

Vietnam Veterans of America

Chapter 324 - PO Box 18631 - Milwaukee, WI 53218

In Service to America



Meeting Notice

17 July, '13

Elks Lodge

5555 W. Good Hope Rd.

Board Meeting 6 p.m.

Chapter Meeting 7 - 8 p.m.

Meetings are held on the third Wednesday each month. You are also invited to join members for conversation and discussion after the meeting.

Chapter web page :

National web page: www.vva.org

Future Meetings

2013

18 September, 16 October, 20 November,
18 December

2014

15 January, 19 February, 19 March, 16 April

Chapter 324 Officers

President -

Vice President - Pat Moore 354-2533

Secretary - Dennis Symanski 453-3600

Treasurer - Kent Draper 963-0375

Director - Pat Ciofani

Director - Ron Coppersmith 262-255-2832

Director - John Morgan 871-9274

Director - Joe Murray

Director - Oliver Williams 538-4416

Chapter 324 - Brewer Fund Raiser

You Can Help Make This Effort Successful

August 2nd Game time: 7:10 pm, August 3rd Game time: 6:10 pm, August 4th Game time: 1:10 pm

Gates open 3 hours before game time. Meet outside Miller Park near home plate.

Please try to be there as early as possible.

Your Chapter Needs You

Help Chapter 324 raise money from fans arriving to watch the Milwaukee Brewers destroy the Nationals (who?). The money donated supports Chapter activities all year long. The more people helping equals more money donated.

Your parking costs will be reimbursed.

Veterans can get two free game tickets on Sunday, so bring a friend.

Please RSVP to Pat Moore or Kent Draper

Join your fellow veterans when Chapter 324 hosts a pizza party at the dom - July 25.

More information at the meeting, or contact Kent Draper.

There will be no August meeting, and no August Newsletter.

Have a good summer.

VIETNAM VETERANS OF AMERICA

Milwaukee Chapter 324

June 19, 2013

Meeting Held at Milwaukee War Memorial

Meeting called to order at 7:00 pm by Vice President Pat Moore

A Moment of Silence was observed for our brothers and sisters no longer with us and for all POW/MIA's and their families and for all defending our freedom throughout the world

Pledge of Allegiance

Prayer

Self-Introductions – Dennis Szymanski, John Morgan, Oliver Williams, David Titter, Joe Herbert, Mike Kopaczewski, Mike DuCette, Joe Campbell, John Zutz, Pat Ciofani, Kent Draper, Pat Moore

Minutes of May 15, 2013 meeting reviewed and accepted

Treasurer's Report

Communications – We received our state raffle license

COMMITTEE REPORTS

VVA Membership Update – Joe Herbert – 99 veteran and 24 associate members

Education Outreach – Joe Campbell – Discussion on how to contact area schools to let them know that we have members willing to talk to their students

Fund Raising – Kent Draper – Brewer Fund Raiser August 2nd 7:10 pm, August 3rd 6:10 pm, August 4th 1:10 pm – gates open 3 hours before game time – please try to be there as early as possible – Kent is ordering more flowers – parking will be reimbursed for all participants at the event.

OLD BUSINESS

Memorial Day Parade – Thanks to the 5 members who participated

Acupuncture Clinic – Free acupuncture clinic is available to veterans and their families on Mondays from 3-6 pm at the Dry Hootch office in room 313 of the War Memorial

Doms Pizza Party – We are looking to have a pizza party for the residents of the Doms on Thursday July 25th

NEW BUSINESS

Veterans Day Parade - Forms have been sent in for our participation

Town Hall meeting on Agent Orange – discussion on putting on a presentation with other veterans and experts on Agent Orange and other veteran's issues as some other chapters have been doing throughout the country.

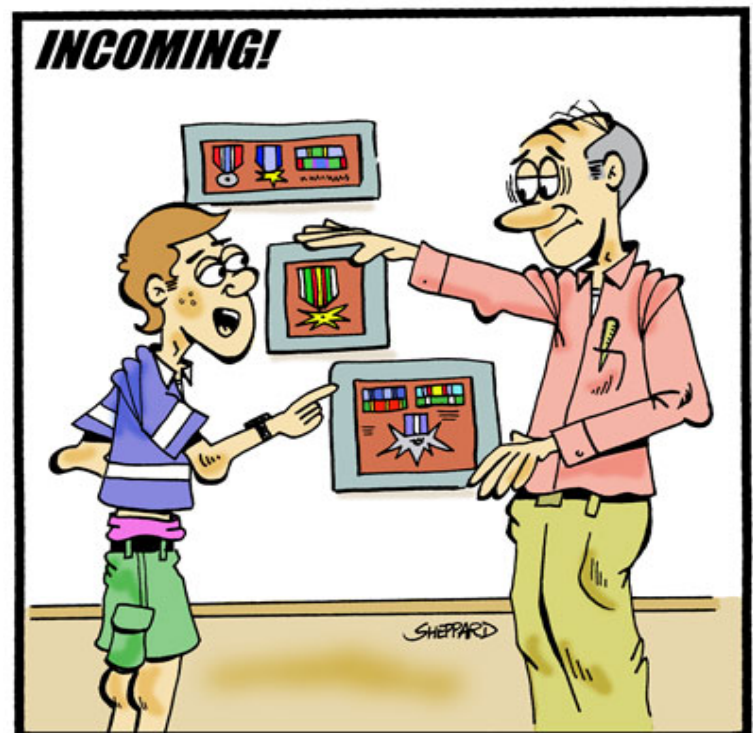
VVA Leadership Conferences – Suggested and discussed that we should send some of our elected leaders to the VVA Leadership Conferences that are held throughout the year

July Meeting – July 17th meeting will be back at the Elks Club

War Memorial Update – Joe Campbell gave an update on the negotiations with the Art Center – Very close to being signed but the Art Center is trying to renege on some things that were agreed to.

Adjournment – 8:07

NO AUGUST MEETING



"Then why did we need all those other men, Dad?"

Vietnam dioxin story wins best documentary at New York film fest

<http://www.thanhniennews.com/index/pages/20130623-vietnam-ao-story-wins-best-documentary-at-new-york-film-fest.aspx> Sunday, June 23, 2013

A film about the daily lives of Vietnamese Agent Orange victims in Ho Chi Minh City won the top prize for documentaries at the New York City International Film Festival Friday.

“The Tale of An Phuc House” by Bulgarian director Ivan Tankushev beat out four other entries to win Best Feature Documentary at the fourth annual edition of the film fest.

Tankushev, known for his work on animation shows such as “Arthur” and “Family Guy,” also wrote the script.

The documentary, which was produced by Canada’s Babel Entertainment and Vietnam’s Créa TV, was filmed in Vietnam between late 2011 and March of this year.

The 91-minute film depicts the life of Mr. Quang and the 20 young adults under his care at An Phuc House, which he founded in 2006 to help provide a home and create jobs for victims of the chemical warfare used by the US during the Vietnam War.

An Phuc means “peace and happiness” in Vietnamese.

Despite their physical limitations, the young victims’ lives are full of love, dignity and pride, according to a post by the festival website.

The 54-year-old director, who is married to a Vietnamese woman, said he would donate all proceeds from the film to An Phuc and orphanages in Ho Chi Minh City.

Other contenders included two US films – “Girl Rising” about the strength of the human spirit and the power of education, “Jihad in America: the Grand Deception” about terrorism; the UK film “The Gun, the Cake & the Butterfly,” about the trials and tribulations of love; and the German-Israeli film “My German Children,” a multi-generational look at the makings of identity.

“The Tale of An Phuc House” premiered on June 17 during the festival and resulted in promises from many attendees to financially support its protagonists.

Chuck Palazzo, a former US veteran and now a member of the Agent Orange Action Group dedicated to seeking medical, financial, ecological and legal assistance for Vietnamese victims of Agent Orange, said in a post on the film’s blog that the award was “a huge win for the Vietnamese victims of Agent Orange.

“This is such an important achievement for all of us and will raise awareness of the ongoing plight of the victims to a new level,” Palazzo said.

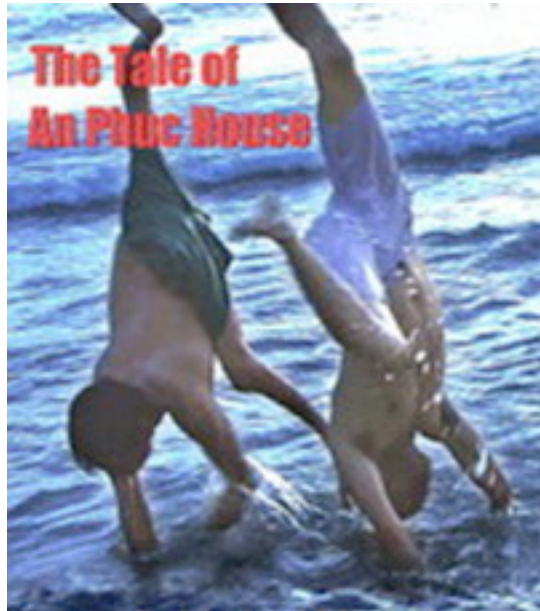
The US Army sprayed nearly 80 million liters of herbicides and defoliants containing 366 kilograms of the highly toxic chemical dioxin over 30,000 square miles of southern Vietnam between 1961 and 1971.

Up to 4-8 million Vietnamese people were exposed to dioxin, according to the Vietnam Red Cross.

Many of the victims have died, but their descendants are still being born with deformities and diseases.

The Vietnam Red Cross estimates that up to one million Vietnamese people are disabled or have health problems due to Agent Orange.

Experts have also identified at least 28 dioxin-contaminated hotspots within the country that need clearance.



Most vegetables are something God invented to let women get even with their children *** P. J. O’Rourke

Eating rice cakes is like chewing on a foam coffee cup, only less filling.

*** Dave Barry

Health food may be good for the conscience but Oreos taste a hell of a lot better. *** Robert Redford

PTSD-stricken veterans may be at higher risk for heart disease

By Alan Zarembo [LA Times] June 26, 2013, 9:38 a.m.

Experts expect that 400,000 or more U.S. veterans of the wars in Afghanistan and Iraq will suffer from PTSD at some point. A new study suggests that they'll have more to worry about than a debilitating psychiatric condition — they could also be at much greater risk for heart disease, the nation's leading cause of death.

In research published online Tuesday in the *Journal of the American College of Cardiology*, scientists studying a group of male twins who served in the military during the Vietnam era — 1964 to 1975 — found that a diagnosis of PTSD more than doubled the likelihood that they would go on to develop heart disease.

It wasn't just that veterans with PTSD smoked more and exercised less, though they did. The researchers controlled for those and other well-established influences on cardiovascular health.

"It's not explained by lifestyle changes that are common among people with PTSD," said Dr. Charles Marmar, a psychiatrist and PTSD expert at New York University who was not involved in the study. "That's very surprising."

He praised the work, saying that it strongly suggested that PTSD symptoms caused the increased risk.

By conducting the research in twins, the scientists were also able to rule out the possibility that genetics, upbringing or environmental factors in childhood might be major contributors to the link between PTSD and heart disease.

The men belong to the Vietnam Era Twin Registry — a research pool of about 7,000 pairs of twins, all of them male veterans. It was created by the Department of Defense in the late 1980s to investigate the effects of exposure to Agent Orange, an herbicide used to clear dense jungle during the war. But the registry has since been used by epidemiologists to study a variety of mental and physical conditions.

In the latest study, a team led by researchers at Emory University in Atlanta used a variety of criteria to select 281 twin pairs from the registry. Some had been to Vietnam and saw combat, while others had never left the U.S.

All 562 men had been assessed for PTSD in 1992; 137 of them were found to have it, most

commonly stemming from the war, though in some cases from other types of trauma. None had reported having heart disease when they joined the registry between 1987 and 1992.

Starting in 2002, the researchers began assessing the men for heart disease. They finished in 2010.

Among the men with PTSD, 22.6% had suffered a heart attack, undergone a heart procedure, spent at least a night in the hospital for heart trouble — compared with 8.9% of men without the anxiety disorder. Sophisticated scans showed that the men with PTSD also had less blood flow to heart tissue.

The researchers compared 117 pairs of twins in which one brother had the disorder and the other did not. They found that 22% of the men with PTSD had heart disease, compared with only 12.8% of their twin brothers.

In other words, being related — and sharing genetic material and usually upbringing — narrowed the gap only slightly. Genetics, in fact, were found to play no role, because the gap was the same whether the brothers were identical twins — and shared all their DNA — or fraternal — and shared half of it.

In addition, there was no significant difference in the rates of obesity, hypertension, diabetes or high cholesterol — all major risk factors for heart disease — between men with PTSD and men without it.

Something else has to be driving the relationship between PTSD and heart disease, said Dr. Viola Vaccarino, the epidemiologist who headed the study.

"People with PTSD are known to have higher levels of stress hormones," she said. "The repeated activation of the stress system may have adverse effects on the cardiovascular system."

"We think that's a major mechanism," she said.

Once, during prohibition, I was
forced to live for days on nothing
but food and water.

*** W. C. Fields

Researchers Find Biological Evidence of Gulf War Illnesses

By JAMES DAO New York Times June 14, 2013

In the two decades since the 1991 Persian Gulf war, medical researchers have struggled to explain a mysterious amalgam of problems in thousands of gulf war veterans, including joint pain, physical malaise and gastrointestinal disorders. In some medical circles, the symptoms were thought to be psychological, the result of combat stress.

But recent research is bolstering the view that the symptoms, known collectively as gulf war illness, are fundamentally biological in nature. In the latest example, researchers at Georgetown University say they have found neurological damage in gulf war veterans reporting symptoms of the disease.

Using magnetic resonance imaging to study the brains of gulf war veterans before and after exercise, the researchers discovered evidence of damage in parts of their brains associated with heart rate and pain. Such damage was not evident in the control group, which included nonveterans and healthy veterans.

Such neurological damage, the researchers theorize, caused the veterans to be more sensitive to pain, to feel easily fatigued and to experience loss of short-term “working memory,” all symptoms associated with gulf war illness.

Their study, published by the online medical journal PLoS One on Friday, does not try to explain the causes of the damage. It also found different patterns of damage in two groups of veterans, indicating that the disease — if it is indeed a single ailment — takes different paths in different people.

But the authors said the findings, along with other recent research, may offer clues in developing treatments and diagnostic tests for the illness, which currently is diagnosed through self-reported symptoms and has no definitive treatment.

Two other studies released by Georgetown this year have also pointed to neurological damage in the brains of veterans reporting symptoms of gulf war illness, including one that showed abnormalities in the nerve cells linking parts of the brain involved in processing feelings of pain and fatigue.

The research makes clear that “gulf war illness is real,” said Rakib U. Rayhan, the principal author of the new study. “There is objective evidence that something is wrong in the brains of these veterans.”

Dr. Drew A. Helmer, director of the Department of Veterans Affairs’ War-Related Illness

and Injury Study Center in New Jersey, called the Georgetown studies “very preliminary” but also “a very important step forward.”

But Dr. John Bailer, an emeritus professor at the University of Chicago who led a group that studied gulf war illness in 1996, said the new study did not provide enough data to determine whether the veterans’ symptoms were linked to their deployments to Kuwait, or something entirely different.

“I am not questioning whether a substantial proportion of veterans of Desert Storm have symptoms related to their service,” Dr. Bailer said in an e-mail. “I am questioning whether those symptoms have any cause other than the stress of war itself.”

Studies by the Department of Veterans Affairs have estimated that as many as 250,000 of the nearly 700,000 service members who served in the Middle East in 1990 and 1991 have reported symptoms of gulf war illness, which is also known as chronic multisymptom illness.

Gulf war illness has been the source of much frustration and dispute practically since veterans first reported symptoms in the 1990s. Many veterans say that their complaints were initially dismissed as psychological. Many also believe that their problems are the result of exposure to nerve agents, pesticides, herbicides and other chemicals, but that the government has been slow, or unwilling, to pinpoint causes.

Even some government researchers have made that case. At a Congressional hearing in March, Dr. Steven S. Coughlin, an epidemiologist who once worked for the Department of Veterans Affairs, asserted that the department had systematically played down the neurological basis of gulf war illness. At the same hearing, a member of an advisory panel to the department said the agency still seemed guided by the view that symptoms of gulf war illness were stress-induced.

USA Today reported on Friday that Eric K. Shinseki, the secretary of veterans affairs, had taken steps to replace members of the advisory committee and reduce its independence. Advocates for gulf war veterans say the changes are meant to rein in a committee that has consistently been more aggressive than the department in saying that gulf war illness is a physical condition related to exposure to toxins.

Sign Up Now With Vietnam Veterans of America Chapter 324

Anyone can join! Membership Options:

Vietnam Veterans (A copy of your DD214 must be included):

- Individual Member - 1 year \$20 • Individual Member 3 year \$50 • Life Member \$250
- Life Member Installment Plan (\$50 Deposit; \$25 per month for 8 Months)

Anyone Else:

- Associate Member - 1 year \$20 • Associate Member 3 year \$50 • Associate Life Member \$250
- Associate Life Member Installment Plan (\$50 Deposit; \$25 per month for 8 Months)

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Name _____ Membership # _____

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Phone (_____) _____ E-mail _____

I would like to help Chapter 324 by donating \$ _____

Make checks payable to VVA324 and mail with this application to:

VVA Chapter 324 - Membership, PO Box 18631, Milwaukee, WI 53218



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