

**FULFILLING OUR PROMISES**  
TO THE MEN AND WOMEN WHO SERVED

Disabled American Veterans, Department of Ohio

July, 2016 Newsletter

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**FROM THE DESK OF STATE COMMANDER DAVID BILINOVICH**



I would like to thank the delegates of the Department of Ohio 95th annual Convention for their trust and confidence in electing me as your new State Commander. It is truly a privilege and an honor to serve you. I know that I have big shoes to fill, as Past Commander Phillip Alexander set the example in both leadership and effort over the past year.

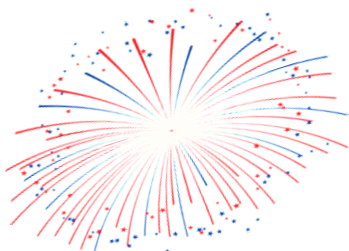
I am also very appreciative and honored to have had National First Junior Vice Commander, Delphine Metcalf-Foster, of California, as our Installing Officer and guest to our Convention. I am sure that we all wish her the best for this upcoming year and endorse her for advancement on our National Officer Line. I know that DAV Ohio made a very favorable impression on her.

Those of you who know me, remember that I am fond of the phrase "DAV Team Ohio", as I believe that this term encompasses all of us that strive to live up to the DAV motto of "Fulfilling our promises to the men and women who served." All of us, whether DAV, DAVA or friends of the DAV in Ohio, live by our Core Values of Service, Quality, Integrity and Leadership. We work to pay it forward to those that have sacrificed, whether they are the veterans or their dependents or their survivors. As this year's head of DAV Team Ohio, I promise my best efforts, guidance and the resources to accomplish our mission and goals.

I would be remiss if I did not also thank those of our members that have agreed to serve our Department by accepting appointments to the many other positions, committees and assignments that help make DAV Team Ohio function smoothly and effectively. I also want to recognize DAVA Commander, Carol Parker Park, and her newly elected Auxiliary Officers. A strong cooperative DAV - DAVA relationship is essential for keeping DAV Team Ohio working and productive. I also want to thank our Columbus office staff whose daily efforts keep us out of trouble and functioning properly. Finally, I want to thank our NSO members, who work daily to bring the benefits to our veterans and dependents that are due them.

Thank you for recognizing my past efforts and now for allowing me to lead DAV Team Ohio. I promise to work hard to achieve our goals and to keep us as the premiere veterans' service organization in Ohio. I ask for your cooperation and prayers as we begin this journey together.

*David Bilinovich*  
State Commander



## IMPORTANT NUMBERS

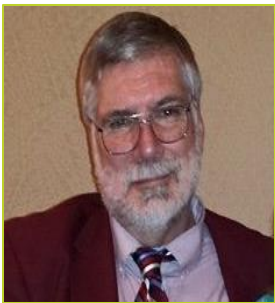
<b>National Headquarters</b>	(877) 426-2838
<b>NSO Office, Cleveland</b>	(216) 522-3507
<b>NSO Office, Cincinnati</b>	(513) 684-2676
<b>Washington Office, DAV</b>	(202) 554-3501
<b>Cincinnati DSO, Tom Kirstein</b>	(513) 475-6443
<i>Tuesday, Thursday</i>	
Lisa Wilson	
<i>Monday, Wednesday, Friday</i>	
<b>Dayton DSO, Leland Sink</b>	(937) 268-6511
<i>Tuesday, Wednesday, Thursday</i>	
<b>Wade Park DSO, Walter Dryja</b>	(216) 791-3800
<i>Monday, Wednesday, Friday</i>	
<b>Columbus DSO, Henry Snodgrass</b>	(614) 257-5487
<i>Tuesday, Wednesday, Thursday</i>	
<b>Parma DSO, Richard Healy</b>	(216) 739-7000
<i>Monday-Thursday</i>	
	Ext. 2405



## DATES TO REMEMBER

July 1-4, 2016	Forget-Me-Not, Northern Hills Ch. #115, Northgate Kroger, Mt. Airy Kroger and Montfort Heights Kroger.
July 9, 2016	Forget-Me-Not, Wayne County Ch. #44, Rural King of Ohio.
July 31-Aug. 3, 2016	National Convention, Atlanta, GA.
Aug. 12-13, 2016	Forget-Me-Not, Darke County Ch. #57, Marathon Gas, Eikenberrys South, Ace Hardware, Greentown LLC, Kroger, Walmart, 8 a.m.-5p.m.
August 20, 2016	Forget-Me-Not, Auglaize County Ch. #73, Walmart, Community Market, True Value, Post Office, Wapakoneta, OH at 9 a.m.-12 noon
September 1-4, 2016	Forget Me Not, Northern Hills Ch. #115, Northgate Kroger, Mt. Airy Kroger, Montfort Heights Kroger, North College Hill Kroger, Brentwood Kroger, Forest Park Kroger.
September 3, 2016	Forget-Me-Not, Wayne County Ch. #44, Walmart, Wooster, OH.
September 17, 2016	District 2 Meeting, VFW Post 9582, 4170 Old Springfield Rd., Vandalia, OH at 11 a.m. to 2 p.m.
September 29, 2016	District 5 Meeting at 1 p.m TBA
October 15, 2016	District 8 Meeting, Ch. #117, 3134 Guernsey St., Bellaire, OH at TBA.
October 16, 2016	District 4 Meeting, Ch. #43, 606 Fishlock Ave., Findlay, OH, Meeting at 1 p.m., Lunch at 2 p.m.
November 4-6, 2016	Fall Conference, Crowne Plaza, Dublin, Ohio.
November 19, 2016	Forget-Me-Not, Wayne County Ch. #44, Buehlers, Orrville, OH.
Feb. 26-Mar. 1, 2017	Mid-Winter Conference, Arlington, VA.
June 22-25, 2017	96 <sup>th</sup> Department of Ohio Convention, Columbus Marriott North, Dublin, Ohio.
July 29-Aug. 1, 2017	National Convention, New Orleans, LA.
Nov. 3-5, 2017	Fall Conference, Columbus Marriott North, Dublin, OH.
February 25-28, 2018	Mid-Winter Conference, Arlington, VA.
June 21-24, 2018	97 <sup>th</sup> Department of Ohio Convention, Columbus Marriott North, Dublin, Ohio.
Nov. 2-4, 2018	Fall Conference, Columbus Marriott North, Dublin, OH

## NOTES FROM THE STATE ADJUTANT KENNETH MARCUM



With a new fiscal year approaching the Department is asking for chapters to consider other areas to donate to assist a couple of programs that are in need of funding. The 1st is the Department Service Officer (DSO) Program. The program employees 7 DAV members to assist veterans in filling out forms for claims; gather needed data and information; communications liaison between the VA and veteran; file claims for widowed spouses, orphans and other family members; educate the communities through a network of outreach. Currently we have DSO's in Cincinnati VAMC (2), Cleveland VAMC (1), Dayton VAMC (1), Columbus Clinic (1), Parma Clinic (1) and Chillicothe VAMC (0). This falls under our primary function in our Mission Statement "to be of service". The second is the funding of DAV vans at the Cleveland and Dayton Fisher Houses. These projects can only go forward if the Chapters assist in the funding. For additional information contact Adjutant Ken Marcum at 614-221-3582 or e-mail [Kenneth.Marcum@ohiodav.org](mailto:Kenneth.Marcum@ohiodav.org)

## THE FRENCH VIEW OF D-DAY

On June 6, we will mark the 70th anniversary of the D-Day landings on the beaches of Normandy. On that slate gray day, American forces waded ashore into a maelstrom of steel and fire, launching the bloody, heroic slog that would end the following year in Berlin. In countless books and ceremonies, we have devoted great attention to the liberators, our GIs.

Yet until recently, Americans have largely ignored the experience of the liberated, the French civilians—in particular the Normans—during those first days and weeks. After four years under the Nazi occupation, the men, women, and children of Normandy welcomed their liberators. But their gratitude was often mingled with confusion and bitterness: On D-Day, American firepower took 3,000 French civilian lives, as many



as the Americans lost to German firepower at Omaha Beach. By the time Normandy was fully liberated, more than 20,000 civilians had died, most of them victims of the Allied bombings that pummeled the region's cities and towns.

It is only of late that we can again hear the echoes of those explosions. Since the 50th anniversary of the landings, there has, in fact, been an explosion of a different sort: a great surge of testimonials and memoirs by those who survived their liberation. History writing has always hummed with tension between two perspectives: one from above, the other from below. Some historians tell their stories from the perspective of kings, generals, and presidents, while others write from the viewpoint of commoners, soldiers, and citizens. This division goes back as far as the founders of the historical profession, Herodotus and Thucydides, whose respective accounts documented Athens's wars from the ground and in the big picture in the 5th century BC.

In the case of D-Day, the distinction between above and below is literal as well as figurative. Consider the case of St-Lô, a strategically important city that American military planners expected to capture the first day. In fact, the GIs, struggling against a landscape of hedgerows as formidable as the entrenched German forces, needed several days of bloody combat to reach their objective. In a rare reference to the city, RAF pilots, after a quick breakfast between sorties on June 6 "were at 0800 in the air again, bombing St-Lô and other inland targets."

Jean Roger heard a deep rumble in the sky on the morning of June 6. Looking out his apartment window, he glimpsed seemingly endless rows of bombers. As he marveled over the number and discipline of the planes, Roger noticed "hundreds of small objects detaching themselves from the planes and swaying towards the ground." And then, quite suddenly, "all the windows on the street were shattered" and he watched the building across the way collapse. Fleeing the apartment building to take shelter in a nearby basement, Jean Roger and his family watched the walls of their haven ripple and sway during two more seemingly interminable bombing runs. They were torn between the fear of being buried underground and the certainty of the bombs from above. Finally, they emerged from their shelter at night and found a spectacle "no movie director could re-create." Everything was in flames, "a vast funeral pyre. Everywhere came cries: 'Help, don't leave me, I'm suffocating, I'm under this rubble....'" Before Roger could act, however, "the bombers returned." D-Day Through French Eye as Roberts recounts, outside the cities, the bombs had transformed the countryside into an immense abattoir, countless craters tiled with the bloated and rotting carcasses of cows and horses, as well as German soldiers, all blanketed by maggots and flies. These macabre still lives overwhelmed Normans and Allied troops alike, as did the miasmal odor hanging over them. It was hardly surprising, then, as Roberts observes, that the locals did not welcome their liberators with cheers and flowers. As one Norman admitted upon seeing American troops for the first time, "there was little enthusiasm: alas, a screen of terrible visions stood between us and joy."

Many GIs, particularly those who did not witness this destruction at first hand, were disappointed that they were greeted with such a mixture of resentment and relief. Yet Roberts notes that other GIs passing through this blasted world understood: As one wrote to his mother, "I must say, I feel sorry for the French. In order to get back their freedom, they have to see their country ravaged all over again from another direction." Another GI, gazing at the ruins of St-Lô, imagined what the survivors were telling themselves: "When the Germans were here...they left us our homes. Now the Americans have left nothing" (this statement only lasted a short time). At the same time, Roberts emphasizes the tremendous price that our GIs paid. Not only were more than 10,000 soldiers killed during July in the hellish battles of the hedgerows, but shell shock and exhaustion accounted for about one quarter of all casualties.

St-Lô, however began to see recovery within two weeks after D-Day. Make shift hospitals and kitchens were set up by GIs. Food, clothing, fuel and medical supplies began being distributed to the French. Self-government and elections were restored, a police department reinstated and a school was erected in just 5 weeks. All these things the Germans had deprived the French for four years

A cemetery is just outside of St-Lô, where four thousand Allied soldiers rest. Three times a year the community places flowers and flags to those who liberated their city in the mist of chaos. The ages range from 90's to 3 who have not forgot what "was", what "could have been" and what "is" because of the Invasion of Normandy.

### **LATE-ONSET STRESS SYMPTOMATOLOGY (LOSS)**

Many older Veterans have functioned well since their military experience. Then later in life, they begin to think more or become more emotional about their wartime experience. As you age, it is normal to look back over your life and try to make sense of your experiences. For Veterans this process can trigger Late-Onset Stress Symptomatology (LOSS).

The symptoms of LOSS are similar to symptoms of PTSD. With LOSS, though, Veterans might have fewer symptoms, less severe symptoms, or begin having symptoms later in life. LOSS differs from PTSD in that LOSS appears to be closely related to the aging process. People with LOSS might live most of their lives relatively well. They go to work and spend time with family and friends. Then they begin to confront normal age-related changes such as retirement, loss of loved ones, and increased health problems. As they go through these stresses, they may start to have more feelings and thoughts about their military experiences.

Having symptoms of LOSS is not upsetting for all Veterans. While some find that remembering their wartime

experience is upsetting, many find that it helps them to make meaning of their wartime experience.

*What can you do to find help?*

If you are having a hard time dealing with your wartime memories, there are a number of things that you can do to help yourself. There are also ways you can seek help from others.

- Do things to feel strong and safe in other parts of your life, like exercising, eating well, and volunteering.
- Talk to a friend who has been through the war or other hard times. A good friend who understands and cares is often the best medicine.
- Join a support group. It can help to be a part of a group. Some groups focus on war memories. Others focus on the here and now. Still others focus on learning ways to relax.
- Talk to a professional. It may be helpful to talk to someone who is trained and experienced in dealing with aging and PTSD. There are proven, effective treatments for PTSD. Your doctor can refer you to a therapist. You can also find information on PTSD treatment within VA at: **VA PTSD Treatment Programs**.
- Tell your family and friends about LOSS and PTSD. It can be very helpful to talk to others as you try to place your long-ago wartime experiences into perspective. It may also be helpful for others to know what may be the source of your anger, nerves, sleep, or memory problems. Then they can provide more support.
- Don't be afraid to ask for help. Most of all, try not to feel bad or embarrassed to ask for help. Asking for help when you need it is a sign of wisdom and strength.

*Kenneth Marcum*  
State Adjutant

### **HONOR FLIGHT COLUMBUS IS DEVELOPING A ONE-DAY TRIP TO WASHINGTON D. C. ESPECIALLY FOR OHIO PURPLE HEART RECIPIENTS.**

To make it happen:

First, a willingness of Purple Heart recipients to take the trip which will cost them nothing. Nationwide Insurance is sponsoring this flight. We are thinking about 90-100 veterans for the charter flight. I hope that we can find that many.

World War II or Korean War vets who have taken an Honor Flight in the past would not be eligible since we offer only one trip per person. All other MOPH veterans, including the WWII and Korean War vets who have not flown with us, and Vietnam veterans would be eligible. This flight will be our first Vietnam veterans' trip. Beginning in April 2017 we will be flying Vietnam era veterans on a regular schedule.

Second, we need applications from the eligible vets. These are available at [www.HonorFlightColumbus.Org](http://www.HonorFlightColumbus.Org) web site. The applications require a copy of the vets' DD-214 with the social security number blacked out. The sooner, the better on mailing in the applications since we will fill the charter Southwest 737 on a first come, first seated basis.

We provide experienced guardians to assist the vets including volunteers with medical backgrounds. In addition, we have wheelchairs, oxygen and other needed items available.

Lastly, the vets only have to get to Port Columbus by 5:30 a.m. (we can get discounted motel rooms for those who have to travel a long distance) for check in and a light breakfast. We return about 9:30 p.m. Meals are provided and travel in the D.C. area is on deluxe motor coaches.

We think that our October 22 flight would give us time to fully develop the details including your help in setting the Washington agenda.

We have taken more than 4,400 Senior Veterans to Washington on 77 trips over the past several years.

Can your MOPH Chapter help in recruiting for this flight? Our phone number is 614-284-4987, with an alternate 614- 271-7531.

### **YOU CAN MAKE A DIFFERENCE**



Executive Committeeman John Plahovinsak contacted the U.S. Representative Brad Wenstrup back in May 2016 in support for H.R. 4782, the Veterans' Compensation Cost-of-Living Adjustment (COLA) Act of 2016. Representative Wenstrup stated:

*"I share your concern about the increased cost of living that all Americans are experiencing. This increased cost to survive is felt especially by disabled veterans who can no longer work, and their families. I understand the importance of upholding our commitment to those who have defended our nation.*

*H.R. 4782, the Veterans' Compensation Cost-of-Living Adjustment (COLA) Act, seeks to adjust veterans' compensation based on the increasing cost of living. It was introduced by*



*Representative Ralph Abraham of Louisiana on March 17, 2016. If enacted, this bill would increase rates of veterans' disability compensation for dependents, the clothing allowance for certain disabled veterans, and dependency and indemnity compensation for surviving spouses and children.*

*H.R.4782 has been referred to the Veterans' Affairs Committee, where it awaits further review. I will be certain to keep your thoughts in mind should I have the opportunity to vote on this legislation."*

Thank you to Executive Committeeman Plahovinsak for contacting Representative Wenstrup. We encourage all of you to get out there and contact your local Representative today!

### **2016 ADAPTIVE KAYAKING**

**Day/Time:** 12 p.m. - 3 p.m. on the Following Saturdays:

July 16 and 30

August 6, 13, 20 and 27

September 3, 10 and 17

**Location:** Nimisila Reservoir, 5243 Christman Road, Akron, Ohio 44319

**Equipment:** The following equipment is provided at each session:

- Lifejackets
- 2 single kayaks
- 2 tandem
- Adaptive seats
- Traditional and adaptive hand paddles

**Cost:** FREE

**Who:** Individuals with physical or visual disabilities ages 7 years old and older. Companion/caregivers are welcome to participate.

Register for a session at <http://adaptivesportsohio.org/sailing>

For more information call 330-262-1200 or email [Dilshani.Madawala@AdaptiveSportsOhio.org](mailto:Dilshani.Madawala@AdaptiveSportsOhio.org)

### **SIXTH "QUILT OF VALOR" PRESENTATION BY ANDERSON SENIOR QUILTERS**



"The Anderson Senior Citizen Quilters could not have selected a better recipient for the "Quilt of Valor" than Patricia Alteslane," said Chaplain Raymond Hutchinson of Chapter 63 (Clermont County) of the Disabled American Veterans (DAV). "Hopefully, more veterans in the future will be recognized for their efforts while serving on active duty in the military."

The Quilters, in conjunction with Chapter 63, made the presentation to Ms. Alteslane, a disabled Army veteran during ceremonies held at the Anderson Township Senior Center.

The "Quilts of Valor" are presented to disabled veterans as a comforting and healing gesture of appreciation from the quilters. This was the fifth "Quilt of Valor" given to a disabled veteran by the Anderson Quilters and only the second quilt presented to a female veteran.

Ms. Alteslane served in the U.S. Army from 1977 to 1985 in various capacities including a Drill Instructor (at Fort Gordon); a Non-Commissioned Officer in Charge of Retiree Benefits for the Northwestern Region and an Assistant to the Adjutant General of Fort Lewis, overseeing the Personnel Division. Currently she is actively involved in the DAV Program and is the Adjutant of Chapter 9, which is located in Dayton, Ohio.

While in the military, Ms. Alteslane was selected as Drill Sergeant of the Cycle at Fort Gordon and was an actress in a U.S. Army Film Commercial in 1979, geared to recruiting females in the military. A volunteer at the Dayton Veterans Administration (VA) Hospital, she founded ESA (Enrollment Services Assistance) in 2012, a family-owned and Disabled American Veterans Company.

The Anderson Senior Quilters was started 12 years ago and is composed of 21 members. The quilts are designed and each member sews a portion of the quilt that is presented to the disabled veteran.

Ms. Mary Bartels, leader of the Anderson Quilters explained the history of the “Quilts of Valor” and the three-fold purpose of the quilt. These purposes were: (1) to recognize the individual’s service to the country; (2) to honor the sacrifice the individual has made in the service to the country; and (3) to provide comfort and healing to the individual.

Chapter 63 Commander John Plahovinsak, a speaker at the presentation, explained that women serving in the military constitute 20% of all new recruits and 14.5 percent of the 1.4 million active duty military personnel. Approximately 280,000 females have served post – 9/11 in Afghanistan and Iraq. “IEDs (Improvised Explosive Devices) do not distinguish between male and female soldiers,” Commander Plahovinsak noted.

The DAV is a veterans’ organization that is fighting to protect the rights and promises given to all veterans. Plahovinsak stated that “the U.S. House of Representatives has passed four (4) bills (H.R. 2460; H.R. 3989; H.R. 5229; and H.R. 3956) last month and they were supported by the DAV and H.R. 5229 was particularly focused on female veterans.

In her concluding remarks following the presentation, Ms. Alteslane stated she “was honored to receive the “Quilt of Valor” and she will cherish it always, not only for herself, but for other disabled veterans. Knowing that someone like the Anderson Senior quilters care about disabled veterans means a lot to me.”

Chapter 63 is honored to participate in the formal presentation of “Quilts of Valor” to our disabled veterans,” stated Chaplain Hutchinson, “because this is a key component of our Chapter’s outreach service to our disabled veterans. Just look at the love that the Anderson Quilters displayed in making the quilt and it certainly makes a statement of healing to a disabled veteran.”

Following the presentation, all the quilters posed for a photograph with the unfolded quilt and Army veteran Alteslane. “This will be a photograph that I will proudly post on social media,” explained the Army recipient.

“This will not be the last “Quilt of Valor” made by the Anderson Senior Quilters,” concluded Ms. Bartels, “we are already planning on a seventh quilt for a deserving disabled veteran with a presentation scheduled for the Fall months.”

### **HURON COUNTY CHAPTER 62 OHIO FLAGS OF HONOR**



- Location:** Shady Lane Memorial Park, Norwalk, Ohio 44857 (Across the street from the Huron County Job and Family Services)
- Opening Ceremony:** August 5<sup>th</sup>, 2016 at 7:00 p.m.  
ask Ceremony will start right at 7:00 p.m. We that everyone attending please try to be at Shady Lane Memorial Park no later than 6:30 p.m. to allow for parking and seating. Live Broadcast by K96.1 from 5:00 p.m. to 7:00 p.m.
- Family Fun Day:** Saturday, August 6, 2016 from 11:00 a.m. to 5:00 p.m. Also sponsored by the Huron County Job and Family Services. This event will be a part of the Ohio Flags of Honor.
- Closing Ceremony:** Sunday, August 7, 2016 at 2:00 p.m. until complete.

The Ohio Flags of Honor can be seen at: [ohioflagsofhonor.org](http://ohioflagsofhonor.org)

Contact us for More Information:

Website: [huroncountyvets.org](http://huroncountyvets.org)

Facebook: @huroncountyveteransserviceoffice

Phone Number: 419.668.4140

Fax Number: 419.663.6215