

"Welcome Home" **NEWSLETTER** Sep - Oct 2023 – VOL 9 NO 5



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Notice:

If you have moved or changed your address, PLEASE notify us immediately! Contact: Dale Creason, Membership Chair Email

creason38sp@gmail.com Phone: 303720-2948

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Facebook: Vietnam Veterans of America Chapter 1106



Editor's Note:

This version of the newsletter is in Microsoft Document (.DOCX) format so that the <u>links</u> will work. Put your cursor over the link, depress your Control Key (ctrl) and depress your left mouse button and it will take you to the listed link position. PDF format, the links will not work. The comments and editorial input do not necessarily reflect the opinion of the membership of our chapter. It has been my honor to establish our chapter newsletter. This is the last issue that I will write. (bobrotruck73@gmail.com) Thank you for allowing me to be your editor.

Notes from the President - Dave Lyons:

The VVA National Convention held August 2023 in Orlando was most likely the pivotal event for the remaining life of the Vietnam Veterans of America. It was well attended with over 700 delegates. At primary issue was the dissolution of the organization, when it would take place, and the resulting impacts on State Councils and Chapters. The short conclusion is, we're not going away anytime soon! Also at the Convention, Chapter 1106 was recognized and awarded "Chapter of the Year." It is only because of the involvement and support of each and every one of you that we were awarded this honor. Thank you, members!

The Cherry Creek School District's Military Veterans Appreciation event will take place on September 9th starting with a (free) luncheon at 12:00 Noon. No RSVP required, just show up in your yellow shirts. Following lunch is the Community Celebration from 2-5 p.m. in the Cherokee Trail High School parking lot. It's important that our young men and women see veterans at these events. CCSD works hard every year to honor the veteran and active military community. Please attend. Click on the link below to see a video of last year's event (that includes our Chapter Color Guard) and this year's information.

https://www.cherrycreekschools.org/MilitaryAppreciation

Thank you to everyone who came out for the Summer picnic. Great company, great food, and fun! (Note: I was at the Convention but heard reports of a wonderful picnic).

Finally, I wish to express my appreciation to Bob Rotruck for his many years of support to Chapter 1106, faithfully publishing our newsletter, webmaster and serving as the

official "blaster" of information to our membership. Bob and Barbara, you will be missed! Please continue to stay in touch with each other.

Member Feature

None this NL.

Military Trivia

Dittybopper Click here for end of the Newsletter Trivia Answer

July Guest Speaker – Alycia Carmin

August Guest

Membership! (As of 8/19/2023)

 VVA
 203

 AVVA
 44

 TOTAL:
 247

New Members:

VVA: Don Marsh, Spencer Mambe, Bob Ferguson AVVA: Kaitlyn McGullan

Board of Directors/Officers

Dave Lyons – President Milt Omoto – Vice-president Mike Huber – Treasurer Sally Eaves – Secretary Board Members – Patti Ehline, Tom Werzyn, John Vargas, Joe Plant, Rev. Garry Turks, Joe Dempsey, Joseph Robinson.

Special Chapter Positions

AVVA Liaison to chapter Board of Directors – Litta Plant-Schaper Chaplain – Rev. Garry Turks Chapter Historian – John Vargas Database/Audio – Jack Hunter Government Affairs – Tony Nickerson Sergeant-at-Arms – Dan Green Chapter Nurse – Patti Ehline Email Blaster – ?????

Working Committees

- Agent Orange/PTSD: Patti Ehline
- Color Guard: Dale Creason (Command Sergeant),
- Ron Smith (Asst. Command Sergeant), Don McNeely, Dan Green, Clarence Rebolledo, Harry Montgomery, John Sheadel,
- Event Coordinator: Joseph Robinson
- Fundraising/Grants: Milt Omoto Chair

- Information Blaster Bob Racetrack Rotruck
- Marketing/Media/Events: Tom Werzyn
- Membership: Lee White Chair, Litta Plant-Schaper (AVVA Roster Updates
- Memorial Committee: John Vargas-Chair. Garry Turks, Joe Plant, Lee White, Alan Jaffe, Milt Omoto
- Mental Health: Patti Ehline, Warren Harrison, Joe Plant
- Name Tags: Litta Plant-Schaper
- Newsletter Editor: ??????
- Promotional Items: Leann Stelzer, Joe Dempsey, Ita Dempsey
- Refreshments: Walt Leuci, Dave Lyons
- Scholarship Program: Gary Weston, Chair, Litta Plant-Schaper, Mike Karsh (At-Large, Consultant)
- Social Chairman Vacant, Joe Plant, Tom Werzyn, and Litta Plant-Shaper
- Speakers Bureau Tom Werzyn Chair, Bob Mallin, Dave Lyons
- Veteran Emergency Assistance: Joe Plant, Dave Lyons
- Voices for Veterans: Warren Harrison, Patti Ehline, Joe Plant
- Webmaster: ??????
- Women Veterans: Patti Ehline

Meetings/Events Calendar – 2023

Sep 2, 2023 – VVA Chapter 1106 Membership Meeting Sep 9,2023 – Cherry Creek School District – Veteran Appreciation Day Sep 23 2223 – VVA Chapter 1106 Board Meeting Oct 7, 2023 – VVA Chapter 1106 Membership Meeting Oct 14,2023 – CO State Council Meeting Oct 28, 2023 – VVA Chapter 1106 Board Meeting

Wanted: Chapter Webmaster

The chapter website is sponsored by WIX.COM. When I took over as webmaster, I was not familiar with Wix. As it turned out, Wix is a rather simple web software to edit, change, update, etc. I will be attending at least one more meeting and I am hoping a chapter member will step up to the plate and volunteer. I will always be available via email to assist the new webmaster.

Wanted: Chapter Newsletter Editor

Thanks to much input from chapter members and activities that the chapter participates in i.e. July 4th Parade, Poppy Drive, End of Year Dinner, Summer Picnic, etc. the gives the editor a lot to write about. Many photos are sent in to be posted as well. The NL is generated in Microsoft Word but can be easily adapted to Apple Writer or whatever it is called. This is a chance for new chapter members to step up to the plate and contribute to our wonderful chapter.

Wanted: Chapter Blaster

This is a piece of cake. Jack Hunter supplies the Blaster with an up-to-date email list of all chapter members. To prevent over whelming email, I cut the email list in half and send out two sets of blast. This is another chance for new chapter member to step up to the plate and contribute to our wonderful chapter.



In Memoriam



As of: 4/19/2023 Total Funeral Homes Visited – 2,622 Cremains Found – 29,894 Veterans Cremains Identified – 6,344 Veterans Interred – 5,959

Events:

Certificate of Appreciation

At our July Membership meeting, Chapter 1106 presented an appreciation certificate to Daniel Plant. Daniel is the son of Chapter member Joe Plant. Over the years, Daniel continuously donated funds to Chapter 1106. Daniel lives in Texas and regularly travels to Colorado to see his parents. Thank you, Daniel!



Appreciation certificate presented to Daniel Plant by John Vargas

Highlands Ranch July 4th Parade

Well, the weather gave us a break with the moderate temperature and slight breeze. Thank you to those that turned out for this annual event We started shortly after the beginning of the parade and we were done by 1000.



Chapter Color Guard Thank you so much for the Central Colorado Corvette Club for displaying and driving thirty of their beautiful "Vettes!!"



Several Chapter members with some levels of disability were given the honor to ride the parade in luxury!



El Presidentie enjoyed the ride!



Editor: A few bucks worth of cars sitting in the sun in Highlands Ranch, Colorado!!!!

Member Bio July Mtg Wayne Buser – U.S. Army



At our July Membership meeting, Chapter member Wayne Buser (US Army, Sgt – E5, Vietnam 65-67) presented his experience as an air traffic controller in Viet Nam. He was stationed there in 1965, well before the military build-up in the country. He talked about the unit's mascot, a Bengal tiger named "Tuffy." Tuffy made it back to the States to his new home at the Ohio zoo and lived to a ripe old age.



 Tuffy the Tiger

 Never Again Will One Generation of Veterans Abandon Another

Quilts of Valor

At the Wind Crest event theatre, on Thursday, July 13, Jan Weber, holding the mic, and the Quilts of Valor team draped five military Veterans with beautiful quilts. Impressive military backgrounds and warm thankful speeches afterwards. As customary Jan gave a detailed history of the Quilts.



Forgotten Heroes Campaign July 8, 2023

The Forgotten Heroes Campaign honored three VVA 1106 Chapter members at their July 8th awards ceremony. John Vargas served in the Army as a door gunner (Vietnam 65-67) with the 25th Infantry Division. Lew Woods served in the Army as a door gunner (Vietnam 65-67). Richard Lewis served in the Army as a door gunner on a Chinook CH-47 (Vietnam 64-84). Yes, you read that right, all three were US Army door gunners in Vietnam! A total of 65 awards were presented. Brigadier General David Warner conducted the honors.



L to R: Lew Woods, General David Warner, John Vargas, Richard Lewis

Member Bio Aug Mtg Joe Dempsey – U.S. Air Force



2023 Scholarship Winners

Chapter 1106 awarded six \$2,000 scholarships to winners of this year's scholarship program. Out of fourteen submissions, these graduating students demonstrated their understanding of the Vietnam War. Ony Five of the winners could be at our August meeting. They each shared their affiliation of a family member that had service in Vietnam and then did a reading of the required essay. The winners were selected by the members of the Scholarship Committee: Gary Weston, Chair, Jim Marcille, Litta Plant-Schaper, Mike Karsh (At-Large, Consultant)



LtoR: Joelle's Whitney, Gary Weston, Eden Cingran, Megan Bright, Lou Grounds, Sam Mendez, Faith Donlin

VVA National Convention

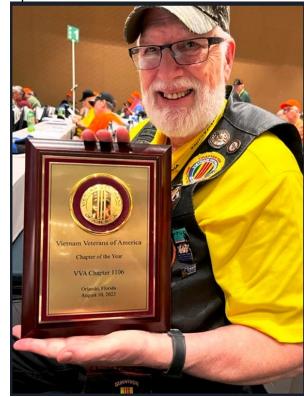
At the 2023 VVA National Convention held in Orlando, FL August 8 through 12, Chapter President Dave Lyons presented Chapter 1106 challenge coins to Grant Coates and Mokie Porter of VVA National. Grant is Chair of the VVA POW/MIA Committee, and Mokie Porter is VVA Director of Communications. Grant completed his 30th mission to Vietnam this year, working with the Vietnamese government towards a common goal of locating and identifying missing war dead. At the 2023 Vietnam War Annual Government Briefing (AGB) in Washington, D.C. (June 29, 2023), Kelly McKeague, Defense POW/MIA Accounting Agency Director (DPAA), awarded an appreciation plaque to both of them for their work.



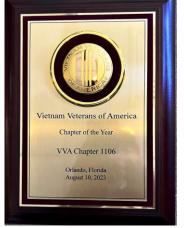


Chapter of the Year!

Chapter 1106 was awarded "Chapter of the Year" at the 2023 VVA National Convention in Orlando, FL, on August 10, 2023. This is a prestigious award for a Chapter, considering that VVA has over 650 active chapters throughout the United States, Puerto Rico, the Virgin Islands, Guam and the Philippines. The single reason for Chapter 1106's award is because of each of you, our members. It's what you do, represent and value that we received this award. Congratulations members of Chapter 1106!



Thanks to our tenacious Vice President Milt Omoto who submitted the supporting documentation that earned us to be named Chapter of the Year. It takes a village and we have over 100 VVA/AVVA "active" members who should all feel very proud! Thank you to our President, Dave Lyons, for his leadership!



Chapter Summer Picnic

The Chapter's Summer Picnic this year was fun with lots of great food and great company. The weather was perfect for the event. Everyone brought wonderful food to compliment the hamburgers, bratwurst, and hot dogs that the Chapter provided. We had almost 70 in attendance. Thank you, Litta and the Plants, for doing the shopping. Thank you, Tom and Joe Robinson, for being the "grill masters." Thank you, Hunters for the Hawaiian music. Thank you, John Vargas, for planning and organizing the event. And, thank you everyone for attending.







Books/Articles PTSD and Us Voices for Veterans – Mental Health Council

Editor Bob Wilson

There are many of us who have encountered PTSD ourselves or in a loved one. It actually poses a hardship on the individual and their families. PTSD is by definition a response to traumatic stress or prolonged chronic stress. For Veterans it is most often the result of war. In my own case, I have recurring nightmares about an event in Vietnam. I was driving a truck from Nha Trang to Tuy Hoa and a soldier asked me to stop at a small Buddhist shrine. I thought he was going to take a picture so I stopped. He shot a grenade from an M79 into the shrine. Proceeded to load a canister round and told me to drive away or he would shoot me. I was shocked and drove away. We later learned a Buddhist monk was killed in the incident. I felt terrible for stopping and have had difficulty with the incident ever since. It led to my own PTSD and may have contributed to my Schizophrenia. This is my own example of a traumatic experience. I was shot at several times in Vietnam but this incident of threat from one of our own was the most traumatic.

PTSD can impair daily function and may lead to depression and cause further anxiety. Fortunately, there are treatment programs available at VA. In fact there is a section of the mental health program dedicated to PTSD treatment. Some of these treatments involve group therapy where you share your experiences with other Veterans and also share coping strategies and treatment methods. Having the ability to share with other Veterans who have similar experiences is very help-ful. To realize that you are actually safe and apart from the trauma and that you can be among supportive friends can help bring relief. Some medications may be helpful as those used for depression or anxiety. These are

prescribed by doctors who know you and your case and it is done so under careful monitoring and supervision. You can hear from other Veterans who have turned their life around in a pro-gram called "about face". Found at https://www.ptsd.va.gov/apps/aboutface/, this app can be very helpful seeing how others cope. It is common for most people to be upset after a traumatic event or series of events like combat. However, after several months and recurrence of the event happens in your mind over and over again you may have PTSD. You should be evaluated by a professional and if you do have the diagnosis of PTSD, you should enter treatment. Trying to handle this on your own can be counterproductive. Treatment should be looked in-to and followed.

Thoughts for Life!

Submitted by Terry Bagnell, dear friend in Longwood, FL.

Today, I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today? I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond. Had that deer in the headlights look.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box, they always say, "Oh, have you got a cat?" I just say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get, the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed that the Roman Numerals for forty (40) are XL (Extra Large).

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs"!

Aging: Eventually, you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know why I look this way. I've traveled a long way, and a lot of the roads were not paved.

Ah! Being young is beautiful, but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always have: Love to share, Cash to spare, Tires with air, and Friends who care.

A BENDER OF WRENCHES

Here's to the people with the greasy hands Who fuel the planes when the pilot lands Who fix the canopies and stop the leaks Change the tires and oil the squeaks Who smooth the scratches and rivet the panels Check "loud and clear" on the radio channels Who read all the write-ups and make the repairs

Check wires and cables for chafing or tears Who pull the chocks and walk the wings And do a million maint nance things Who watch as the bird takes off and flies... So here's a salute to the gals and guys Grom a group of flyers who seldom ponder The ones who keep them in the Wild Blue Yonder.





Prisoners of War

The POW acronym we all know for sure, It rips at our hearts and there is no cure. The heartache we feel for those that gave so much, When they finally come home there is so much fuss.

But I think this story is much greater pained, For those that were never physically restrained.

Those that have seen and been through hell, And their stories are deeply buried never to tell. The ones who witnessed torn bodies and death, I know that for many it took away their breath.

To watch the life of a brother or sister float away. They would pick them up and search for a better place to lay.

And on their knees, they would bend in prayer, Knowing that at home there were those who care. And those scenes are now locked in their head, Each morning they awake with so much dread. Open their eyes and see they are still here,

But their comrades are gone, and they know the fear.

Some can't take it and they join their friends, Suicide gives them a deployment that never ends. They see their lost friends in a blinding new light, And are thankful to know that they are now alright. But for those left behind, a POW they still are, Locked in a mental prison, they will still bear the scar. Of sacrifices made for this American land, With great honor and pride, they still stand. But locked in their brain the pain never goes away, And they know it for as long as they stay. Oh God help them through their storm of guilt, And on Your Spirit a new life they have built. AMEN! ROTRUCK - 2015

WHAT IS A DAD?

A dad is someone who

wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again

A dad is someone who

wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who

holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail Submitted by John Vargas



I just paid for a 12 month gym membership. My bank called to see if my credit card was stolen.

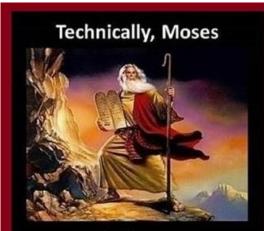




Editor: I'm sure this would have brought a lot of enlistees in WWII???







was the first person with a tablet downloading data from the cloud



My teacher told me not to worry about spelling because in the future there will be autocorrect And for that I am eternally grapefruit.

Be grateful that no matter how much chocolate you eat, your earrings will still fit.

THIS IS HOW WE PLAYED ON LINE

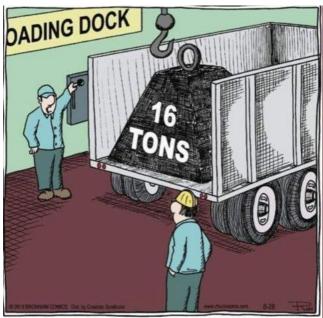


BEFORE THE INTERNET

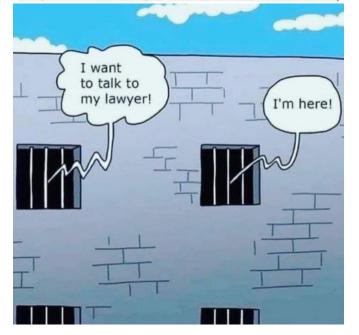
Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.

Gender study when I was a kid





"You know, Ernie, I can't help this feeling that I'm just another day older and deeper in debt."







Trivia Answer Dittybopper – A signals intelligence radio operator who uses Morse code.

UPCOMING EVENTS OF INTEREST

VVA Chapter	1106	Annual	Calendar	of	Events
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2023

Date	Event	Location
January 2023		
January 7 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
January 28 (Saturday)	Chapter Board of Directors Meeting	On-Line
February 2023		
February 4 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
February 25 (Saturday)	Chapter Board of Directors Meeting	On-Line
March 2023		
March 4 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
March 12 (Saturday)	Colorado State Council Meeting	Castle Rock Philip S. Miller Library
March 25 (Saturday)	Chapter Board of Directors Meeting	On-Line
March 29 (Wednesday)	Vietnam Veterans Day (observed)	Events at Various Locations
April 2023		
April 1 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
April 29 (Saturday)	Chapter Board of Directors Meeting	On-Line
May 2023		
May 6 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
May 27 (Saturday)	Memorial Day "Poppy Drive" Fund Raiser	King Sooper (4-5 Locations TBD)
May 29 (Monday)	Memorial Day	Events at Various Locations
May (TBD)	Chapter Board of Director's Meeting	On-Line
June 2023	chopter board of pricetor priceting	on ene
June 3 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
June 10 (Saturday)	Colorado State Council Meeting	Castle Rock Philip S. Miller Library
June 24 (Saturday)	Chapter Board of Directors Meeting	On-Line
July 2023	chapter board of Directors Meeting	On Line
July 1 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
July 4 (Tuesday)	Chapter Participation in Fourth of July Parade	TBD
July 29 (Saturday)	Chapter Participation in Pourter of Suly Parade Chapter Board of Directors Meeting	On-Line
August 2023	chapter board of Directors Meeting	On Line
August 5 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
August 8 - 12	VVA National Convention	Rosen Centre, Orlando, FL
and the second	Chapter Family Summer Picnic	Falcon Park, Highlands Ranch
August 12 (Saturday)		
August 26 (Saturday)	Chapter Board of Directors Meeting	On-Line
September 2023	Martha Charles Martine	Contraction of Descention
September 2 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
September 30 (Saturday)	Chapter Board of Directors Meeting	On-Line
October 2023		
October 7 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
October 14 (Saturday)	Colorado State Council Meeting	Castle Rock Philip S. Miller Library
October 28 (Saturday)	Chapter Board of Directors Meeting	On-Line
November 2023		
November 4 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
November 11 (Saturday)	Veterans Day	Events at Various Locations
November 11 (Saturday)	Veterans Day "Poppy Drive" Fund Raiser	King Soopers (Locations TBD)
November 26 TBD	Chapter Board of Directors Meeting	On-Line
December 2023		
December 3 (Saturday)	Monthly Chapter Meeting	South Metro Fire and Rescue HQ
December 9 (Saturday)	Chapter Holiday Luncheon and Festivities	TBD
December 30 (Saturday)	Chapter Board of Directors Meeting	On-Line

FRIENDS OF CHAPTER 1106

South Metro Fire Rescue Authority South Metro Denver Fire & Rescue 9195 E Mineral Ave Centennial, CO 80112	TREA: The Enlisted Association - HQ Phone - (303) 752-0660 12200 E. Briarwood Avenue, Suite 250, Centennial CO 80112		
SPRADLIN SPRADLIN Printing, Inc. 11903 S. Parker Road Parker, CO 80134	Alycia Carmin PO Box 233 Kersey, CO 80644 (970) 352 8802		
AMERICAN FAMILY INSURANCE 3989 E. Arapahoe Road #20 Centennial, CO 80122 720-361-0155	The Honor Bell Foundation PO Box 1432 Englewood CO 80150 720.282.9182 www.honorbell.org		
FINANCIAL® Connecting faith & finances for good.® 9137 E Mineral Cir Ste 100 Englewood, CO 80112-3422	Daughters of the American Revolution Sunoky Hill Trail Chapter MSDCAR Parker, Colorado		
King Soopers 9551 S. University Blvd., Highlands Ranch, CO 80126	Qualified Listeners: PO Box 563 Dacono, CO 80514 Tel: 720-600-0860		
A Corgressionally Chartered Service Organization The Military Order of the Purple Heart Unable 700 Durny Philip Diez J. Chapter 1041 Military Order of Purple Heart, Chapter 1041, Arvada, CO	CHERRY CREEK SCHOOL DISTRICT Dedicated to Excellence Cherry Creek Schools 4700 South Yosemite Street Greenwood Village, CO 80111		
President Dale Goulette cell 303-547-7850 2212 Diamond Creek Drive, Colorado Springs, CO, 80921 dalegoulette@rockymountainhonorflight.org	Andependently ours Medical Supplies PARKER MEDICAL SUPPLY STORE 9845 S Parker Rd . Parker, CO 80134 303-840-4444		

