



Vietnam Veterans of America
Chapter 1106

Chapter 1106 Membership Meeting Minutes

Meeting Date: July 6, 2024 Scheduled Meeting Start Time: 9:00 AM
Meeting Location: South Metro Fire & Rescue Building, 9195 E. Mineral Avenue, Centennial, CO

Meeting called to order by President David Lyons at 9:00 AM

Meeting Topics

1. Welcome to the meeting and housekeeping by President David Lyons
2. Invocation Prayer by Chaplain Lonnie Hetterle
 - Prayer for our Chapter 1106 members
 - Prayer for our members and family members who are sick and are shut-in
 - Guidance for our meeting today and for the Board's leadership

3. Pledge of Allegiance (all)

4. POW/MIA Chair Presentation by Dan Green and Moment of Silence

Moment of Silence for those still POW/MIA and for Chapter members who have passed

5. Board Member Roll Call

Officers and Board Members Present Roll Call: Officers: David Lyons (President), Milt Omoto (Vice President), Bob Brown (Treasurer); Board Members Present: Joe Plant, Joe Dempsey, John Vargas, Litta Plant-Schaper (AVVA Liaison)

Excused: Garry Turks, Sally Eaves, Patti Ehline, Joe Robinson

6. Members in Attendance (from sign-in sheets and on-line)

Mort Anderson, Felix Armenta, Jim Blumberg, Alice Boswell, Don Boswell, Carol Brautigam, Bob Brown, Jane Brown, Wayne Buser, Dale Creason, Linda Croce, Tony Croce, Rockie Cuppari, Charles Daldry, Diane Dawson, David Dawson, Joe Dempsey, Ita Dempsey, Leland Eagleson, Bob Easter, Alan Ebert, Rance Exline, Bob Ferguson, Barry Fiore, Thomas Frey, David Gaul, Diane Graham, Dan Graham, Dan Green, Lou Grounds, Warren Harrison, Jim Henderson, Lonnie Hetterle, Jack Hunter, Claudia Hunter, Jean Jaffe, Alan Jaffe, Mike Karsh,



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Mike Katich, Bradley Kuss, Roger Lanphier, Walter Leuci, Marvin Lich, Chuck Luley, Dave Lyons, Jesse Maldonado, Bob Mallin, Jim Martindale, Jim McGrevey, Kaitlyn McGullan, Bruce Miller, Harry Montgomery, Gary Nelson, Loy Oakes, Doris Oakes, Milt Omoto, Gary Palka, Ed Phillips, Joe Plant, Litta Plant-Schaper, Clarence Rebolledo, Randy Reed, Coy Ritchie, Juan Romero, Murry Sallenbach, John Sheadel, Jai Smith, Larry Smith, Ron Smith, Phil Snyder, John Vargas, Dan Wagle, Tom Werzyn, Lee White, John Williams, Jim Williams, Lew Wood

Note: If your name does not appear on this list but you were there, that is because you did not sign-in; The above list includes all on-line attendees

7. Recognition of new members and guests (including members who have not attended in a while)

8. Guest Presentation

Dr. Eric Shuemake and Dr. Katherine Andersen, Axiom Health Solutions
(<https://www.axiomhs.com/dr-eric-shuemake/>).

Dr. Shuemake, a Doctor of Chiropractic, presented “Healthy Living to 100.” His presentation, loosely based on the book *Blue Zones*, was very informative and motivating. He spoke of number one killer diseases of Americans, and how a change in lifestyle can minimize them. Consuming “real foods”, not processed foods, reducing stress, getting adequate sleep, regular exercise and avoiding pills. His associate, Dr. Katherine Andersen stayed the entire meeting to answer member questions.

Disclaimer: VVA Chapter 1106 does not endorse any medical professional, services or firms.

9. Member Biography

At each monthly meeting we will feature a member who will give a brief background of him or herself. This month Carol Brautigam presented her experiences while growing up, military, and civilian life. She was a Navy nurse stationed on the hospital ship the USS Sanctuary. She brought two ship’s logs for members to see. After the Navy, she spent her career as a professional nurse.

10. Chapter Scholarship Winner Essays

Two Chapter scholarship recipients read their essay’s at today’s meeting:

Lillian Varnell shared her winning essay on the Vietnam War, the US role in the war, the involvement of Laos and Cambodia, and the effects of the war on veterans; her grandfather is a US Army Vietnam veteran, and they both visited the Wall in Washington DC in 2016.



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Kaitlyn McGurran, AVVA member of Chapter 1106 and volunteer, shared her essay of the history of conflicts and foreign occupations of former South Vietnam, and the US's involvement by the CIA in the 1950's; Kaitlyn's grandfather is also a Vietnam veteran.

Note: Winning essays are available if you are interested in reading them; contact Lou Grounds

11. President's Report (David Lyons)

1. President Dave reminded members that we are in need of a Chapter newsletter editor and web master; the positions are split, a newsletter editor position and a web master; please see Dave if you are interested; both positions are important to keep members informed
2. Thank you to those who came out for the Fourth of July parade; a special thank you to our Chapter Color Guard
3. We continue to have a Chapter table at the VA hospital every first and third Fridays from 9:00 AM to 2:00 PM; the purpose is to explain VVA, our Chapter, recruit new members and explain the Household Goods program; please see President Dave to volunteer
4. Our Chapter Summer picnic is coming up, Saturday, August 10th; VP Milt will provide the details
5. The Chapter Board is planning a field trip for members; Events Chairman Joe Robinson is planning this event and VP Milt will report in Joe's absence
6. The Chapter Board decided not to donate a bench to the VA PTSD facility; the bench style selected by the VA is ultra-modern, expensive, and will seat two at most; the Board felt that this bench purchase was not prudent use of Chapter funds.

12. Vice President's Report (Milt Omoto)

1. Milt also expressed his thank you to all who participated in the Fourth of July Parade and to the Chapter Color Guard for leading us
2. Another Reminder: The importance of member pictures: If you don't have your picture on the picture board please get your picture taken; the leadership of this Chapter needs to regularly look up what you look like; new members especially; please take a picture for the sake of the Board
3. Our Summer Picnic is coming up, Saturday August 10th at Falcon Park in Highlands Ranch; as in past years, we have a sign-up sheet of what you plan to bring to the picnic; the Chapter will provide the hamburgers, hot dogs, brats and all the fixings; please plan to arrive by 10:30 AM; we will begin eating at 11:00 AM; you may arrive earlier to help set-up.

13. Treasurer's Report (Bob Brown)

Treasurer Bob Brown reported on the Chapter's financial state, including income, expenses and total balance; Motion to approve the Treasurer's report made by Joe Dempsey and seconded by John Vargas; the Treasurer's report was approved.



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Jane Brown also gave a status of Pattie and Dave; Bob and Jane visited them at their new assisted living facility; they encouraged members to call Pattie (720) 552-4927.

14. Secretary's Report (Milt Omoto for Sally Eaves)

Chapter meeting minutes are emailed to all members; minutes are also posted on the Chapter website; Motion to approve the VVA Chapter 1106 Minutes dated June 1, 2024, made by Joe Plant and seconded; the Minutes were approved

15. Board Member and Committee Reports

1. Membership Committee (Jim Blumberg & Phil Snyder)

Jim Blumberg reported that the Chapter has 207 regular members and 43 AVVA members for a total membership of 250

2. Social Committee (Sally Eaves) Absent

Milt reported on the Chapter's Summer picnic under his VP report

3. Board Member (John Vargas)

John provided "tidbits" of Chapter members, bits of interesting information about members that most are unaware of; he stressed the importance of simply talking to members about their past and life experiences, noting that everyone has something interesting about themselves

4. Color Guard (Ron Smith & Dan Green)

Dan Green reported on Color Guard activities including presenting colors at the next Honors Flight lunch in September and at CCSO in October

5. Veterans Emergency Assistance Program (Joe Plant)

Joe reported that the Chapter's Veterans Emergency Fund assisted five veterans during the month of June for a total of \$1,604

6. Chaplain's Report (Reverend Garry Turks) Absent

In Chappy's place, Chaplain Lonnie Hetterle stressed the importance of supporting each other during these stressful times and to continue to participate in Chapter events and activities

7. Fort Logan National Cemetery Updates (Tony Thomas) Absent

8. Government Affairs (Tony Nickerson) Absent

9. Speaker's Bureau (Tom Werzyn)

Tom reported that the Speaker's Bureau will become active once school resumes in the Fall; he stated that Gary Sinise **may** be our guest at a Chapter meeting early next year; Garry Turks is coordinating with Mr. Sinise

10. Grants and Fundraising (Milt Omoto)

Milt reminded members to donate unneeded clothing and household items to the VVA household goods program; schedule a free pickup at <https://pickuplease.org/r/#/> ; Milt also reminded that if you shop at King Soopers, you can link your rewards card to the Chapter, and the Chapter will get a percentage of what you spend



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11. Chapter Events Coordinator (Joe Robinson) Absent
Milt reported for Joe that the Chapter is planning a trip to the Pueblo Aircraft Museum on Saturday, September 14, 2024; the Chapter will charter a bus to take us down there and back; the cost will be \$10.00 per person; the Chapter will pay for the bus; a signup sheet will be available at the August and September meetings if you want to go
12. Scholarship Committee (Lou Grounds)
Lou reported that this year we awarded six \$2,000 scholarships to graduating high school seniors; he will see if additional scholarship recipients will read their essays at the August Membership meeting; he also stated that they will be contacting trade schools next year
13. Promotional Items (Joe Dempsey)
Joe reported that Chapter polo and tee shirts are available to purchase at the promotional items table and to spend your money
14. Voices for Veterans (Warren Harrison)
Warren reported that he continues to participate in the VA's Mental Health Council and that he attended a recent NAMI Conference
15. Veteran Health, Women Veterans (Patti Ehline) Absent
16. Newsletter Editor (VACANT)
17. Webmaster (VACANT)
18. Past President's Report (Lee White) Absent
19. AVVA Chapter Liaison (Litta Plant-Schaper)
Nothing to report

16. Roundtable

- a) Tom Werzyn encouraged members to step-up and get involved with the Chapter; there are two Board positions open that need to be filled; in addition, there is a need for a newsletter editor and a web master; Tom also provided an update of the CCSD Innovation Campus and the need for volunteers to work with students (contact Tom if interested)
- b) Tom conducted an auction of a quilt from Quilts of Valor and explained the time and effort that goes into making a quilt; the winning bid was \$400.00 by Donald Boswell who donated the funds to the Chapter and said that the Chapter can keep the quilt for another auction
- c) Jack Hunter recognized his grandsons who volunteer at Membership meetings to operate and manage the audio system (Alex and Andrew); Jack shared some historic pictures of the area that is now the Pueblo Aircraft Museum; he lived there in the early 1950's in a home that cost \$1.00/year rent; he also again stressed the importance of getting a coronary artery calcium scan
- d) Barry Fiore talked about the Forgotten Heroes Campaign organization; see him if you are missing any military medals that are recorded on your DD-214 but you don't have; they conduct a great presentation of medals in a shadow box at their meetings; he also reported that the deadline for applying under the PACT Act is August 10th
- e) A member reminded attendees that Texas Roadhouse in Parker is conducting a fund raiser for Homes for Our Troops, an organization that builds homes for severely injured Post 9/11



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veterans; bring the flyer that was emailed to you on any Tuesday night when you dine there, through the month of July

17. 50/50 Drawings (Ron Smith)

- Today's 50/50 drawing total was \$120.00; \$60.00 and won by a Chapter member.

18. Announcements and Schedule

- a) Next Membership Meeting is Saturday, August 3, 2024 at 9:00 AM
- b) Chapter Summer Picnic is Saturday, August 10, 2024 at Falcon Park, Highlands Ranch
- c) Coast Guard Birthday August 4th
- d) Purple Heart Day August 7th
- e) Next Board Meeting is Saturday, July 27, 2024 9:00AM, on-line via Zoom
- f) Please continue to stay in touch with each other

The Next Chapter 1106 Membership Meeting is scheduled for August 3 at 9:00AM – Live at the South Metro Fire and Rescue Building, 9195 E Mineral Ave., Centennial, CO. This facility is ADA accessible. Zoom capability will be provided to those who cannot attend the meeting in person.

Please pray for our sick, shut-in and distressed members

The membership meeting was adjourned by declaration with no objections by President David Lyons at 10:39 AM.

This Chapter Membership Meeting minutes is submitted by Milt Omoto for Sally Eaves

Published:070724

Circulation Notice: These minutes may contain sensitive and/or personal information; therefore, please use discretion when sharing this information with non-VVA members. Note that this is the full version of the meeting minutes emailed directly to each member.