

Vietnam Veterans of America

Chapter 324 - 240552 - Milwaukee WI. 53224.

In Service to America



Meeting Notice

19 July 2023

5555 W. Good Hope Rd.

Board Meeting 6:30 p.m.

Chapter Meeting 7 - 8 p.m.

21 June, 2023

Future Meetings

Sept. 20, Oct 18, Nov 15

Chapter web page: www.vietnamvetschapter324.com

National web page: www.vva.org

Chapter Officers

President: Pat Ciofani [rezmel\(at\)sbcglobal.net](mailto:rezmel(at)sbcglobal.net)
414-702-7734

Vice Pres: Oliver Williams [w.oliver96\(at\)yahoo.com](mailto:w.oliver96(at)yahoo.com)
414-358-4416

Secretary: Dennis Symanski [dski06\(at\)hotmail.com](mailto:dski06(at)hotmail.com)
414-453-3600

Treasurer: Pat Moore [irishpatat\(at\)sbcglobal.net](mailto:irishpatat(at)sbcglobal.net)
414-354-2533 Cell: 414-731-6029

Director: John Morgan [asa600\(at\)aol.com](mailto:asa600(at)aol.com)
414-871-9274

Director: Bob Rugg
414-323-4852

Newsletter: John Zutz [john\(at\)zutz.org](mailto:john(at)zutz.org)

John is listed in the phone book - good luck finding one

No August Meeting
No August Newsletter
Have a good summer

FUNDRAISING FOR CHAPTER 324 **SUNDAY, JULY 23, ALL HANDS ON DECK**

Chapter fundraising consists of four Sunday afternoons distributing Orange Blossoms (think poppies, but orange) at American Family Field prior to a Brewers Game.

Dates: **July 23rd** vs. Braves 1:10pm, and **August 27th** vs. Padres 1:10pm.

Parking lots open three hours before game time. **SAVE MONEY**, buy parking in advance at <https://www.mlb.com/brewers/ballpark/transportation/parking>. Parking will be reimbursed by the Chapter. Meet near the Yount statue on the Home Plate side of the stadium. Sandwich and liquid provided. The Brewers will provide you with two complimentary tickets for the games.

YOUR HELP IS NEEDED
MORE PEOPLE GENERATE MORE DONATIONS

VIETNAM VETERANS OF AMERICA

Milwaukee Chapter 324

June 21, 2023

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

Minutes of May 17, 2023 meeting reviewed and
accepted

Treasurer's Report – Pat Moore - \$5710.36 in our
checking account

COMMITTEE REPORTS

Fund Raising – July 23rd and August 27th are our
two remaining Brewer fund-raising dates

Website – Moved and passed to pay \$200 to Doc

Dentice for our annual site maintenance fee

OLD BUSINESS

NO AUGUST MEETING

NEW BUSINESS

VVA State Meeting June 24th

VVA National Reports – Our election and annual
financial reports were received by National

July 4th Wauwatosa Parade

Adjournment 7:30 pm

A colorful illustration for Summer VetFest 2023. The top half shows a stage with a band performing, a food truck, and people sitting at tables. The bottom half features a yellow banner with the text "Learn more about what VA offers and have fun with friends and family!" and a group of people dancing. The background is a bright blue sky with green trees and a green field.

Summer VetFest 2023

Learn more about what VA offers and have fun with friends and family!

Come to VetFest July 22-23 at Milwaukee's lakefront

Learn about PACT Act benefits; enjoy the air show!

On July 22-23, the Milwaukee VA Medical Center, in conjunction with the Veterans Benefits Administration Regional Office and the War Memorial Center, will host a [Summer VetFest](#) to inform Veterans, their families and survivors about the [PACT Act](#) and encourage them to apply for the toxic-exposure-related health care and benefits they have earned.

Coinciding with the [Milwaukee Air and Water Show](#), the event will be 10 a.m. to 4 p.m. on both Saturday and Sunday, July 22-23, outside the [War Memorial Center](#), 750 N. Lincoln Memorial Drive.

The event will be a casual summer gathering along Milwaukee's lakefront featuring Veterans, their families, Veteran advocates and the VA health care and benefits

professionals who serve them.

At the event, VA and VBA staff will be ready to help Veterans [apply](#) for PACT Act-related benefits (or submit an [intent to file](#)), enroll in VA health care, get screened for toxic exposures and even apply to come work at VA. There will also be food and refreshments sold by [Kegel's Inn](#), music, and excellent views of the air show.

In addition, representatives from other services provided by the Milwaukee VA will be on hand to answer Veterans' questions. This will include Enrollment/Eligibility, Mental Health, Human Resources, Post 9/11 Military to VA Case Management, Minority Veterans Program, Whole Health and Chaplain Services. The Mobile [Vet Center](#) also will be on site.

Veterans and First Responders PTSD

“I Missed It: Recognizing Signs of Trouble”

By Dennis McCormack 324 Chapter Member

Training Session conducted on June 24 2023 from 0900 to 1200 hours at the ‘On the Clock Bar and Grill’ in Bayview WI. Training focused on a variety of treatment options for helping Veterans deal with their PTSD issues. The training was presented in two parts:

Part 1 – Introduction to Peer Mentoring. The Project discussed was the DryHootch Quick Reaction Force (QRF) program presented by QRF Peer Mentors Levi Marker, Robert Waite, and Norman Colman. Discussion focused on QRF Peer Mentor Training presented in four modules:

Module 1 – The Peer Mentor Roles as – Motivator/Cheerleader/Truth Teller, Ally/Confidant, Role Model, Problem Solver, Resource Broker, Advocate

Module 2 – Peer Mentor Responsibilities – Maintain confidentiality, Use respectful language, Maintain boundaries, Keep up-to-date on resources, Ask for help when THEY need it, A Peer Mentor is not a sponsor, therapist, nurse/doctor, clergy, or friend

Module 3 – Peer Mentor Skills – there are 5 Peer Mentor skills that are important to providing high quality peer support: Active Listening, Positive use of telling your story, Know major resource areas for basic needs, Providing resources successfully, Have cultural sensitivity


Module 4 – Important Considerations – Rules of the Road for Peer Mentor relationships: Setting boundaries between a personal and professional relationship, Beware of emotional boundary breaches. Veteran may project feelings onto the mentor or vice versa., Harassment of a verbal type or physical conduct that demeans or shows hostility, especially any type of sexual harassment or advances

At the end of the presentation of the 4 QRF Modules, Ambulance & Fire First Responders were introduced by Zeno Franco, PhD and Associate Professor at the Medical College of Wisconsin (MCW), who specializes in treating Combat Trauma in conjunction with MCW and the VA. The First Responders relayed their considerable experience in local EMT missions and onsite at the World Trade Center on 9/11.

Part 2 – Post-Traumatic Stress Disorder (PTSD). Project ‘Reclaiming Your Path (RYP)’. This Project was presented by Zeno Franco and associates Kristyn Ertl and Jeff Whittle. Also Discussion Leads and Peer Mentors David Wiedenkiller, Jada Reynolds, Jesse Miller and Munoz monitored and lead the various discussions that rotated among the 30+ participants. They used a Treatment Comparison Chart that broke down the following 4 treatment programs into their relevant parts: Cognitive Processing Therapy (CPT) – a Psychotherapy type of trauma-focused Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization & Reprocessing (EMDR) – a type of Psychotherapy that helps you process and make sense of your trauma by calling the trauma to mind while focusing on an external motion or sound, Prolonged Exposure (PE) – a type of trauma-focused CBT Psychotherapy that teaches you to gain control by facing your fears, Selective Serotonin/Norepinephrine Reuptake Inhibitors (SSRI/SNRI) – focuses on antidepressant medications that help restore the balance of naturally occurring chemicals in your brain.

The conference concluded with wrap-up oral and written evaluations of the training.


I thought the overall material presented was excellent. The breakdown of the various components of the Treatment Comparison Chart were especially educational, as it went into the risks, side effects, documented success rates, and availability of the various programs through the VA and other medical sources.




2023
NATIONAL VETERANS
CREATIVE ARTS
COMPETITION


Call for Entries!
Milwaukee VA Veterans
Creative Arts Competition

- Visual Arts
- Creative Writing
- Music
- Drama
- Dance



Entry Deadline: Tuesday, August 1

VA  U.S. Department of Veterans Affairs
Veterans Health Administration
Milwaukee VA Medical Center

Scan for more information: 

Creative Arts Competition

Entries are being sought for the 2023 Milwaukee VA Veterans Creative Arts Competition. Categories are art, creative writing, dance, drama and music. The deadline for entries is Aug. 1, 2023.

This competition is open to Veterans who are eligible to receive care through the Department of Veterans Affairs AND are enrolled at the Milwaukee VA Medical Center, one of its outpatient clinics, or the Vets Center.

Veterans must work with a staff person from the VA facility where they are enrolled to submit entries into the competition.

The competition includes categories in the visual arts division that range from oil painting to leatherwork to paint-by-number kits. In addition, there are categories in writing as well as the performing arts of dance, drama and music.

Local creative arts competition first-place winners advance to a national judging process, and first-, second- and third-place entries in each category are determined. Selected gold-medal-winning Veterans are invited to attend the National Veterans Creative Arts Festival hosted by a different VA facility each year.

Key Dates to Note

Milwaukee VA competition deadline: Tuesday, Aug. 1, 2023

Entries must have been completed/recorded after Oct. 1, 2022

By Oct. 1, 2023, VA facilities will send their top finalists in each category to the national level of the competition.

National competition winners will be judged and announced in December.

Check back on this website www.creativeartsfestival.va.gov for the results which will be posted in January 2024.

Rules and Entry Forms

[2023 Creative Arts Competition Art Division Rules, Categories and Consent Forms \(PDF\)](#)

Submit Art Division artwork and entry forms to:

Rene Burgoyne or Marisa Straub, Milwaukee VA Medical Center, 5000 W. National Ave. Bldg. 123

Rene.Burgoyne2@va.gov or Marisa.Straub@va.gov, Phone: 414-384-2000, ext. 46575 or ext. 41976

Deadline: Aug. 1, 2023

Creative Arts Retreat for Vietnam Veterans

Warrior Songs is pleased to open enrolment to our 2023 Creative Arts Retreat for Vietnam Era Veterans who suffer from PTSD (2023 CAR WI). The retreat is currently open for enrolment with 14 seats available.

Please share this information with any Vietnam era Veteran who you think might find healing from attending this retreat. Interested veterans should review the information below and apply through our website at <https://warriorsongs.org/2023-retreat-vietnam-era-veterans-with-ptsd>

Where

The Siena Center Racine, 5637 Erie St, Racine, WI 53402

When

Wednesday December 13th, 2023 - Check in no later than 5pm

Sunday December 17th, 2023 - Released 11am

Who

14 Vietnam Era Veterans who suffer from PTSD

Staff

This retreat is staffed by six retreat facilitators. 3 of the staff are women, while 3 are men. Four are military veterans, two are civilians. Three of the facilitators are combat veterans. One is a Vietnam Veteran. Three of the facilitators suffer military PTSD.

What

A 4-day retreat utilizing the creative arts to explore and find healing from military sexual trauma. Utilizing the “Warrior’s Path” as outlined by our friend Dr. Ed Tick in his book “War in The Soul”, the veteran explores several aspects of their military journey - joining, down range/ trauma, reintegration, recovery, and legacy. Six experienced facilitators – 3 veteran and 3 civilians, lead the retreat. An art show is held on Saturday night and is open to the public. There, each veteran is presented an opportunity to present a piece of their art to the audience. Participation in the art show is completely voluntary and the veterans decide what art, if any, is displayed.

Why

To assist 14 Vietnam Era Veterans who suffer from PTSD in rediscovering their wholeness so that they may find healing from their trauma. To empower survivors to thrive by utilizing the creative arts to externalize the inexpressible internal turmoil trauma creates. To provide veterans opportunities to address stuck points from different perspectives utilizing the creative arts. To facilitate the integration of techniques learned at the retreat into the veterans continued healing path.

Cost to Veteran

Free for 14 Vietnam Era Veterans who suffer from PTSD

10 Wisconsin residents – with travel stipend for gas

4 out of state resident – with travel stipend for airfare

Cost to Warrior Songs

\$23,450.00 total

\$1,465.63 per veteran

Requirements of Veterans

Have enlisted into the United States Military during the Vietnam War Era (1955-1975)

Struggle with Military PTSD

Have a willingness to participate in the retreat to the best of their abilities with an earnest desire to heal from the trauma.

Have mental health support available post retreat.

To assist you in discerning if this retreat is right for you, please review some of the music videos created from the group songwriting project from our previous retreats

2019 Scottsdale, AZ – Women MST <https://youtu.be/QuUyS1VNEzs>

2017 Racine, WI – All gender PTSD <https://youtu.be/hSy6wTvmntE>



Vietnam Veterans of America #324
 PO Box 18631
 Milwaukee, WI 53218



Time Valued Material
 Correction Service Requested
 Forwarding Postage Guaranteed

Sign Up Now With Vietnam Veterans of America Chapter 324

Anyone can join! Membership Options:

Veterans:

Life Membership for all veterans \$50 (with a DD214 submitted).

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)

Please Print

Name _____ Membership # _____

Address _____ City _____ State _____ Zip _____

Phone (_____) _____ E-mail _____

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

Make checks payable to VVA324 and mail with this completed application to:
 VVA Chapter 324 - Membership, **P O Box 240552, Milwaukee WI. 53224**