

Vietnam Veterans of America Chapter 324

Meeting Notice: Wednesday, May 17 at 7:00pm in the Elks Lodge, 5555 W. Good Hope Rd.



Join us for the Wood National Veterans Cemetery Memorial Day Ceremony as we honor those who paid the ultimate sacrifice.

9:10 a.m. – Milwaukee American Legion Band Performs
9:30 a.m. – Presentation of Colors & Ceremony

On arrival at the Zablocki VA grounds, there will be signs posted directing everyone to the ceremony.

MILITARY – VETERANS – PATRIOTIC PEOPLE
ALL ARE INVITED TO THIS CEREMONY



Milwaukee's 152nd Annual Memorial Day Parade

Monday - May 29, 2017 Parade Steps Off At 2pm

This Years Parade Honors The "USO"

Parade Grand Marshalls: Bob / Kathy Hawkins

Milwaukee County Veteran Of The Year - Dick Trawicki

Color Guards, Marching Units, Bands, Military Vehicles, Motorcycles.

Parade starts at 4th WI. Ave. Goes East to the War Memorial Center.

Wreath Laying - POW/MIA Ceremony

Takes place immediately following the end of the parade.

Held at the Reflecting Pool on Fitch Plaza (2nd Level)

The Metropolitan Community Band will perform.

Sponsored by the Memorial Day Parade Committee

Since 1865 - The Milwaukee Memorial Day Parade Tradition

The Memorial Day Parade is presented by:
Volunteers of the General Memorial Day Committee.
It is funded entirely on private contributions.

Contributions can be sent to:
General Memorial Day Committee
C/O War Memorial Center
750 North Lincoln Memorial Drive
Milwaukee, WI. 53202

Milwaukee Memorial Day Parade Web Site
www.war-veterans.org/Parade.htm

Contact: Karen Armstrong 414-281-7789
karenarmstrong29@gmail.com

VIETNAM VETERANS OF AMERICA
Milwaukee Chapter 324
April 19, 2017

Meeting called to Order at 7:00pm by President Pat Ciofani

A Moment of Silence was observed for our brothers and sisters no longer with us, for all POW/MIA's and their families and for all serving our country.

Pledge of Allegiance

Attendance – Dennis Szymanski, Oliver Williams, Pat Ciofani, David Titter, Milan Mursic, John Morgan, Joseph Murray, Pat Moore

Minutes from March 15th meeting reviewed and accepted

Treasurer's Report – **Pat Moore** - \$2368.96 balance in our checking account

Communications – Invitation to participate in the Veterans Day Parade November 4th

COMMITTEE REPORTS

VVA Membership Update – 83 VVA members

Allied Veterans Meeting – **Pat Ciofani** – We do meal for April meeting

Volunteering & Activity at the VA – June 3rd anniversary celebration

Education Outreach – Pat Ciofani gave presentations at Whitnall and Whitefish Bay high schools

Fund-Raising – August 12 & 13 are our fund-raising dates at Miller Park

Website – Contact Pat Moore to post items of interest

OLD BUSINESS

Financial Report Verification Was Received

State Meeting March 18 Report – National Convention – Suicide Report – Chapter attendance problems – Release of delegates for National Convention were items discussed

NEW BUSINESS

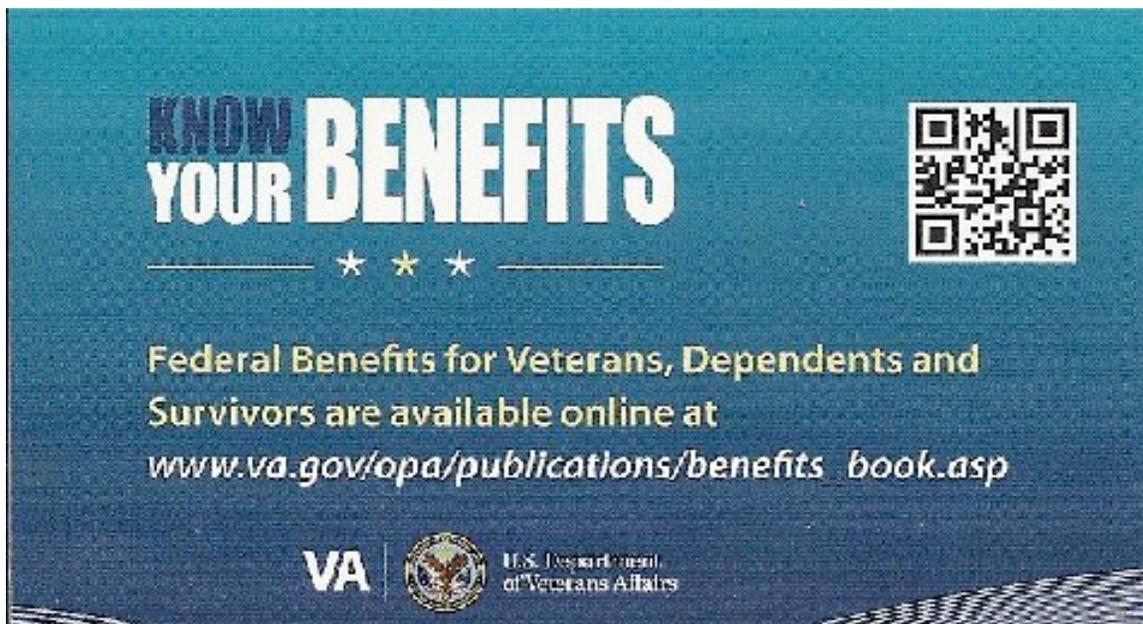
Release of Delegated for 2017 Convention – Moved and passed to release 324's 2 delegates

"Verifying Your Information" – Verifying Your Information card we received in the mail is legitimate and info should be updated per instructions

Veterans Day Parade – **November 4th** – Moved and passed to donate \$100.00 to parade

Elections – David Titter, John Morgan and Joseph Murray were elected to 2 year terms as Board of Directors

Adjournment – 7:35



Captain Lance P. Sijan Memorial Plaza



General Mitchell International Airport

Dedication Ceremony Friday May 26, 2017 @ 10:45am

Rain or Shine



5500 South Howell Avenue

**South of the main entrance to Mitchell International Airport
Everyone Is Welcome - Open to the Public**

**Parking is available at Mitchell SuperSaver Lot B
6th Street near the Amtrak Station**

Shuttle service running to and from the event - 9am to 2pm

CALL FOR MOTORCYCLE RIDERS!

**We are looking for motorcyclists to ride in celebration of this dedication.
"Police Escort Provided"**

Friday, May 26th, 2017 Humboldt Park in Bay View

**Assemble on Park Road near the Band Chalet 3000 S. Howell Ave.
(Park Road runs through Humboldt Park)**

Line up no later than 9 a.m. Departure @ 9:30 a.m.

All motorcycles will park at the Harley Davidson hanger next to Memorial Plaza.

Memorial Motorcade is brought to you by the Bay View Neighborhood

Contact is Cindy Perich at Sindeered@yahoo.com 414-305-1203

COUNTY EXECUTIVE CHRIS ABELE IS PLEASED TO WELCOME ACTIVE MILITARY, VETERANS, AND THEIR FAMILIES TO TAKE PART IN A SUMMER OF FREE FUN IN MILWAUKEE COUNTY. FROM THE LAKEFRONT TO THE MILWAUKEE COUNTY ZOO, AND EVERYTHING IN BETWEEN, OUR NATION'S HEROES WILL HAVE THE OPPORTUNITY TO ENJOY THE BEST OF THE SUMMER IN MILWAUKEE.

2017

**SUMMER IN MILWAUKEE COUNTY
FREE EVENTS FOR
MILITARY/VETERANS/FAMILIES**
MILITARY/VETS IDENTIFICATION REQUIRED (SEE REVERSE SIDE)

3 DAY PASS WEEKEND

June 30: Milwaukee Art Museum 10AM-5PM

Admission for military/veteran + 5

MILWAUKEE ART MUSEUM, 700 N ART MUSEUM DR

July 1: Discovery World 10AM-5PM

Milwaukee Public Museum 9AM-5PM

Admission for military/veteran + 5

DISCOVERY WORLD, 500 N HARBOR DR
MILWAUKEE PUBLIC MUSEUM, 800 W WELLS

July 2: Mitchell Park Domes 9AM-4PM

Admission for military/veteran + 5

MITCHELL PARK DOMES, 524 S LAYTON BLVD

July 2 & 3: Milwaukee County Zoo 9AM-5PM

Admission for military/veteran + 9 immediate family

TICKETS REQUIRED: obtain through your local CVS0

MILWAUKEE COUNTY ZOO, 10001 W BLUEMOUND RD

All events are free admission (with proof of military service) at the gate, except for the Zoo, which requires tickets.

AVAILABLE FROM YOUR COUNTY VETERANS SERVICE OFFICE IN JUNE ONLY.



JUNE

June 3rd: 150th Anniversary
Celebration of Medical Care
VA Medical Center

June 9-10th: Pride Fest
Admission for military/veteran +1

June 16-18th: Polish Fest
Admission for military/veteran only

JULY

July 2nd 12-3PM: Summerfest
Admission for military/veteran +4

July 23rd: Festa Italiana
Admission for military/veteran +1

July 28th: German Fest
Admission for military/veteran +
immediate family

July 29-30th: German Fest
Admission for active military ONLY +
immediate family

**+ MEANS
HOW MANY
FAMILY
MEMBERS OR
GUESTS CAN
GET IN FREE WITH
THE VETERAN**

PTSD: 5 Things Spouses Should Know

Amy Bushatz , Military.com, January 17, 2017

You never invited combat stress or post-traumatic stress disorder to be a part of your marriage. But there it is anyway, making everything harder. Sometimes you want to give up. Why does everything have to be so, so hard? Other times, you wish someone would just give you a manual for dealing with the whole thing. Surely there's a way to know how to handle this disease?

Like the rest of marriage, loving someone who suffers from PTSD or who is trying to work through the ghosts of combat doesn't come with a guidebook. And although the whole thing can feel very isolating (everyone else seems fine! Is my marriage the only one in trouble?) that doesn't mean you're alone. Therapists who specialize in PTSD know that while some couples may put on a good show for the outside world, dealing with trauma is hard work and, no, everything is not perfect.

If you're dealing with PTSD at home, you are not alone. Husband and wife team Marc and Sonja Raciti are working to help military couples work through how PTSD can impact their marriages. Marc, a veteran, has written a book on the subject, "I Just Want To See Trees: A Journey Through PTSD." Sonja is a licensed professional counselor. The Racitis said there are five things that a spouse dealing with PTSD in marriage should know.

1. It's normal for PTSD to impact the whole family -- If you feel like your life has changed since PTSD came to your home, you're probably right. The habits that might help your spouse get through the day, like avoiding crowded spaces, may become your habits too. "PTSD is a disease of avoidance -- so you avoid those triggers that the person with PTSD has -- but as the partner you begin to do the same thing," Sonja Raciti said. Remember that marriage is a team sport, and it's OK to tackle together the things that impact it.

2. Get professional help -- The avoidance that comes with PTSD doesn't just mean avoiding certain activities -- it can also mean avoiding dealing with the trauma head on. But trying to handle PTSD alone is a mistake, the Racitis said. "We both are really big into seeking treatment, getting a professional to really help you and see what treatment you're going to benefit from," Sonja said. "Finding a clinician who you meet with, and click with and really specializes in PTSD is so, so important."

3. No, you're not the one with PTSD. But you may have symptoms anyway -- The Racitis said it is very common for the spouses of those dealing with PTSD to have trouble sleeping or battle depression, just like their service member. That's why it's important for everyone in the family to be on the same page tackling the disease -- because it impacts them too.

4. Be there -- As with so many issues in marriage, communication is key, the Racitis said. But also important is being supportive and adapting to whatever life built around living with PTSD looks like for you. "You have to adapt -- the original man you married has changed. The experience has changed him and that's part of life," Sonja says. "He has gone through something that has been horrific, and life altering and life changing, and together you're going to adapt to that and you're going to help support each other in that."

5. Don't give up -- It can seem very tempting to just give up and walk away, they said. After all, the person you married may have changed dramatically. And while splitting may ultimately be the right answer for you, it doesn't have to be only solution on the table. "Don't give up," Marc said. "It's so easy to do. It's the path of least resistance. But people who engage, people who actively engage -- these are the marriages that survive."

U.S. BOMBS DROPPED IN 2016 (All Weapons Platforms)

Syria	12,192
Iraq	12,095
Afghanistan	1,337
Libya	496
Yemen	34
Somalia	14
Pakistan	3
Total	26,171