

updates



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*Associates of Vietnam Veterans of
America, Inc.
PO Box 64732
Baltimore, MD 21264-4732*



Sharon's quote for this issue:

*You can fool all the people some of the
time, and some of the people all the
time, but you cannot fool all the people
all the time.*

~Abraham Lincoln

President's Message

As I near the close of my first term in office, I am comforted to know that several goals have been completed in the way of programs and projects; others are still in the process; and new ones have just begun. Our VISTA program, the In Memory Plaque, and the upcoming Secondary PTSD program are three examples.

Our VISTA Program which was launched last August has taken off well; however, I feel that the volunteer hours that have been reported are just the tip-of-the-iceberg. I know in my heart that there are still hundreds of our members who are giving back in the communities every day who- for some reason or another- are not reporting those volunteer hours yet. I urge you to take the time to jot down these times given to helping veterans, your chapter, and to projects in your hometown. I congratulate those of you who volunteer in the name of AVVA.

The In Memory Plaque Project continues to progress. Although not moving as quickly as we would like, we are encouraged by the governmental agencies involved because of their positive feedback in wanting this repair done as well. We will not stop until this plaque is raised and is an honorable memorial to all our Vietnam Veterans who lost their lives because of their service.

Secondary PTSD went unrecognized and unnamed for many years. And, through no fault of the veteran, PTSD has affected spouses and families in the form of Secondary PTSD. AVVA has been working diligently since last March to roll-out our new Secondary PTSD Program. Working alongside of Drs. Tom Burger and Tom Hall, we feel that we are nearing completion and will begin training-the-trainers very soon. We appreciate your patience and continued support; it won't be much longer.

Very soon we will be meeting in Springfield, IL, for AVVA's 8th National Convention. The delegates will be charged with accepting or amending a newly revised version of bylaws that will govern us for the next two years; and, after all the business is done, they will elect our national Officers and Directors. If you are registered for the meeting, I hope that you enjoy yourself.

I thank you for your support these past two years. I look forward to another productive term as your National President.

*Together Always,
Sharon*



AVVA Policy Changes – How Do We Do That?

Changing the AVVA Policy Manual affects the entire Corporation and all of its members. It is not approached lightly. The Policy Manual has changed many times over the last 16 years; small things and significant things; but generally a section or sub-section here or there. This has, over time, created formatting and language issues.

The current administration made it one of our projects to go through the entire Policy Manual, whole sections at a time, settling on one cohesive format for the entire manual. Any changes that needed to be made have been included, and terminology is being checked to be sure the same names, acronyms, and general language are used throughout. We want our governing documents to be professional and clear. We have gotten through most of it, but still have a couple of sections to go, and are contemplating adding a clear, easy to follow table of contents soon.

This Board wants our members to know that no policy changes are made without the proper process, and all changes are recorded, in case of any future questions. Absolutely no one is authorized to change our Policy Manual in any way, without the clear consent of the Board of Directors.

If the Corporation's needs change, or if a better process for something comes to light, someone will suggest a policy change. These changes are carefully laid out in a form that gives the Board a clear picture of what the current language is, what the suggested change would be, and what the new sections will say if the changes are approved.

The Board members read and discuss, and sometimes make amendments. If that happens, the amendments are written on the Secretary's copy of the change form. Whether the change is approved or not, the Secretary's copy of every change form is ultimately filed in the AVVA National Office files. Electronic [PDF] versions, which are extremely difficult to manipulate, are also kept by the National Secretary for quick review. In this way, any member having questions about what changes were made, when a particular change was made, and in what manner did the policy change, can access that information at any time in the future.

Policy changes are generally posted within a week of the approval. It is recommended that members, especially Chapter, State or At-Large Representatives, and officers check the AVVA website when you have any important functions, especially elections, coming up. In this way, you can be sure your process is in accordance with current policy.

This Board has promised transparency, and we are committed to making sure that there are records of all actions it takes. As always, we welcome questions, and make every effort to answer quickly and accurately.



Hear Ye. Hear Ye. The only sale in AVVA history! Associates of Vietnam Veterans of America announce a onetime offer on Life Memberships.

A life membership will be offered from Nov.1, 2015 until Dec. 31, 2015 for only \$100.00.

Criteria for the sale is as follows:

- Any annual or new member may sign up for \$100 life membership
- Dual members are included, following the above criteria
- Membership dues must be current.
- If on time payments, and you have paid \$100 or more by November 1, your payments will automatically stop, and you will receive your life membership
- If have not paid the minimum of \$100 on time payments you may pay a onetime payment of the difference and receive a life membership.
- There will be no time payments offered on this \$100.00 life membership.
- Any member who is a 3 year member, regardless of where you are at with your due date, you can sign up, but must pay \$100 for a life.

A special application will be available on our web site avva.org.

This is a great time to give a gift of a Life membership to your family and friends.

Direct any questions to:
Membership@avva.org

Memorial Day 2015



Sharon Hobbs & Elayne Mackey were privileged to present the AVVA wreath at the Tomb of the Unknown Soldier – Arlington National Cemetery.

Cathy Keister & Jeri Wallis were honored to present the AVVA Wreath at the Vietnam Veterans Memorial - Washington DC. They also presented an AVVA Remembrance Wreath at the In Memory Plaque.

Cont.

Gesundheit!

You're sneezing and coughing, and itchy, watery eyes are driving you crazy. You feel worn out and miserable, but don't have a cold or flu. You have allergies. Your allergy symptoms are making you sick — so should you crawl back into bed and just call it a day or just soldier on armed with your box of tissues? Is getting extra rest, like you do with a cold or the flu, a good plan? What about doing a heavy workout? How do the rules change when it's allergy versus a cold? Read on to learn some allergy dos and don'ts.

Take a Sick Day?

"What you don't want to do is let allergies run your life," says Anju Peters, MD, an allergy specialist in the division of allergy and immunology at Northwestern Memorial Hospital in Chicago. "I would never tell a patient with allergies to stay home from work unless they had an asthma exacerbation," she adds. Instead, she says to investigate good allergy treatment options.

"If you have mild symptoms, try over-the-counter antihistamines, but stay away from the sedating ones," Dr. Peters says. Instead, use non-sedating ones or try a saline rinse to wash allergens out of your nose.

Stay Inside?

If grasses, trees, flowers, or weeds get your allergy symptoms going, should you avoid going outside? Peters says you shouldn't have to if you're being treated. If over-the-counter allergy treatment isn't handling your allergy symptoms, ask your doctor about prescription eye drops or nasal sprays, says Donald Novey, MD, an integrative family physician practicing in Poulsbo, Wash. Taking some simple precautions can help, too. While outside, wear glasses and a hat, says Peters. When you come inside, change your clothes.

Skip Exercise?

If you have allergy symptoms, should you exercise as usual? Peters says go ahead — but do what you feel comfortable doing. "Try some exercise and see if it helps or makes you feel more tired," says Dr. Novey.

"People are individual and this can go both ways." If you are allergic to pollen, Peters suggests skipping outdoor morning exercise, when pollen counts are at their highest. Put off your workout until later or simply do it indoors.

Eat Chicken Soup?

When you're sick with a cold or flu, chicken soup may make you feel better. But Novey says the secret to chicken soup is really about breathing steam. "It could just as well be tea," he notes. So is eating soup an allergy do or don't? "Drinking hot drinks may not go well with allergically inflamed nasal tissues or sinus tissues," Novey points out. "That's because allergies are based upon histamine, not a viral infection. Imagine having hives and then taking a hot shower — it would only make matters worse."

Get Extra Rest?

"The answer is a bit tricky," says Novey. Resting doesn't improve allergy symptoms because the problem is not caused by a weak immune system, which would be improved by rest. "Now," he adds, "here's the tricky part. Allergy symptoms make it easier to get an infection, like a sinus infection. If you are rested, you are less likely to have your allergy symptoms escalate into another type of infection."

Drink Alcohol?

When you've got a bad cold or flu, probably the last thing you want is a drink. So is drinking alcohol an allergy do or don't? It's a don't — especially if you are taking sedating antihistamines for your allergy symptoms. "First, you can have a double-sedating effect from the alcohol combined with the antihistamine," says Novey. "Second, alcohol tends to cause redness and swelling of the same tissues that are affected by allergies, making them feel worse."

Smoke?

If you needed another reason to quit smoking, here it is: Lighting up can aggravate allergy symptoms. Smoking irritates and can damage the lining of your nasal passages and your lower airways, says Peters. "It can cause symptoms or even worsen symptoms — especially if you have lower airway symptoms. But it can cause nasal symptoms as well."

Get Shots?

A flu shot can prevent influenza. Can you also get shots for allergy prevention? Yes! Officially called "immunotherapy," allergy shots work like a vaccine. Your allergy specialist tests to see what substances are triggering your allergies. Then, in a series of shots, he injects you with tiny bits of those allergens. The aim is to build your tolerance to those triggers so your body no longer reacts to them. If allergy medication isn't working, if you can't or won't take it, or if your allergies are triggering other health problems like asthma, allergy shots may be an option. This allergy treatment is a big-time commitment and is not right for everyone. Consult with your allergy specialist.

Did you know?

Gesundheit is the German word for health. Germans typically say it when someone sneezes to wish them good health. (Gazoontite)."

The donut is a quintessential American breakfast pastry, and it's supposedly as old as America itself.

The donut history is debatable, early records show the first donut was brought to New York City in the late 1600s by the Dutch back when Manhattan was still called New Amsterdam. The pastry was known by the delicious name... "oily cake." Originally it was just balls of dough fried in pork fat, and the center was generally gooey and undercooked.

As the story goes, the modern donut got its shape when in 1847 American ship captain Hansen Gregory punched a hole in the center of the dough ball to increase surface **area and insure an evenly cooked ball of dough. He sometimes added hazelnuts and walnuts into the dough -- hence the literal name "doughnut."**

The donut really came into its own during the First World War. Female Salvation Army volunteers, known as "Donut Dollies," brought American Doughboys fighting in France donuts in an attempt to make them feel more at home. (The nickname "doughboy" has nothing to do with "doughnuts." Just a sweet coincidence.)

When the doughboys came home, they craved donuts -- and a craze was born.

In 1920, a Russian immigrant named Adolph Levitt made the first automated donut-making machine -- which turned the donut-making process into something of a spectacle. The machine was featured in the 1934 Chicago World's Fair, who advertised the donut as "the food hit of the Century of Progress." By 1938, The Salvation Army created Donut Day to honor the men and women who served donuts to soldiers during the Great War.

Speaking of donuts...



"Rumor has it that there will be Mel-O-Cream donuts available during the convention."

Where, I don't know but I bet we will find them.





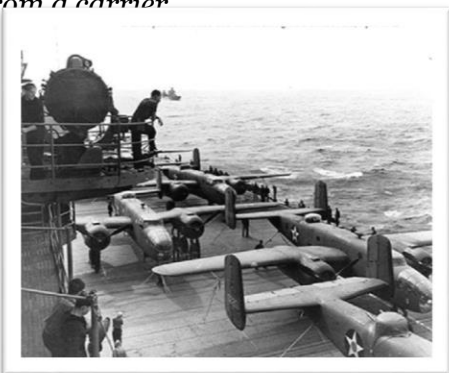
They once were among the most universally admired and revered men in the United States. There were 80 of the Raiders in April 1942, when they carried out one of the most courageous and heart-stirring military operations in this nation's history. The mere mention of their unit's name, in those years, would bring tears to the eyes of grateful Americans.



Now only four survive.

After Japan's sneak attack on Pearl Harbor, with the United States reeling and wounded, something dramatic was needed to turn the war effort around.

Even though there were no friendly airfields close enough to Japan for the United States to launch a retaliation, a daring plan was devised. Sixteen B-25s were modified so that they could take off from the deck of an aircraft carrier. This had never before been tried -- sending such big, heavy bombers from a carrier.



The 16 five-man crews, under the command of Lt. Col. James Doolittle, who himself flew the lead plane off the USS Hornet, knew that they would not be able to return to the carrier. They would have to

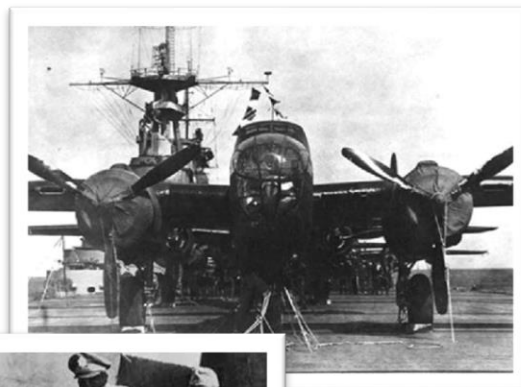
hit Japan and then hope to make it to China for a safe landing.



But on the day of the raid, the Japanese military caught wind of the plan. The Raiders were told that they would have to take off from much farther out in the Pacific Ocean than they had counted on. They were told that because of this they would not have enough fuel to make it to safety. And those men went anyway.

They bombed Tokyo and then flew as far as they could. Four planes crash-landed; 11 more crews bailed out, and three of the Raiders died. Eight more were captured; three were executed.

Another died of starvation in a Japanese prison camp. One crew made it to Russia.



The Doolittle Raiders sent a message from the United States to its enemies, and to the rest of the world: We will fight. And, no matter what it takes, we will win.

Of the 80 Raiders, 62 survived the war. They were celebrated as national heroes, models of bravery. Metro-Goldwyn-Mayer produced a motion picture based on the raid; "Thirty Seconds over Tokyo," starring Spencer Tracy and Van Johnson, was a patriotic and emotional box-office hit, and the phrase became part of the national lexicon. In the movie-theater previews for the film, MGM proclaimed that it was presenting the story "with supreme pride."



Beginning in 1946, the surviving Raiders have held a reunion each April, to commemorate the mission. The reunion is in a different city each year. In 1959, the city of Tucson, Arizona, as a gesture of respect and gratitude, presented the Doolittle Raiders with a set of 80 silver goblets. Each goblet was engraved with the name of a Raider.



Every year, a wooden display case bearing all 80 goblets is transported to the reunion city. Each time a Raider passes away, his goblet is turned upside down in the case at the next reunion, as his old friends bear solemn witness.



Also in the wooden case is a bottle of 1896 Hennessy Very Special cognac. The year is not happenstance: 1896 was when Jimmy Doolittle was born. There has always been a plan: When there are only two surviving Raiders, they would open the bottle, at last drink from it, and toast their comrades who preceded them in death.

As 2013 began, there were five living Raiders; then, in February, Tom Griffin passed away at age 96.



What a man he was. After bailing out of his plane over a mountainous Chinese forest after the Tokyo raid, he became ill with malaria, and almost died. When he recovered, he was sent to Europe to fly more combat missions. He was shot down, captured, and spent 22 months in a German prisoner of war camp.

The selflessness of these men, the sheer guts ... there was a passage in the Cincinnati Enquirer obituary for Mr. Griffin that, on the surface, had nothing to do with the war, but that was emblematic of the depth of his sense of duty and devotion:

"When his wife became ill and needed to go into a nursing home, he visited her every day. He walked from his house to the nursing home, fed his wife and at the end of the day brought home her clothes. At night, he washed and ironed her clothes. Then he walked them up to her room the next morning. He did that for three years until her death in 2005."



So now, out of the original 80, only four Raiders remain: Dick Cole (Doolittle's co-pilot on the Tokyo raid), Robert Hite, Edward Saylor and David Thatcher. All are in their 90s. They have decided that there are too few of them for the public reunions to continue.

The events in Fort Walton Beach marked the end. It has come full circle; Florida's nearby Eglin Field was where the Raiders trained in secrecy for the Tokyo mission. The town planned to do all it can to honor the men: a six-day celebration of their valor, including luncheons, a dinner and a parade.

Do the men ever wonder if those of us for whom they helped save the country have tended to it in a way that is worthy of their sacrifice? They don't talk about that, at least not around other people. But if you find yourself near Fort Walton Beach this week, and if you should encounter any of the Raiders, you might want to offer them a word of thanks. I can tell you from first hand observation that they appreciate hearing that they are remembered.

The men have decided that after this final public reunion they will wait until a later date -- some time this year -- to get together once more, informally and in absolute privacy. That is when they will open the bottle of brandy. The years are flowing by too swiftly now; they are not going to wait until there are only two of them.

They will fill the four remaining upturned goblets. And raise them in a toast to those who are gone.

Their 70th Anniversary Photo



Region 2



Bobbie Morris, PASC AVVA President

Just returned from our PASC this past weekend with 16 in attendance.

Pennsylvania Chapters report how they are very supportive in their chapters with Parades, Stand downs, support our troops rally, visiting Veterans, fund raising, Agent Orange Town Hall Meetings, and recruiting of new members.

Reviewed the proposed by laws for our upcoming Convention with 6 Representatives and Presidents attending our National Convention 2015.

We also reviewed the Bios of candidates for the office seat of Treasurer and cast our vote for PASC.

The Angle award was presented to Patti Letterhouse of Chapter 131 not only for an outstanding leadership but her enthusiasm that is so contagious.

Region 7 Director ~ Kathy Andras

Time has passed by too fast. I have enjoyed my position as Regional 7 Director. The friends you make and experiences you have are over whelming. Every year we have been moving forward. I have worked as Chapter Representative, State Representative and Region Director for our Veterans also our children and for us. We are and always will be "Together Always".

I am turning Region 7 over to a very dependable and capable person. I wish her only the best.

At this convention in Springfield I will be running for AVVA National Treasurer. I will represent AVVA to the fullest. My passion and dedication for VVA/AVVA is overwhelming.

See you in Springfield.

Region 8 ~ John Birch Director

"Since Oregon Chapters have been in this publication of late I thought I would take this opportunity to expose chapter #1087 from Northwestern Montana located in Kalispell. This group is a relatively new chapter with a strong AVVA supporting their chapters effort from what I have seen from their Face Book page. Their chapters media is up and running they have some really good pictures to review. Willa Burgess is the Contact for this Chapter and has done a great job filling the ranks with members. She serves alongside of her husband John. I know we will hear more from Chapter #1087 AVVA but if you have not heard anything in the past about this chapter then you cannot say that now. Thank you Willa for your support!"



VVA/AVVA Chapter 1087 Montana

Northwest MT Chapter 1087 held a "Vietnam Veterans Remembrance Day" event March 28th at Depot Park in Kalispell MT.

Guest speaker was Dr. Jeff Hieder

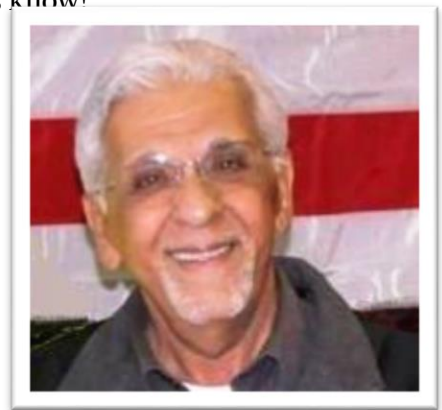
This event was in Honor of all the men and women that served in the Armed Forces during the Vietnam Era.

Region 9 ~ Elayne Mackey Director

Congratulations to Chapter 1075 Kingman, AZ. This great group has just received their Chapter Charter. The Charter will be presented during the Region 8/9 Conference, June 2015.

AZ Chapter 97 ~ Sue Crego

It was with the greatest of pleasure Gene and I along with Pat and Casey Farrell attended the award presentation by the Arizona Veterans Hall of Fame last night in Scottsdale, AZ as our beloved retired Bullhead City Mayor, Jack Hakim was presented with an award honoring his service to veterans. He helped Chapter 975 in ways too numerous to count as we were just beginning as a new chapter in Mohave County. An award so well deserved as all our chapter members know!



CA. ~ Elayne Mackey State President

CA AVVA is proud that our state is the #1 State leading in membership in the country. Our members AVVA & VVA are loyal and we are very proud of them.

Many of our members attended the Region 8/9 Conference which was held in Reno NV. We attended a Region 9 AVVA meeting where the National Convention was discussed preparing us all for what was to take place in Springfield, IL.

Region 8/9 Conference AVVA



donations of \$285 towards the wall bringing the total to \$510 in two days.

Future plans are to witness Utah Governor Gary Herbert sign legislation re-designating Interstate 84 in Utah as Vietnam Veterans Memorial Highway, completing the re-designation of the 770 mile stretch of interstate highway from Portland, Oregon thru the state of Idaho to the junction with Interstate 80 near Echo, Utah.

Utah Chapter 1079 ~ Tim Von Bon

Chapter 1079 celebrated the 1st Anniversary of the signing of the bill declaring March 29th as Vietnam Veterans Day in Utah.

Dennis Howland speaks at Clearfield City making March 29 ~ Vietnam Veterans Day!



Along with our VVA Chapter we hosted our Annual SPAM Dinner Fundraiser & Vietnam Era Karaoke Night on March 28th. There were 15 dishes and every one of them had SPAM in it. We raised \$225 towards bringing an 80% size replica of the Vietnam Memorial Wall to Northern Utah, permanently.

March 29th, we distributed VVA Poppies with our Chapter President, Dennis Howland, at the Wal Mart one of our AVVA members is employed at. We accepted donations, distributed information, accepted and passed out membership applications for 5 hours. Pictured are Barry Carr (left) future AVVA Chapter 1079 President and VVA Chapter 1079 President & Interim Utah State Council President, Dennis Howland (right). We collected

What is
MISSION: RESTORE BRONZE™ ?
FOR OUR SOLDIERS that are laid to rest



A LABOR OF LOVE. . .

As of July 4, 2015 over 3,150 volunteers have joined in parts of 48 states and with their own funds polish and restore the shine to tarnished **BRONZE MILITARY** grave markers. This is done at no charge whatsoever to the family.

The initiative started in March 2014 by Tom Pawlak who privately restored military markers for the past 30 years. His experience of owning a Statuary business and special skills in bronze restoration gave him the background to develop easy instructions for volunteers and form this nationwide initiative.

FACEBOOK PAGE CONTAINS ALL VIDEO LINKS,
INSTRUCTIONAL INFORMATION AND SUPPLIES NEEDED

<https://www.facebook.com/missionrestorebronze?fref=ts>

At no expense to the family we restore bronze military grave markers to their original luster. It is accomplished by all-volunteers.

Call me 310-890-5431

Tom Pawlak, Phoenix AZ



AVVA National Convention 2015

July 21-25, 2015: AVVA National Convention & Elections, Springfield ILL.

The VVA/AVVA Conventions will be held from July 21 through July 25, 2015 in Springfield, IL. There are two hotels, and most of the larger events will be held at the Convention Center, located within steps of the hotels.



Four Star General to speak at AVVA Luncheon: General B.B. Bell will be the guest speaker at the AVVA Luncheon during the 2015 Convention.

General B. B. Bell is a retired United States Army Four Star General. Prior to retirement and in concluding 39 years of military service, from 2006 to 2008 he was the Commander of the United Nations Command, Combined Forces Command. General B. B. Bell is retired from the United States Army



Donations are accepted.

VVA Convention page:

http://www.vva.org/national_convention.html

Are you registered for the 2015 Convention?

You must be registered for the 2015 Convention if you plan on attending any AVVA business sessions including the Elections. All delegates must be convention registered and have sent a Delegate/Alternate Delegate registration to the Election committee. If you have not and wish to attend the AVVA Convention as a guest you will be able to register on site.



You can order extra convention bags to take home, however supplies are limited. Please look at your Convention Registration form for the price.



PROPOSED CHANGES TO THE AVVA BYLAWS:

The National Bylaws Committee has finished the draft of all of the proposed AVVA Bylaw changes. You will notice that these changes are written as an entire document, rather than individual proposal forms. This is because the changes are numerous, and include a reformatting. This document must be considered a draft, not a final product. You will be able to open up the current Bylaws from the link on the "Governing Documents" page of the AVVA website.

Current Bylaws:

<http://www.avva.org/documents/Bylaws.pdf>

Proposed Bylaws:

http://avva.org/elections/bylaws_change_proposal2015.pdf

AVVA holds elections for National Officers and Regional Directors at each National Convention.

Elections will be held Friday July 24, 2015.
Candidate bios may be found under the sub section
Registered Candidates for National Offices -
Biographies: @
<http://avva.org/elections/election.html>

**Registered Candidates for National Offices -
Biographies: may be read @**
<http://avva.org/elections/election.html>
(please scroll to bottom of page)

National President: Sharon Hobbs

National Vice-President: Cathy Keister

National Secretary: Joanna Henshaw

National Treasurer:

- Kathy Andras
- Pat Furno

Regional Directors

Region 1: no candidate

Region 2: Nancy Rekowski

Region 3: Beverly Pounds

Region 4: Jeri Wallis

Region 5: Cecilia Essenmacher

Region 6: Diane Nicholson

Region 7: Percilla Newberry

Region 8: John Birch

Region 9: Elayne Mackey

Committee Reports



Election Committee ~ Elayne Mackey

The Election Committee has been busy verifying potential Candidates and Delegates for the Election part of the National Convention July 2015. The AVVA Membership Committee has been very helpful in doing their part, thank you to Cathy Keister.

Elections for Officers and Regional Directors will be held Friday, July 24, 2015 **in room**

You must be a qualified Delegate or Alternate Voting Delegate to vote.

Special thanks to the 2013-2015 AVVA National Election Committee for you dedication and hard work we have accomplished: Suzie Meeks, Diane Nicholson and Ann Rice.



WEAR RED FRIDAY JUNE 24, 2015

In honor of our active military, and in support of our troops, we are asking all AVVA members attending the National Convention in Springfield, IL to wear red on Friday, July 24th. Let's show AVVA's continued continuity in supporting our active service members and their families by the small gesture.

Thanks to everyone, and see you in Springfield!

(Sent on behalf of the AVVA National President)

Enjoy the convention and Springfield IL!

The Agent Orange sub-committee has really been very busy getting the word out on the new legislation that will impact our children and generations of children whose veteran parent was or is exposed to herbicides.

We have long suspected that there is a connection between our veterans' exposure to toxic substances while serving our nation and the health problems that have plagued so many of our children and grandchildren. We are hopeful that the Toxic Research Act of 2015--H.R.1769 and S.901--will allow for the needed scientific research and provide the long-awaited answers to our questions regarding toxic exposures and their impact on future generations.

In 2009, our organization convened the first of a series of Agent Orange Town Hall Meeting on the transgenerational effects of Agent Orange. Over 200 Vietnam veterans and their families attended. Since then, over 180 Town Hall meetings have been held across the country and we have heard from over 10,000 veterans and their families.

At these town hall meetings, we have heard heart-wrenching stories of children who have suffered. We have listened to grown men cry, as they confess they have always felt in their hearts that their exposure during their service is the reason for their children's sometimes fatal health issues. We have heard mothers tell of how they have, over the years, suspected that their child's ill health is due to their spouse's exposure while in service. Our families are suffering.

When our young men and women serve in defense of our Constitution, they willingly risked life and limb, but they did not expect their children and their grandchildren to suffer as well.

One Voice - One Mission, can AVVA count on you to help save our children and grandchildren exposed to deadly toxins/herbicides - we need you to call, write or visit your representative NOW and ask that they become a co-sponsor of H.R. 1769, the Toxic Exposure Research Act of 2015 and S.901 the companion bill.

It is all about the personal contact with your member of Congress that will enable this legislation to pass. Please also go to capwiz at the following link: <http://capwiz.com/vva/home/> as well as calling them in Washington.

I truly would like to thank our committee members for a job well done. I thank them for their truly remarkable work that they have done on the above issue as well as all issues that impact our lives due to our veteran's exposure to toxins. I also want to thank all of the members of AVVA for their continued support, it I quite endearing.

Nancy S. Switzer Chair,
Agent Orange Subcommittee

I am writing to ask you to contact your members to ask their congressional Representatives to co-sponsor H.R. 1769, the Toxic Exposure Research Act of 2015. This legislation is for the children and grandchildren of all veterans exposed to toxic substances during their service in our Armed Forces.

Together we can win this fight!
Together Always,

Sharon Hobbs, President





Did you know...if you add regular table salt and vinegar to the water while boiling eggs...the shell will come right off when peeling.



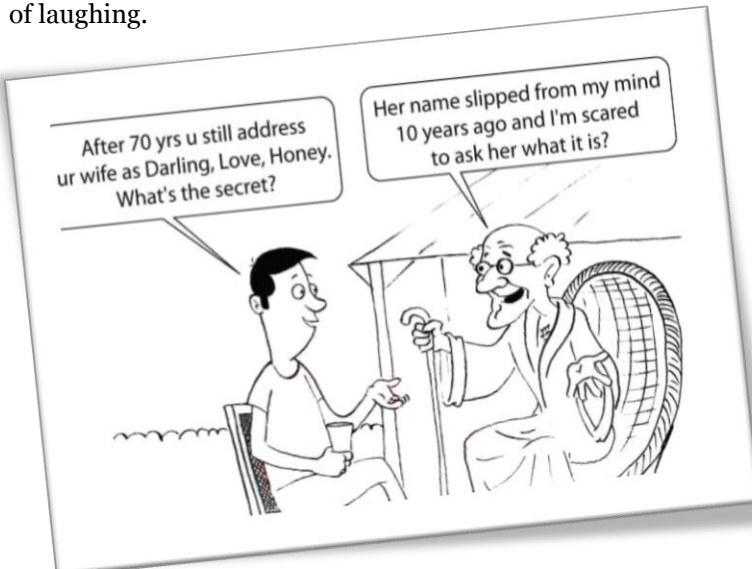
Must Share Garden Tip

- 1 tsp Epsom salt in 4 c warm water
- Spray on plant and then again 10 days later.
- Produces more fruit due to boost of magnesium, especially for tomatoes, peppers and roses.
- To **SAVE** this idea, be sure to click **SHARE** so it will store on your personal page.
- Remember to do this in your gardens!

homestead-and-survival.com

LAUGHTER – THE BEST MEDICINE

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing.



WHEN TO BOIL WATER?

Ever wonder if you should boil the water BEFORE or AFTER you add vegetables to the pot?
Here's a simple way to remember:

**VEGETABLES
THAT GROW
UNDERGROUND**

(BEETS, CARROTS,
POTATOES)

**START OFF IN
COLD WATER**

**VEGETABLES
THAT GROW
ABOVE
GROUND**

(CORN, PEAS, GREENS)

**PLACE IN
BOILING WATER**

FARMERS' ALMANAC
Since 1818
FarmersAlmanac.com
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Military Appreciation Days, VVA/AVVA Chapter 925, Grand Stand, Horry County, SC. Myrtle Beach, SC ~ Cathy Keister

Veterans from across the country joined Chapter 925 to celebrate the Commemorative Anniversary of the Vietnam War.

The three day event kicked off with a Golf Tournament bringing a full slate of golfers to the Grand Stand area.

The city of Myrtle Beach along with Chapter 925 sponsored "The Wall That Heals" and the "Agent Orange Quilts of Tears".

Friday was student education Days. Over 600 middle school students toured the exhibits, talked with the Veterans, explored the Huey Helicopters on site, enjoying their day while learning firsthand the history of the war.

Saturday kicked off with the annual Military Appreciation Days Parade. Chapter 925 and the City of Myrtle Beach were honored to have Dr. Wayne Reynolds, Bill Meeks, and Sharon Hobbs as co-Grand Marshalls to Lead the Vietnam

Division of the Parade. Also participating were the VVA Region III Director Sara McVicker and AVVA Region III Director Beverly Pounds. A picnic, hosted by the city of Myrtle Beach followed the parade with over 800 Veterans and their family enjoying the luncheon.

The weekend ended with a dinner dance at the Landmark Resort with over 250 in attendance, including 25 Wounded Warrior from Walter Reed Hospital attending.

Support from area Veterans Groups, the business community and the City of Myrtle Beach made this event successful for all those who attended.

Have a great ~

