flag Brigade** at www.diablovalleyflagbrigade.com

Website has *video slideshow* of each Welcome Home event & dates of all upcoming events & is updated daily. It is the **best source for Welcome Home news & where families can schedule a Welcome Home**

Recognition of all our active-duty military service members is one of the most worthwhile activities VSO members are able to perform. Members of the **VietNam Veterans of Diablo Valley** - along with **VFW #75 - American Legion #246 - Marine Corps League #942** make-up the San Ramon Valley Veterans. Attend & thank each returning veterans for serving & help these other great organizations to provide the proper Welcome Home. Each returning service member is presented a Certificate of Appreciation by the **SRV Veterans**.
Visit the Website on a regular basis!



HOW CAN I PARTICIPATE AT A WELCOME HOME EVENT?

It is easier than you might think...

Obtain the location, bring a flag, have a smile inside you or a handshake on you, keep a sincere thanks for their service in your heart - share all this with the returning service member when you see them.

You will feel good inside...

JOIN US

In 2013



Join friends - family - veterans + the San Ramon Valley Veterans...

VNVDV - MCL - VFW - Legion & Blue Star Moms - Warriors Watch Riders - Diablo Valley Flag Brigade - + many others...

as we celebrate our local returning military in "OPERATION WELCOME HOME" events for those serving from our community.

This is part of what being a "VSO" is all about... Remember when we came home... Never Again! We Welcome Home our Troops the Right Way!



DIABLO VALLEY FLAG BRIGADE - Welcomes Home the dedicated Military Men and Women that keep this Country Safe



Viet Nam Veterans of Diablo Valley "INCOMING"

Official Mailing Address:

Viet Nam Veterans of Diablo Valley
Post Office Box 2079
Danville, CA 94526 - 2079

E-Mail: VNVDV1@gmail.com

Web: www.VNVDV.com

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News E-Mail: VNVDV.News@gmail.com

Keep your e-mail address current please!

Visit the VNVDV Web
Often - our latest news
is online at:



MAR 2014

Electronic News

Use Purple Heart Stamps



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Ray La Rochelle

Vice President -

Bill Green

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Norm Mahalich



To:

VNVDV Members & VIPs

The Viet Nam Veterans of Diablo Valley - established in 1991 as a local, non-profit, Veteran Service Organization (VSO) to promote & enhance the image of the Viet Nam Veteran through Community Service & Support of our fellow Veterans, value & maintain a high level of dignity & respect for the young men & women currently serving our nation today in all branches of our military services. Danville has a new Veteran's Memorial Building for the San Ramon Valley - designed for the next 100 years - to serve our veterans now - those returning & our future veterans - while serving as a lasting reminder & Memorial for all those who served before us in the name of Freedom... Leaving a "legacy"

The VNVDV meets on the 1st Thursday of every month at the Crow Canyon Country Club, in Danville. Our Board of Directors Meetings are held on the 3rd Thursday of each month at the Veterans Memorial Building - Library / Board Room at 1800 Hrs. in Danville. To find out "details" & more about programs we support & events we sponsor... visit our website at www.VNVDV.com. All veterans & guests are welcome to attend our "open" membership meetings. We are a casual - "fun" - social veterans group - always looking for new members who enjoy friendship & the special bond as military veterans. We are Proud of our Military Service... & of our continued contributions to fellow veterans & community. Our dinner meetings consist of a social dinner & guest speaker of interest to veterans & military. All dinner meetings are OPEN - bring fellow veterans - active duty military - history buffs - friends - supporters... & Join us each month.

OPEN - SOCIAL DINNER MEETINGS with SPEAKER!

VIET NAM VETERANS of Diablo Valley

MONTHLY SOCIAL DINNER MEETINGS with FEATURED GUEST SPEAKERS

1st THURSDAY of each Month - Every Month

at CROW CANYON COUNTRY CLUB in Danville, CA

Social Hour starts at 1700 - Buffet Dinner at 1815 - Join Us!

Featuring "Chef's Choice Special Buffet Dinner" - \$25. RSVP NOT Required!

the "INCOMING" - Official Newsletter of the VNVDV