



January | February 2010

Jim Willis, Director

www.oregon.gov/odva

TRAIL BLAZERS HOST MILITARY APPRECIATION NIGHT



PHOTO BY: DAN LONG

Amid a 30-point blow-out victory over the Minnesota Timberwolves, the Portland Trail Blazers took time to honor all veterans, current active duty, Guard and Reserve members as well as their families and friends on Nov. 21, 2009, at the Rose Garden.

During the half-time festivities, the Blazers' organization held a special ceremony entitled "Generations of Honor."

The ceremony featured four veterans representing four separate service eras. Each stood at half-court and received a standing ovation from the crowd for their service, as well as that of their peers.

The four included: Garner Poole, WWII; Les Schmidt, Korea; Gene Peery, Vietnam and Jake Truex, representing modern conflicts including those in Iraq and Afghanistan.

All military personnel were encouraged to attend and wear their uniforms. Ticket prices were reduced in honor of the event.

The festivities also included a pre-game swearing-in ceremony of new Oregon Army National Guard recruits, a Color Guard presentation, and special presentations and messages to and from veterans and the military throughout the game.

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Director's Message

**Jim Willis,
Director,
Oregon
Department
of Veterans'
Affairs**

Having just completed the Holiday Season, I hope that all of you enjoyed your time with family and friends and are looking forward to a year filled with service and accomplishment.

During this Holiday Season, I had the opportunity to observe some dedicated professionals and volunteers whose work honors and serves our veterans every day. This included a Thanksgiving day visit to the Roseburg VA Medical Center, a holiday dinner at the Oregon Veterans' Home, sponsored by the Oregon Paralyzed Veterans of America, and a very meaningful Wreaths Across America ceremony in the East Galleria of the State Capitol sponsored by the Oregon Funeral Directors Association.

HERE'S TO THE NEW YEAR – FILLED WITH OPPORTUNITIES

Each of these events reminded me that Oregon is blessed with people who will give of their time and energy in support of those who have served our nation in war and in peace.

As this message goes to press, we begin a new year – one filled with opportunities and new beginnings. It is a time when I pause to give thanks for the truly great staff here at the Department of Veterans' Affairs who have chosen a career of service that features few external rewards, but offers the chance to change the quality of life for those we serve for the rest of their lives. I am also thankful to those who have supported us in our mission from the general public, veterans organizations, and the Executive and Legislative branches of the state and federal government. I am also grateful for the work done by county and municipal leaders who work for our veterans.

Our Department has enjoyed a long and successful relationship with the Employer Support of the Guard and Reserve (ESGR) and

the Oregon Employment Department. As many of our veterans struggle during this tough economic time, I am very thankful for the efforts underway by the ESGR and the Employment Department to place as many of these veterans as possible.

I would also like to thank our partners in higher education for working with us to enroll as many veterans as possible in the various GI Bill programs available to our veterans. This is an investment by the American people that will pay off for many years to come.

Thank all of you who went out of your way to brighten the lives of some veterans who may not have had a joyful Holiday Season without your help. Thanks also to you who continue to support our senior veterans at the Oregon Veterans' Home. Plans are underway to begin work on our second Veterans' Home this year so that we can serve even more of these deserving veterans and their spouses.

OREGON GENERAL TAKES COMMAND OF 1ST AIR FORCE

By Tech. Sgt. Nick Choy, Oregon National Guard Public Affairs

TYNDALL AFB, Fla. – An Oregon Air National Guard general assumed command of Headquarters, 1st Air Force, Air Forces Northern, during a ceremony at Tyndall, AFB, Fla., Nov. 12.

Maj. Gen. Garry C. Dean accepted command of Continental U.S. North American Aerospace Defense Command (NORAD) from Maj. Gen. Henry C. Morrow before a crowd of nearly 500 well-wishers, friends, and coworkers.

"I'm deeply humbled and honored to be named the commander of 1st Air Force," Dean said. "General Morrow has handed me a superb organization, and I will do my utmost to lead this organization to a new level of success in defending our nation's skies and borders."

Dean said his new assignment is a homecoming of sorts. In 2006, he served as the Air National Guard Advisor to the commander of AFNORTH/NORTHCOM.

"I started off as a member of the 1st Air Force team and now I have the privilege to lead that team," Dean said. "I will do my utmost to lead this command to new levels of success."

Along with his wife Lisa and their four daughters, the military dignitaries included Gen. Craig McKinley, Director of the National Guard, Maj. Gen. Ernesto Rivera, Chief of Staff for the Mexican Air Force, and Maj. Gen. Raymond F. Rees, the Adjutant General, Oregon National Guard. Rees led a group of about 20 Oregonians to the base near Panama City, Fla.



(PHOTO BY TECH. SGT. NICK CHOY, OREGON MILITARY DEPT.)

Gen. Victor E. Reunart, Commander of North American Aerospace Defense Command and U.S. Northern Command, presents the 1st Air Force guidon to Maj. Gen. Garry C. Dean, during a change of command ceremony at Tyndall AFB, Fla.

"This is a wonderful day for Oregon, and a great day for the U.S. Air Force and our nation," Rees said.

Dean expressed his gratitude to the many airmen in attendance, and thanked Rees for his mentorship and guidance. "Command is a team sport," he said, while smiling at Rees.

Gen. Victor E. Reunart, Commander NORAD/U.S. Northern Command, praised the outgoing commander and then welcomed Dean back to Tyndall.

"We are extremely pleased to have him here with us. Gen. Dean is a strong and successful leader, and a great follow-on to Gen. Morrow.

He truly understands the business of sovereign safety."

Dean, who remains attached to the Oregon Air National Guard, recently completed an assignment as the Deputy Inspector General of the Air Force, in Washington, D.C. He served as the wing commander of the 142nd Fighter Wing, Oregon Air National Guard, and as the Oregon National Guard's Joint-Force Headquarters State Director of Operations, and Assistant Adjutant General for Air.



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“BAND OF BROTHERS” VETERANS RECEIVE HAND CARVED CANES

SALEM – A group of Oregon wood carvers gathered at Riverfront Carousel to extend their thanks on Veterans Day to a pair of celebrated WWII veterans — Don Malarkey and Bill Wingett. Each were presented with an eagle cane hand-carved by Joe Winters and Charlie King of the Capitol Carvers, Salem’s local chapter of the national Carousel Carvers.

Malarkey and Wingett were members of Easy Company of the 506th Parachute Infantry Regiment, 101st Airborne. The company is better known as the Band of Brothers, made famous by the book and subsequent mini-series of the same name.

A chance meeting between long time carver Joe Winters and a woman who recently worked with Wingett on a memory book project inspired the honoring of the Band of Brothers veterans.

These canes are part of a larger endeavor—The Wounded Warrior Project. More than 128 canes have been donated to wounded service personnel. The carvers have delivered some of the canes in person to Madigan Army Medical Center at Fort Lewis, Wash.

Each cane comes with an accompanying letter thanking the individual Soldier for their sacrifice and service.

Working on the eagle cane project has taken on added meaning for some of the Capitol Carvers. Winter, King, Arturo Fernandez and Everett Koontz are veterans and the eagle is a symbol of the freedom they fought for while serving their country. They are proud to recognize those who have followed in their footsteps.



TAKING A JOYRIDE!
Don Malarkey, one of the renowned “Band of Brothers,” goes for a spin on Gigi, one of the hand-carved carousel horses at the Salem Riverfront Carousel. INSET: Riverfront Carousel’s Executive Director Marie Bradford-Belvins and carver Joe Winters were proud to present Malarkey, as well as fellow “Band” member Bill Wingett (not pictured), with a hand-carved eagle headed cane on Veterans Day.

SYMPTOMS OF PTSD INCLUDE:

- Anger and Irritability
- Depression and Apathy
- Hypervigilance
- Guilt
- Poor Judgment
- Sleep Disturbances
- Lack of Feelings
- Self Medication with Drugs or Alcohol



OREGON DEPARTMENT OF VETERANS AFFAIRS



POST TRAUMATIC STRESS DISORDER | SUICIDE | TRAUMATIC BRAIN INJURY | MILITARY SEXUAL TRAUMA

Yes. It’s real.

No. You’re not alone.

It’s hard to admit there is something different, let alone something wrong. But you are not alone.

Every day veterans just like you are calling to make appointments to speak with veterans service officers about symptoms they are experiencing. These symptoms are real.

Your call is always confidential and we can help. Call us today.

To schedule an appointment **800-692-9666**
Suicide Hotline. Vets press 1 **800-273-8255** (800-273-TALK)

BEND HEROES MEMORIAL DEDICATED

Bend is home to about 8,000 veterans. Thanks to the generosity of Bend's citizens, veterans, first responders, the Bend City Council, the Bend Park and Recreation District, and a score of contractors, the Bend Heroes Memorial was dedicated on Veterans Day, Nov. 11, 2009.

The memorial honors Bend's veterans and first responders who have served, are serving, and will serve our nation and community. The names of 109 Bend veterans who made the supreme sacrifice during wars from WWI to the present are engraved on a handsome granite monument named the Bend Veterans Peace Memorial. The names of four Bend responders who died in the line of duty are engraved on a separate granite memorial directly across the plaza from the veterans monument.

The memorial is located in Brooks Park, corner of Drake Rd. and Newport Ave., and on the banks of the Deschutes River providing a fine environment for contemplation. Benches are provided along a large raised flower bed that screens the memorial from nearby roadway traffic.

The Bend Heroes Memorial is formed in an elliptical shape with the American and POW MIA flag, six military service flags, and Police and Fire Remembrance flags surrounding the memorial's ellipse. Six hundred and fifty bricks engraved with names of veterans and first responders form a perimeter around the memorial's plaza and helped provide funds for the memorial's design and construction.

Bend Heroes Memorial is located at the end of Veterans Memorial Bridge and adjacent to the LC Randy Lee Newman Memorial Walkway's granite monument. Thirty-five American flags are flown on Veterans Memorial Bridge on patriotic days and whenever a memorial service is held to honor a fallen veteran or first responder from Central Oregon.

The dedication ceremony was held after the Bend Veterans Day parade. More than 400 patriots attended the ceremony. Bend Mayor Kathie Eckman and Bend Park & Recreation District Executive Director Don Horton welcomed attendees. Chaplain Commander Rex Aufer, Commander (USN Retired), presented a talk on "What is Honor". The Oregon Department of Veterans' Affairs Outreach Manager Dave Cooley presented a message from ODVA Director Jim Willis and Governor Theodore Kulongoski. United States Representative Greg Walden was the closing speaker and thanked the Bend community for honoring its veterans and first responders. WWII Army Veteran Bob Maxwell, the only Medal of Honor recipient living in Oregon, helped unveil the Bend Veterans Peace Memorial. Local children unveiled a bronze statue of a young boy holding a folded flag.



The Bend Heroes Memorial, dedicated on Veterans Day, Nov. 11, honors Bend's veterans and first responders who have served, are serving, and will serve our nation and community. The names of 109 Bend veterans who made the supreme sacrifice during wars from WWI to the present are engraved on the handsome granite memorial located in Brooks Park.

SAVING VETERANS – ONE CALL AT A TIME ON THE CRISIS LINE

By Tom Mann

Seeking help. It's not always the easiest thing to do, especially if you are thinking about hurting yourself. Who can you reach out to who really is going to understand what you are going through? How can you trust them to keep your confidence when you are talking about the most intimate issues of your life?



In Oregon, you call 800-273-TALK (8255). That is the Oregon Partnership's Crisis Line designed to help people thinking of suicide or anyone in emotional crisis. The number also is designed for veterans who can either press one to speak to a veterans specialist in New York or simply stay on the line and speak to a trained suicide counselor in Oregon.

"We're here and we have the time to listen – call us," is the message Oregon Partnership Crisis Line Assistant Director Deborah Zwetchkenbaum has for Oregon veterans, their family and friends. "You don't have to be

suicidal to call us," she said. "If someone says something and you get that feeling in your gut, call us up and run it by us," she urged.

Oregon Partnership began in the early 1990s when three organizations merged to provide substance abuse referrals. The focus was underage drinking with a broad mission in substance abuse prevention. The organization started with a drug and alcohol hotline to support referral and treatment, as well as prevention.

However, according to Zwetchkenbaum, the hotline received a lot of calls from people who were suicidal. "We decided that we needed to get all the training we could to be prepared for suicide call," she said. As the counselors and volunteers were trained in the ASIST method (Applied Suicide Intervention Skills Training), Oregon Partnership decided to become certified in suicide prevention by the American Association of Suicidology.

Soon thereafter, Oregon Partnerships dedicated a crisis line for suicide and emotional crisis. The group also has a youth line that is staffed by other youth trained to provide peer counseling.

In Oregon, 800-273-TALK (8255) is the gateway for veterans, their family or friends to call if a veteran is having thoughts of suicide or is in emotional crisis. By pressing one, the veteran can be connected to a veterans' specialist in New York; however, according to Zwetchkenbaum, many veterans do not self-identify by pressing one and speak directly with

SEE CRISIS, ON PAGE 6

GOLD STAR FAMILIES OUTREACH PROGRAM

By Mike Allegre

With the deaths of American military members who are serving in Operations Enduring Freedom and Iraqi Freedom, surviving families remain in need of many services and resources to assist them as they grieve their loss and readjust.

The U.S. Army is even more committed to families of the fallen and has strengthened a program to help them. Survivor Outreach Services (SOS) serves all components within Oregon—Active Duty, National Guard and Reserve units, and their families.

The Army has at least one representative in every state and territory. Oregon's SOS program

coordinator is 1st Lt. Tim Maciejewski. He said SOS can help surviving families get through the tough spots and maintain a connection with the military.

"Families are grieving and not always able to understand what's needed. We're there to take care of the paperwork, follow-up to ensure they receive survivor's benefits and help them with their biggest question—what now?" said Maciejewski. "We'll provide services to families for as long as they desire."

Maciejewski is a member of the Washington Army National Guard's 341st Military Intelligence Battalion, but works with Oregon's

Gold Star families. Other areas with which Survivor Outreach Services can assist include:

- Serving as an advocate for survivors
- Budgeting and financial management help
- Mental Health counseling
- Estate planning
- Long-term support for survivors
- Coordinating support groups

For more information, contact Tim at 503-602-9483 or email him at tim.maciejewski@us.army.mil.

HONOR FLIGHT ESTABLISHED IN OREGON

By Mike Allegre

Since 2005, thousands of World War II and terminally ill veterans nationwide have been flown at no charge to Washington D.C. to visit the World War II and other memorials that honor their service and sacrifice. Through generous donations, a non-profit group, Honor Flight, has sponsored these trips.

Oregon recently established an Honor Flight group in Grants Pass. The group's volunteer coordinator, Gail Yakopatz, became involved because her father never got to see the memorial. From her home, she has formed a group of unpaid volunteers to help organize and raise funds for this ambitious project.

"Our volunteers in Oregon believe in the mission of the Honor Flight Network; to transport our older veterans to D.C. so they may visit and reflect on their military service," Yakopatz said. "With more than 1,000 World War II vets passing away each day, their time to visit these memorials is running out.

"There are almost 200 veterans on our waiting list. We will take about 30 veterans and up to 20 guardians, volunteers who assist the veterans, per flight. Even with some good discounts from airlines, the cost for each three-day trip is nearly \$40,000."

Earl Morse, a Gulf War veteran and a physician's assistant at a VA clinic in Springfield, Ohio, conceived the Honor Flight Network program. The program has now grown to 33 states with Oregon recently admitted as an official "Hub."

To make a donation or to learn more about Honor Flight of Oregon, go to their website at www.honorflightoforegon.org or call 541-955-4544. The official Honor Flight Network's website is www.honorflight.org.

Oregon Department of Veterans' Affairs
Veterans' Home Loans - Veterans' Benefits - Conservatorship
Oregon Veterans' Home (skilled nursing & rehabilitative care)
503-373-2000 or 1-800-828-8801
ODVA Website: www.oregon.gov/odva

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HIPAA Statement

The Oregon Department of Veterans' Affairs (ODVA) complies with the Health Insurance Portability and Accountability Act of 1996, known as HIPAA. You may obtain a copy of the ODVA Notice of Privacy Practices anytime by way of the following:

- * Access ODVA's website at www.oregon.gov/odva
- * Call ODVA at 1-800-828-8801 ext. 2141 or 503-373-2141
- * Write to ODVA's Privacy Officer to have a copy mailed to you; or
- * Ask for a copy the next time you visit ODVA.

See The Possibilities.

Oregon Department of Veterans' Affairs

Claims and Counseling

- Service-Connected Disability
- VA Health Care Enrollment
- Vocational Rehabilitation
- GI Bill
- Pension
- Dependent and Survivor Benefits

800-692-9666

Whether you're just back from a combat zone or have been home for 60 years, you may be eligible for federal VA benefits. Give the Oregon Department of Veterans' Affairs a call so we can direct you to the Veteran Service Officer nearest you!

her staff in Oregon.

During 2008, 1,492 callers from Oregon did press one to speak to a veterans specialist. This year, 2,603 callers have done so. However, another 1,017 veterans have not pressed one – 60 percent of these called the Lifeline (800-273-TALK) while 40 percent called for drug and alcohol intervention, according to Zwetchkenbaum.

“Sometimes the veterans prefer to talk with someone from their home state,” Zwetchkenbaum noted. “We are totally confidential and anonymous,” she stressed.



Zwetchkenbaum

Currently, Oregon Partnership has about 100 volunteers who all receive 56 hours of suicide prevention training before they begin to take calls. About 10 percent of the volunteers are veterans and Zwetchkenbaum would like more veterans to volunteer.

As part of their work, Oregon Partnership also maintains a large database of state-wide resources, including resources for mental health, substance abuse, housing, medical, counseling, support groups, and youth resources.

Recent reports indicated that up to 40 percent of returning veterans who served in Iraq and Afghanistan suffer from Post Traumatic Stress Disorder. Another large percentage has Traumatic Brain Injury. Both these signature injuries of the two conflicts can include suicidal ideation. Some of the warning signs for suicide or emotional crisis include:

- *Being depressed or sad*
- *Talking or writing about death or suicide*
- *Withdrawing from family and friends*
- *Feeling helpless or hopeless*
- *Feeling strong anger or rage*
- *Experiencing dramatic mood changes*
- *Abusing drugs or alcohol (Self-Medicating)*
- *Behaving impulsively*
- *Losing interest in most activities*
- *Giving away prized possessions*
- *Acting recklessly*

“We want you to pick up the phone and call us,” Zwetchkenbaum said. “You may be thinking, ‘This is nothing, but my husband or my friend said this,’” that is the time to call, she said.

The Lifeline (800-273-TALK) exists for veterans and others to call in times of emotional crisis, including when a veteran is thinking about suicide. “We really need to support our soldiers. We need everyone to be on that team,” Zwetchkenbaum said.

For information about Oregon Partnership, the Lifeline or volunteering, please contact Deborah Zwetchkenbaum at 971-244-4622 or visit their website at www.orpartnership.org.



United States Senator Ron Wyden talks with a veteran during the Oregon Department of Veterans' Affairs Veterans Day ceremony. Five new names of servicemembers killed while serving in Operations Iraqi and Enduring Freedom were added to the Afghan-Iraqi Freedom Memorial. Many veterans, family members and the general public were on hand to pay their respects at the event.

FIVE-YEAR PLAN UNVEILED AT HOMELESS SUMMIT

WASHINGTON – Secretary of Veterans Affairs Eric K. Shinseki has unveiled the department's comprehensive and ambitious five-year plan to end veteran homelessness by marshalling the resources of government, business and the private sector.

“President Obama and I are personally committed to ending homelessness among Veterans within the next five years,” said Shinseki. “Those who have served this nation as Veterans should never find themselves on the streets, living without care and without hope.”

Shinseki's plan to end homelessness includes preventive measures like discharge planning for incarcerated Veterans re-entering society, supportive services for low-income Veterans and their families and a national referral center to link Veterans to local service providers. Additionally, the plan calls for expanded efforts for education, jobs, health care and housing.

“Our plan enlarges the scope of VA's efforts to combat homelessness,” said Shinseki. “In the past, VA focused largely on getting homeless Veterans off the streets. Our five-year plan aims also at preventing them from ever ending up homeless.”

Other features of the plan outlined by Shinseki include:

The new Post-9/11 GI Bill provides a powerful option for qualified Veterans to pursue a fully-funded degree program at a state college

or university. It is a major component of the fight against Veteran homelessness.

VA is collaborating with the Small Business Administration and the General Services Administration to certify Veteran-owned small businesses and service-disabled Veteran-owned small businesses for listing on the Federal Supply Register, which enhances their visibility and competitiveness – creating jobs for Veterans.

VA will spend \$3.2 billion next year to prevent and reduce homelessness among Veterans. That includes \$2.7 billion on medical services and more than \$500 million on specific homeless programs.

VA aggressively diagnoses and treats the unseen wounds of war that often lead to homelessness – severe isolation, dysfunctional behaviors, depression and substance abuse. Last week, VA and the Defense Department cosponsored a national summit on mental health that will help both agencies better coordinate mental health efforts.

VA partners with more than 600 community organizations to provide transitional housing to 20,000 Veterans. It also works with 240 public housing authorities to provide permanent housing to homeless Veterans and their families under a partnership with the Department of Housing and Urban Development. The VA/ HUD will provide permanent housing to more than 20,000 Veterans and their families.

VA TO LAUNCH WOMEN VETERANS STUDY

The U.S. Department of Veterans Affairs (VA) is launching a comprehensive study of women veterans who served in the military during the Vietnam War to explore the effects of their military service upon their mental and physical health.

The study, which begins this month and lasts more than four years, will contact approximately 10,000 women in

a mailed survey, telephone interview and a review of their medical records.

The study will assess the prevalence of post-traumatic stress disorder (PTSD) and other mental and physical health conditions for women Vietnam veterans. The study will be managed by specialists in the VA's Cooperative Studies Program and is projected to cost \$5.6 million.



Alice Astafan, a Vietnam Veteran, was the first woman in the history of the military reserve to earn a second star. It also made her the third woman in Air Force history to become a major general and the first female two-star in the Air Force in a decade. She was also awarded the Bronze Star.

OHSU OFFERS THERAPY TO HELP EASE AFFECTS OF COMBAT-RELATED PTSD

PORTLAND – Oregon Health & Science University (OHSU) is beginning a research study to examine the different aspects of mindfulness meditation as part of an effort to find new ways to treat combat related post-traumatic stress disorder (PTSD).

An estimated 15-50 percent of all veterans returning from deployment suffer from PTSD, although the exact number is unclear. In the case of veterans from Iraq and Afghanistan, 62,929 (21.8 percent) were diagnosed with post traumatic stress disorder (PTSD) from 2002-2008 according to one study. Thousands of additional combat veterans from other wars also suffer from the disorder.

A person may suffer from PTSD after they are exposed to a seriously threatening traumatic event and their response involves intense fear, helplessness, or horror. People with PTSD experience hyper-vigilance which includes things like repeatedly checking doors, not being able to have their back to a door, and hyper-awareness of their surroundings. PTSD causes veterans to experience increased anxiety, trouble sleeping, difficulty in relationships, and recurring unwanted thoughts and dreams about their past traumas that impairs their normal functioning.

Prolonged exposure therapy has evidence for helping PTSD symptoms according to the Institute of Medicine's Committee on the treatment of PTSD. However, not everyone can tolerate the intensity of the treatment.

Mindfulness meditation has been shown to help people deal with anxiety, intrusive thoughts, and sleep difficulties similar to issues people with PTSD face. Mindfulness may help patients to observe and contain strong emotions that may arise in their daily life and help them tolerate prolonged exposure therapy more easily. OHSU scientists believe the therapy may help combat veterans as well. The university has begun a five-year study funded by the National Center for Complementary and Alternative Medicine, a component of the National Institutes of Health.

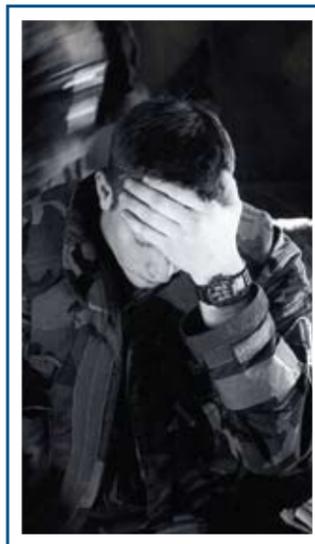
"People who suffer from PTSD have greater activation in the emotional processing part of their brain called the amygdala,"

says Helané Wahbeh, N.D., a naturopathic physician researcher at OHSU. "And they have less activation in their frontal lobe – which modulates their emotional response. Mindfulness meditation has been shown to help reorient the brain, so the frontal areas of the brain are better able to process over-reactive emotional responses that hinder people from leading normal lives."

For example, a Vietnam veteran might be walking down the street when they hear a helicopter, and be overcome by intrusive thoughts related to their time in combat. If they suffer from PTSD, they may experience a flashback where they temporarily believe they are back in Vietnam.

Mindfulness meditation should help them realize they are dealing with a memory or flashback, and not the actual combat situation, Wahbeh says.

OHSU is seeking veterans between the ages of 25 and 65 to participate in the research study (OHSU IRB#: 4692). The purpose of this study is to find out how meditation influences certain systems in the body: nervous system, hormonal system, and respiratory system. Another purpose is to see how meditation may help improve post-traumatic stress disorder symptoms. The study requires nine visits to the clinic: one screening visit, one baseline visit, six training sessions, and one endpoint visit. There will be approximately 100 people enrolled in this study who will be randomly assigned to one of four groups. Interested veterans can call 503-494-7399. The study is part of an ongoing series that seeks to identify complementary and alternative therapies that will effectively treat PTSD at OHSU's Oregon Center for Complementary & Alternative Medicine in Neurological Disorders.



VA TO SURVEY VETERAN HOUSEHOLDS

WASHINGTON – Secretary of Veterans Affairs Eric K. Shinseki announced the U.S. Department of Veterans Affairs (VA) has launched a national survey of Veterans, active duty service members, activated National Guard and reserve members, and family members and survivors to learn if they are aware of VA services.

"By hearing directly from Veterans and their family members, we gain valuable information to help us serve them better. We hope those who receive the survey will respond to it," Secretary Shinseki said.

In addition to assessing awareness levels, the National Survey of Veterans will collect important health care, benefits, employment, and demographic information that VA will use to inform policy decisions and improve benefits. Recognizing a broader client base than just Veterans, this is the first time VA has included others, such as Veteran family members, in its survey population.

VA is mailing out survey "screeners" to more than 130,000 households to identify potential survey participants. The screener asks if anyone in the household is a member of one of the identified survey groups - Veterans, family members and survivors, active duty, Guard or Reserve members. Eligible survey participants then may be requested to participate in a full-length survey.

Participants will be able to select a preferred survey method: through U.S. mail, telephone or a password-protected Internet address. VA expects approximately 10,000 Veterans to complete the full-length survey.

This is the sixth VA National Survey of Veterans since 1978. The information collected will help VA in its efforts to design and conduct outreach to Veterans. In addition, it will provide a clearer picture of the Veteran population's characteristics to help evaluate existing programs and policies and measure their impact.

The data collection is expected to be finished by the end of February and the final report released by December 2010.



FRIENDS OF THE HOME



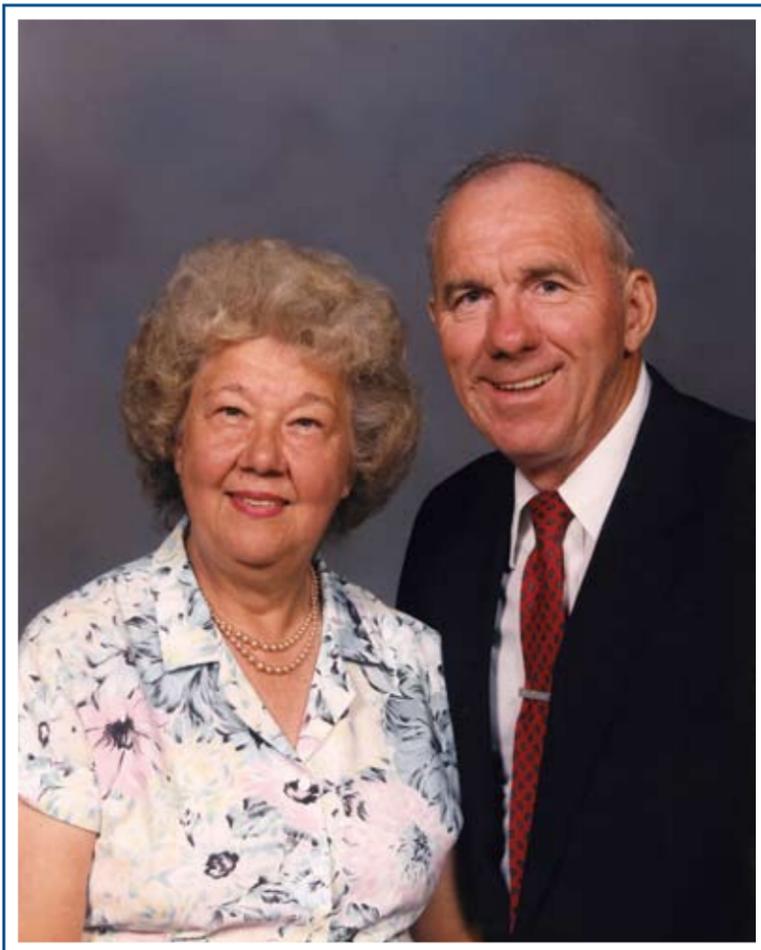
Donations to the Oregon Veterans' Home Trust Fund continue to be received. We deeply appreciate the thoughtfulness and generosity of an ever-growing number of Friends of the Home. To become a friend of the Home, use the gift form on page 10, and make a tax-deductible donation today. Those who contributed during the months of October and November, 2009 are listed below:

Access Computer Products	Grandhaven Elementary School —Ms. Bierly's Students	Oregon Veterans' Home Gift Shop
Air National Guard Band of the West Coast	Grandhaven Elementary School —Ms. Taylor's Students	OSP—Veterans' Association
American Legion Auxiliary 11	Grandhaven Elementary School —Robin McClendon's Students	Capt. Edwin (Ret.) and Grace Parker
American Legion Auxiliary 136	Grandhaven Elementary School —Joleen Latham	Mel and Norma Peterson
American Legion Auxiliary 25	Gresham Ford	Nona Philbrick
American Legion Auxiliary 87	Thomas and Virginia Hake	Pointman Ministries
American Legion Crook County Auxiliary	Darlene Hardie	Edward and Adrienne Ponzini
American Legion Ione Auxiliary 95	Vic Hefferin	Maynard G. Porter
American Legion Post 106	Frances Hemm	Sherry Porter
American Legion Umpqua Post 16	Heppner Elks Lodge #358	Kenneth Rolph
American Legion Washington Post 2	Mike and Joanne Hewitt	Kenneth and Deborah Salisbury
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Donna Arnold	Gretchen G. Johnson	Gale and Donna Sickler
Loren Beach	Allan and Elizabeth Jones	Sigman's Flowers and Gifts
Tiny and Mary Bellamy	Andrew and Terrie Karamanos	Silverton Elks Lodge #2210
Kathleen R. Blome	Larry and Sarah Keil	Sky View Middle School —Mrs. Schelske's 6 th Grade Classes
Truman Boler	Robert Killough	Sid and Burnice Smith
Margaret Boyle	Keith Kjallen	Myrle Smith
David and Carol Boyles	Korean War Veterans Association —Iron Triangle Chapter	St. Helens Elks Lodge #1999
W. Bryan	Helen and Bill Kreaoui	St. James Catholic School Students
Tracie Norene Bunch	Lady Marine Rose Chapter OR-1	Lin Stott
Paul E. Burger	Madras Senior Center	Mark Sullivan
Harold Busby	Jack T. Magnuson	The Deep Roots Music Project
Dorothy Bylin	Ken Martin	The Regence Employee Giving Campaign
Calvin Presbyterian Church	Keith R. Masterson	The Veterans Fund
Ann and Doug Carpenter	Patti McCarthy	Thornton School of Music
Cascade Seafarers 138	John M. McCloskey III	Paul and Sally Turchetta
Gary L. Champlain	Mary J. McMillan	Umatilla Baptist Church
Chenoweth Elementary School —Mr. Sprouse's 2 nd Graders	Ruth McNamara	Upper Valley Lions
Cherry Creek Academy—Ms. Winchester	Eugene Melvin	USMA Band, Department of the Army
Columbia View Orchards	Military Officers Club of Corvallis	Gary Van Orman
MaryAnn Corbin	Military Order of the Cooties and Auxiliary —Rim Rock #8	Veterans Motorcycle Club
James and Marion Crews	Gary and Janet Miller	VFW Auxiliary 922
Jerald and Florence Criswell	Larry Miller	VFW Auxiliary—Rainier
Dorothy Dalesky	Darrell and Winifred Mitchell	VFW Beaverton Post 4617
Disabled American Veterans —Auxiliary Yamhill County #5	Moorlands Elementary School —Ms. Budwill's 2 nd Graders	VFW Deschutes Post 4108
Kirkwood Donavin	NCOA Jefferson State Chapter #1285	VFW Ladies Auxiliary Marion Post 661
Carolyn C. Douthit Estate	Loretta Nicholson	VFW Lee Ray Auxiliary 2928
Donald and Zola Dunbar	Odell Lions Club	VFW Post 2666
Betty Ehleringer	Oregon City Elks Lodge #1189	VFW Post 4184
Sherry G. Eriksen	Oregon Good Sam Club —Jolly Wheeler Chapter	Doyce L. Waldrip
Estate of Donald Willis Jones	Oregon Paralyzed Veterans of America	Sara Welliver
Farmers Insurance Group, Mulino		Jerry R. Willis
Grace Finley		Helen and Clyde Wilson
Steve Galewski		Wizards of Airpower
Donna Goodnight		Virginia Wood
Stephen R. Gracon		Barbara Wright

WILLAMETTE UNIVERSITY RETIREE FUNDS VETERANS SCHOLARSHIP PROGRAM

For 15 years, Clyde Spence was a dedicated employee in the maintenance department at Willamette University in Salem. His wife Connie was called the “indispensable assistant” to several university presidents.

The Spence’s retired in 1994 and returned to Connie’s hometown in Grafton, N.D. There they became very involved in their community. However, in 2005 their life would change drastically. Connie had been diagnosed with cancer.



Clyde and Connie Spence

Following a brave fight through a series of treatments, she passed away in May 2007.

Realizing they had spent some of the best years of their lives on the campus, Clyde returned to Salem in 2009. He wanted to give something back to Willamette.

A \$150,000 endowment was his gift. The endowment would fund three scholarships in the names of Clyde B. Spence and Constance B. Spence.

One scholarship is designated for veterans pursuing a degree in any of Willamette’s colleges. A second scholarship is specifically designated for veterans pursuing a degree in the College of Law. The third scholarship is designated for any student in the College of Liberal Arts.

“Connie and I saved some money over the years and invested well. We wanted to help others,” he said. “We did everything together so, her name is also on this fund. She would’ve loved being able to help the students.”

Scholarships will be awarded only to students who demonstrate financial need. The university’s financial aid officer will determine the amount of each annual scholarship.

Spence is a Korean War veteran who was evacuated twice from sub-freezing combat zones. His wounds and injuries, that he still suffers from today, would eventually lead to an honorable discharge and a ticket home.

For nearly 30 years, he was a community service leader in Minot, N.D. In 1976, Spence was selected as a Veterans of Foreign Wars all-American Commander--a national honor bestowed to members for exceptional service to their communities and the VFW.

Before retiring, he had also been Willamette’s unofficial military historian, so it was no coincidence that the signing of the endowment agreement occurred on Dec. 7, 2009.

“That’s because Willamette’s football team was at Pearl Harbor to play a game that weekend, but they volunteered to help with security for almost two weeks after the attack,” Spence said.

In a letter, Willamette president Dr. M. Lee Pelton expressed his gratitude to Spence.

“Nothing gives me greater confidence in Willamette’s educational mission than the support of alumni, parents and friends of the university,” Pelton wrote.

Since 1979, the Spence’s were very active at St. Joseph’s Catholic Church in Salem where Clyde still attends. And he still spends his free time on campus as a volunteer.

“There are roses that need tending to and I enjoy doing that,” he said.

For more information on these scholarships, contact Steve Brier at Willamette, 503-370-6022.

REUNIONS & EVENTS

USS America Carrier Veterans Association is having their 7th biannual reunion June 22-26, at the Holiday Inn Cincinnati Airport Conference Center in Covington, Kentucky. For information: 610-585-2155, or visit: www.ussamerica.org.

Veterans of Underage Military Service meet the first Friday monthly, at Shari’s Restaurant, 122nd and SE Sunnyside, Portland, OR starting at 10:30 a.m. For more information, contact Willie Paradise at 503-665-1739.

Jeff Bodenweiser Memorial
A memorial service date has been set for Jeff Bodenweiser, USMC. The memorial service has been slated for Saturday, February 6, 2:00 p.m. at the VFW Hall in Willamina. If you have any questions regarding the service, please call Mark Weippert at 971-241-7710.



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Contact the Oregon Department of Veterans' Affairs
at 1-888-673-8387 or by email at orvetshomeloans@odva.state.or.us.

MOAA LOOKING FOR MEMBERS

The Willamette Chapter of the Military Officers Association of America (MOAA) invites you to join a local chapter and get involved with fellow MOAA officers and other veterans group members in a variety of activities and events.

Chapter members can connect with other members who are making a difference in their communities. Activities can include:

- Shaping and supporting legislation
- Scheduling speakers
- Funding local JROTC scholarships
- Supporting North Salem High School's JROTC Color Guard
- Participate in Salem Toys for Kids/Salvation Army Christmas Toy Drive
- Conventions and conferences

For more information about joining MOAA, please contact Willamette Chapter, MOAA, PO Box 2004 Salem, OR 97308-2004.

MAGAZINE SUBSCRIPTIONS

Thanks to the generosity of donors to the Magazine Subscription Program, veterans residing at the Oregon Veterans' Home enjoy reading current magazines.

The individuals listed below have recently joined dozens of previous donors to support this meaningful program. Their generosity is greatly appreciated by our veteran residents.

Tiny and Mary Bellamy

AL Aux Unit 11

Ed and Harriet Kelly

Paul and Jane Daudet

Edward Kelly

Steve Besse

Craig C. Nowland

John Bazant

Dale Draper

Lebray Orsdf

Rex Ziegler

Karen Brown

For information concerning the Magazine Subscription Program, contact Linda Adams at the Oregon Veterans' Home by calling 1-800-846-8460 or 541-296-7152 or e-mail: adamsl@odva.state.or.us.

GOT YOURS YET?

The Oregon Department of Veterans' Affairs has worked with the Oregon Department of Motor Vehicles and the Oregon Legislature to bring you new graphic designed veteran license plates for your vehicle. Now you can show your loyalty to your branch of service or show that special medal you earned.

Just visit your local DMV office and ask how you can get one of the new veteran license plates for your automobile.

As an added bonus, a percentage of the money raised on the license plates is returned to the Oregon Veterans' Home. So you are helping others as you adorn your vehicle with new graphic plates.



Oregon Veterans' Home Gift Form

"Give to those who have already given of themselves"

Please designate my donation: In memory of: _____

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- Gift amount: \$35-\$64 (1 Oregon Veterans' Home Remembrance Pin)
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Card #: _____ Expiration Date: _____

Name (Please Print): _____ Phone #: _____

Signature: _____

Please print this form and mail it with your donation to: Oregon Veterans' Home
c/o ODVA
700 Summer St NE
Salem OR 97301-1285

THANK YOU FOR SUPPORTING THE OREGON VETERANS' HOME!
"The Place Where Honor Lives"

STATE LISTS 20 WORST CHARITIES

State Attorney General John Kroger has released a list of what he calls "Oregon's 20 Worst Charities" — ones that spend most of their contributions on telemarketing and administration, rather than on a charitable cause.

"Although many charities do great work, some are little more than scams with good-sounding names but that do little to actually help the people they claim to support," he said in a statement.

The following 20 charities were identified by the Department of Justice as providing the least to their causes:

- **Association for Firefighters and Paramedics**, Santa Ana, CA. - 3.19%.
- **Shiloh Intl. Ministries**, La Verne, Calif. - 3.65%.
- **Korean War Vets National Museum & Library**, Rantoul, Ill. - 7.25%.
- **Foundation for American Veterans**, West Bloomfield, Mich. - 8.67%.
- **Big Hope**, Anderson, S.C. - 8.67%.
- **Law Enforcement Education Program**, Troy, Mich. - 9.35%.
- **National Vietnam Veterans Foundation**, Alexandria, Va., - 9.62%.
- **Dogs Against Drugs/Dogs Against Crime**, Anderson, Ind. - 10.62%.
- **Firefighters Charitable Foundation**, Farmingdale, N.Y. - 10.86%.
- **Committee for Missing Children**, Lawrenceville, Ga. - 11.48%.
- **The Wishing Well Foundation**, Metairie, La. - 12.08%.
- **Law Enforcement Legal Defense Fund**, Arlington, Va. - 12.78%.
- **Children's Cancer Fund of America**, Powell, Tenn. - 13.42%.
- **Children with Hair Loss**, South Rockwood, Mich. - 13.68%.
- **Disabled Police Officers of America**, Niceville, Fla. - 14.65%.
- **Disabled Police Officers Counseling Center**, Niceville, Fla. - 14.75%.
- **Foundation for Children with Cancer**, St. Louis - 16.99%.
- **Cancer Support Services**, Dearborn, Mich. - 17.87%.
- **National Association of Police and Lay Charities**, Washington, D.C. - 20.04%.

ODVA STARTS FACEBOOK PAGE

SALEM – In an effort to reach more veterans, the Oregon Department of Veterans' Affairs has started a Facebook page. To become an ODVA fan, simply go to www.facebook.com/odvavet and click "become a fan."

"Every day we receive information we need to get out to veterans around the state," ODVA Director Jim Willis explained. "By using Facebook, we will be able to post important veteran information that can be accessed by anyone connected to us through this social network," he said.

ODVA plans to post event notices, photographs, press releases and other documents to connect veterans to information they need. "Facebook will allow us to push out information to those interested veterans in real time," Willis said. "I want to encourage everyone who has computer access to join ODVA on Facebook."

VETERANS' SERVICE OFFICERS

County	Telephone Number	Service Officer
Baker	541-523-8223	Jane Chandler
Benton	541-758-1595	Don Johnson
Clackamas	503-650-5631	Janice Harlan-Raisl
Clatsop	503-325-2429	Kenneth H. Rislow
Columbia	503-366-6580	Joseph Pyle
Coos	541-396-3121, Ext. 362	Mary Ann Sackett
Crook.....	541-447-5304	Angela Gilley
Curry	866-298-0404	Frank Van Meter
Deschutes	541-385-3214	Keith Macnamara
Douglas	541-440-4219	Mary Newman
Gilliam	541-384-6712	Paul Conway
Grant	541-575-1631	Bryan Hunt
Harney.....	541-573-6024	Anne Lessar
Hood River	541-386-1080	Brad Houghton
Jackson	541-774-8214	Renee Burgdorf
Jefferson	541-475-5228	Tom Weiss
Josephine.....	541-474-5454	Lisa Shipley
Klamath	541-883-4274	Kathy Pierce
Lake	541-947-6043	G. Don Boone
Lane	541-682-4191	Joseph Reiley
Lincoln	541-574-6955	John Reed
Linn	800-319-3882	Kim Grooms
Malheur	541-889-6649	Bill Thomson
Marion.....	503-373-2085	ODVA
Morrow	877-999-8387	Linda Skendzel
Multnomah	503-988-3620, Ext. 26123	Katie Pereault
Polk	503-373-2085	ODVA
Sherman	541-565-3408	Paul Conway
Tillamook	503-842-4358	Steve Weld
Umatilla	541-278-5482	Peggy Raines
Union	541-962-8802	Timothy H. Jederberg
Wallowa	541-426-3155, Ext. 241	Linda McIntyre
Wasco	888-804-1817	Brad Houghton
Washington	503-846-3060	Doug MacEllven
Wheeler.....	800-982-1172	Paul Conway
Yamhill	503-434-7503	Debbie Gill

Service Organizations	Telephone Number	Service Officer
American Legion	503-412-4771	Greg Demarais
Blinded Veterans Association	541-265-9087	Frank Armstrong
Disabled American Veterans	503-412-4750	Salina Norton
Military Order of the Purple Heart	503-412-4770	Jennifer Burt
Paralyzed Veterans of America	503-412-4762	Ken Fink
Veterans of Foreign Wars.....	503-412-4757	Jack Zule

State Offices-ODVA	Telephone Number	Service Officer
Salem	1-800-692-9666 or 503-373-2085	Jessica Garcelon Leah Rickert Mitch Sparks Gina Thomas Jerry Wilson Doug Yerke
Portland	503-412-4777	Deanna Erhardt Linda McMillan Ed Van Dyke

ADVISORY COMMITTEE

Nanci L. Visser 13934 NW Meadowridge Dr. Portland, OR 97229 503-614-8463	Eugene J. LaBonte, Chair 8825 Hebo Road Grand Ronde, OR 97347 503-879-5342	Joseph R. Howell 1780 NW Valley View Drive Albany, OR 97321 541-990-4176
Kevin J. Owens 2249 Commercial North Bend, OR 97459 541-756-2390	Gerard F. Lorang 3914 SW Hewett Boulevard Portland, OR 97221-3103 971-404-5154	David Fairclo 20751 Amber Way Bend, OR 97701-8510 541-382-8281
Irv Fletcher 1272 Mayanna Drive Woodburn, OR 97071 503-981-4356	Tino E. Ornelas 22504 SW Riggs Road Beaverton, OR 97007-8467 503-844-9000	Charles E. Schmidt PO Box 1394 Hines, OR 97738 541-573-3130

Quarterly meetings of the Advisory Committee are held in the Director's Conference Room, Oregon Veterans' Building, 700 Summer Street NE, Salem, Oregon.

Special needs will be met for those who have a disability. For arrangements and meeting dates, please call 503-373-2383.

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Jim Willis, Director

January / February 2010

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Changes can also be e-mailed to: vetsnews@odva.state.or.us

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VETS NEWS

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January / February 2010
Jim Willis, Director

TRAIL BLAZERS HOST MILITARY APPRECIATION NIGHT



PHOTO BY: DAN LONG

Amid a 30-point blow-out victory over the Minnesota Timberwolves, the Portland Trail Blazers took time to honor all veterans, current active duty, Guard and Reserve members as well as their families and friends on Nov. 21, 2009, at the Rose Garden.

During the half-time festivities, the Blazers' organization held a special ceremony entitled "Generations of Honor."

The ceremony featured four veterans representing four separate service eras. Each stood at half-court and received a standing ovation from the crowd for their service, as well as that of their peers.

The four included: Garner Poole, WWII; Les Schmidt, Korea; Gene Peery, Vietnam and Jake Truex, representing modern conflicts including those in Iraq and Afghanistan.

All military personnel were encouraged to attend and wear their uniforms. Ticket prices were reduced in honor of the event.

The festivities also included a pre-game swearing-in ceremony of new Oregon Army National Guard recruits, a Color Guard presentation, and special presentations and messages to and from veterans and the military throughout the game.

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