



LINCOLN HILLS VETERANS GROUP

BULLETIN

May 2009

Lest We Forget

VOLUME 9, No. 5

President's Corner

Health Care Policy Impacts Veterans

As many of us are aware, there is a mood among some of our representatives in the national government that medical care in the United States has become too expensive to maintain in its present form. I'm sure few would disagree that these costs have grown at several times the inflation factor; however, this does not mean that covenants made in good faith for lifetime medical care can be broken. This is particularly true for those veterans whose service connected disabilities continue to create suffering many years hence.



Especially disconcerting are the efforts to increase the patient's contributions for TRICARE and the discussion concerning having civilian employer's health plans pay for service connected disabilities.

While both ideas have but minor support, the fact that these even are brought up reflects a disheartening trend within our society.

Many of the beneficiaries of TRICARE and Veterans Administration medical programs are men and women who answered their country's call in dire times and expected, in turn, that they would receive lifetime medical benefits. I urge all veterans and their families to contact their elected representatives with their concerns. In difficult economic times we should all "tighten our belts." but surely there are other endeavors which have less priority.

Along those lines, Colonel Dick Meyer sent me an interesting email which discusses a little known veteran benefit. It applies to veterans who served in combat, even though briefly, and is known as the Special Pension for Veterans' Aid and Attendance

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Next Meeting

Ted Robinson Returns with Trials and Tribulations of a Public Speaker

LCDR Ted Robinson, a Navy veteran of World War II and a perennial favorite with our members, will return as the featured speaker at the May 21 meeting of the

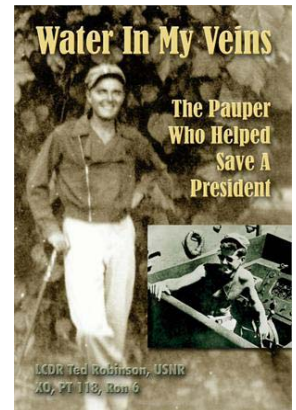


Veterans Group at 1 p.m. in the Kilaga Springs Presentation Hall.

In past years, Ted has spoken at Vets Group meetings about his growing up in poverty during the Depression, becoming the poorest kid to attend Duke University and his experiences in the Navy as the

radar officer on the PT boat that rescued John F. Kennedy and the skipper of an LST that was the first U.S. vessel to enter the Japanese shipyard at Yokosuka at the end of World War II.

He has now compiled the material from his speeches into a memoir titled *Water in My Veins: The Pauper Who Helped Save a President*. As he worked on his book, he also recollected his amazing experiences while on a major speakers' circuit, giving hundreds of speeches as director of one of the largest speakers' bureaus in California.



Dale Schornack, a familiar TV news anchor and reporter in Sacramento, said "Ted Robinson is arguably the most fascinating person and vivid storyteller that I have interviewed in 30 years as a television journalist." He applauds Ted's book as "history brought to life by a man who not only witnessed, but survived these dramatic events."

Visit the Veterans Group Website at www.lhvets.org

Lincoln Hills Veterans Group 2009 Officers and Directors

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<i>Vice Pres.:</i>	Steve Witmer	408-2455
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<i>Director:</i>	Vern Luke	253-3711
<i>Director:</i>	Vic Ioppolo	434-6113

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	Dick Meyer	2003
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	Lorraine Bivalec	408-7004
<i>Chaplain:</i>	Alan Hearl	543-4860
<i>Public Relations:</i>	Steve Witmer	408-2455

Meetings

The board of directors meets the Wednesday before the third Thursday of the month at 9:00 a.m. General membership meetings are held the third Thursday of the month at 1:00 p.m., normally in the Kilaga Springs Lodge Presentation Hall.

Membership

The purpose of the Veterans Group is to bring together resident veterans who have served honorably in any uniformed service of the United States or its allies during war or peace. Surviving spouses of veterans are also invited to join. Dues are \$10 a year. Life membership is \$100. For further information, please contact Jon Hodson at 543-4687 or any of the board members or committee chairs listed above.

Bulletin Contributions

Contributions to the monthly *Bulletin* are appreciated. Photos and memorabilia will be scanned and returned. Please send material for consideration to:

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and pays for assisted living or nursing home expenses. If you have questions, log onto www.veteranaid.org/ for information on the program and the application process.

Finally, for those veterans who saw duty in Vietnam, the list of diseases and conditions attributed to Agent Orange exposure continues to increase. The latest addition to the list is ALS (Lou Gehrig's Disease). Any veteran who saw duty on the ground or flew through the poison should keep this in mind and avail him/herself of the services of the Veterans Administration. Log onto www.va.gov/AgentOrange to get the latest information.

To further illustrate the importance of doing this, I relay the following email. One of our members and I talked after March's meeting about VA healthcare.

He writes, "I talked to you at the last meeting about my experience with veteran's health care. At a meeting in 2006, we had [Placer County Veterans Services Officer Rick Buckman] speak about signing up for care. He talked about getting tested if you served in Vietnam. He gave us the information how to be tested. Since I had served a year in Saigon and had watched the planes spray Agent Orange, I went to McClellan OPC and received the most thorough physical that I have ever had. The doctor called me back the same day and told me I had a problem. My PSA was 14.9. Normal is between 1 and 4. I then had a biopsy and was told that I had prostate cancer.

"After looking at all of the options, I had surgery to remove my prostate. I had cancer in both sides of the prostate and it was on the edge of spreading out of the prostate. They tested my lymph glands and determined that it had not spread.

"I have been tested every six months since my surgery and everything has been fine. I have had excellent care and was surprised how well the clinics are run. The doctors and staff are excellent and they treat you with more respect than I received at other hospitals."

- Doug Cooper

Treasurer's Report

As of March 31, the group had \$4,801.19 in its checking/savings account and \$3,426.02 in a CD.

Membership Report

As of March 18, the group's paid membership stood at 255, including 47 life members.

Visit the Veterans Group Website at www.lhvets.org

Welcome, New Members


Member	Service
Jerry Barker	Air Force
Reg Bronner	Navy
Richard Conigliaro	Air Force
Bob Olin	Army
Art Rankin	Navy

Calendar of Events

May

16	Armed Forces Day*	
20	Directors Meeting	
21	General Membership Meeting	
25	Memorial Day*	

June

14	Flag Day*	
17	Directors Meeting	
18	General Membership Meeting	

* National Holiday. Proudly fly the American flag.

Items of Interest to Veterans

Memorial Day Ceremonies Scheduled at Area Cemeteries

Lincoln-area veterans organizations plan Memorial Day observances at three nearby cemeteries. The Lincoln posts of the American Legion and VFW, the Semper Fi Association, the Beale AFB chapter of the Military Officers Association of America (MOAA) and the Lincoln Hills Veterans Group have formed an informal coalition to promote veterans' issues in the greater Lincoln area. The alliance plans to conduct Memorial Day ceremonies at the following times at local cemeteries:



Sheridan	10:00 a.m.
Manzanita	10:30 a.m.
Lincoln	11:00 a.m.

Veterans Group members and all Lincoln Hills residents are invited to attend the ceremony at any cemetery that is meaningful to them.

Investigate Before You Give

Little Money Reaches Intended Recipients in some Military and Veterans Charities

Eight veterans charities, including some of the nation's largest, gave less than a third of the money raised to the causes they champion, according to a study by the American Institute of Philanthropy. One

group passed along one cent for every dollar raised. Another paid its founder and his wife a combined \$540,000 in compensation and benefits last year, a *Washington Post* analysis revealed.

The philanthropy institute found many veterans charities are "woefully inefficient," spending large sums on costly direct-mail advertising. "They oversolicit. They love to send out a lot of trinkets and stickers and greeting cards and flags and things that waste a lot of money that they get little return on," said one official from the institute.

The institute gave F's to 12 of the 29 military charities reviewed and D's to eight. The letter grades were based largely on the charities' fundraising costs and the percentage of money actually being spent on charitable activities. Grades awarded to some of the better-known charities include:

- Air Force Aid Society (A+)**
- American Ex-Prisoners of War Service Foundation (F)**
- AMVETS National Service foundation (F)**
- Army Emergency Relief (A+)**
- Disabled American Veterans (D)**
- Disabled Veterans Association (F)**
- Military Order of the Purple Heart Service Foundation (F)**
- National Military Family Association (A)**
- Navy-Marine Corps Relief Society (A+)**
- Paralyzed Veterans of America (F)**
- USO (United Service Organization) (C+)**
- Vietnam Veterans Memorial Fund (D)**

It clearly pays to take a close look at charities when you're considering a donation. In addition to the American Institute of Philanthropy, other independent organizations like Charity Navigator and the Better Business Bureau rate charities.

Military Retiree Luncheon Planned May 13 at Beale AFB

The 9th Force Support Squadron at Beale AFB will host its second quarterly retiree luncheon of 2009 at the Recce Point Club on Wednesday, May 13, at 11:30 a.m.



The luncheon menu includes meatloaf with brown gravy, garlic mashed potatoes, mixed vegetables, coffee, tea and dessert. The cost for club members is \$11; nonmembers pay \$13.

Retirees interested in attending should RSVP by May 6 to 1st Lt. Adam McKee at 530-634-2777.

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Sacramento Valley National Cemetery Actively Serving the Region

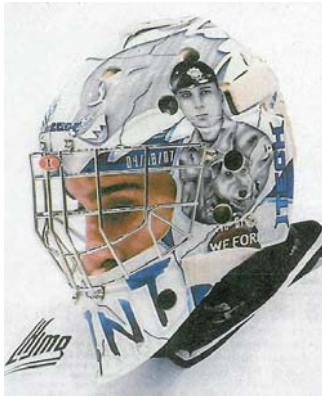
From the initial dedication of the Sacramento Valley VA National Cemetery near Dixon on April 22, 2007 through the end of fiscal year 2008, 3,588 interments have been completed.

The 561-acre national cemetery in Solano County, with space available to accommodate both casketed and cremated remains, is designed to serve veterans' needs for the next 50 years.

Located 27 miles southwest of Sacramento at 5810 Midway Road in Dixon, the cemetery is open daily from sunrise to sunset. Office hours for those interested in more information are from 8 a.m. to 4:30 p.m. Monday through Friday, except holidays. The telephone number is 707-693-2460.

Canadian Hockey Goalie Honors Fallen Soldier

Karel St-Laurent of the Quebec League's Saint John Sea Dogs dedicated his most personal piece of equipment to fallen Canadian soldier David Greenslade. Private Greenslade, a 20-year-old Saint John native was one of six soldiers killed April 8, 2007, when their light-armored vehicle was destroyed by a roadside bomb during NATO operations in Afghanistan.



St-Laurent, who had Greenslade's image painted on his hockey mask, commented, "I think we need to support the troops and know here's a guy who was killed doing his job to defend the country.

- Hockey News, submitted by Ed Foley

May 30, 1943, Aleutian Islands Retaken

During World War II in the Pacific, the Aleutian Islands off the coast of Alaska were retaken by the U.S. 7th Infantry Division. The battle began on May 12, when an American force of 11,000 landed on Attu. In three weeks of fighting, U.S. casualties numbered 552 killed and 1,140 wounded. Japanese killed were 2,352, with only 28 taken prisoner, as 500 chose suicide rather than be captured.

Lest We Forget

Woman's Land Army "Farmerettes" Toiled for Victory in the Great War

Imagine a spunkier, and more controversial, Rosie the Riveter—a generation older and more outlandish for her time. She is the "farmerette" of the Woman's Land Army (WLA), doing a man's job, in uniform, on the rural home front during World War I.

From 1917 to 1920, the Woman's Land Army brought thousands of city workers, society women, artists, business professionals and college students into rural America to take over the farm work after men were called to wartime service.

They wore military-style uniforms, lived in communal camps and did what was considered "men's work"—plowing fields, driving tractors, planting, harvesting and hauling lumber.



The Land Army insisted its "farmerettes" were paid wages equal to male farm laborers and were protected by an eight-hour workday. These women were shocking at first and encountered skeptical farmers' scorn, but as they proved themselves willing and capable, farmers began to rely upon them and eventually became their loudest champions.

The WLA's short but spirited life foreshadowed some of the most profound and contentious social issues America would face in the 20th Century: women's changing role in society and the workplace, the problem of social class distinctions in a democracy, the mechanization and urbanization of society, the role of science and technology and the physiological and psychological differences between men and women.

The story of these pioneering women is brought to life in a new book, *Fruits of Victory: The Woman's Land Army of America in the Great War*, by Elaine F. Weiss.

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