



FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED

Disabled American Veterans, Department of Ohio

November, 2015 Newsletter

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FROM THE DESK OF STATE COMMANDER PHILLIP ALEXANDER



I would like to thank all my Veteran Comrades of the Disabled American Veterans. Continue to not be afraid to go the extra mile!

Thanks to all the District Commanders and Chapter members for coming out and participating in their individual District meetings. Your time, effort and well planned vital information that you have provided exemplifies your dedication.

I was extremely impressed with the communication in the Veteran communities of the Districts and Auxiliary that I visited. Thanks to all the auxiliaries for their excellent participation in the Districts I attended. Auxiliary Commander Judy Davis and I attended several District meetings together.

It was my pleasure to visit four Districts, each with their own unique way of conducting business and increasing membership. They all had one thing in common; spreading vital information with various activities going on throughout their communities, counties as well as veteran participation.

It was my honor to visit The Buddy Chapter 43 and their newly renovated building with District Commander David Pollock of District 4 in Findlay, Ohio. The cookout and participation was overwhelming. The guest speaker was David Weeks.

Another visit was District 2 held at Chapter 13, District Commander Robert Foster in Springfield Ohio with a great cookout and three excellent presentations including State Adjutant Ken Marcum.

My next visit was to District 3 in Van Wert, Ohio with Commander Robert Habern. The guest speaker was Executive Committeeman John Plahovinsak. The speakers were great and I was impressed with the guest soloist and her melodious voice. Naturally the food was great and I thank the District for the plaque and the turnout was great.

I had the pleasure of attending my own District 1 meeting with District Commander Eugene Smith and guest speaker Adjutant Ken Marcum. Having the opportunity to just sit back and relax with my Comrades and Auxiliary members and enjoy our well attended District meeting.

I also attended the outpatient clinics in Columbus, Parma and Summit County and visits to Toledo and Lorain Ohio. I also visited Medina Chapter 72 and two CVSO's.

I would like to especially thank my Senior Vice Commander David Bilinovich and his beloved family for their warm hospitality and directions.

Special prayers out to all our sick and homebound, some of which I was able to talk to but unable to visit.

BE OF SERVICE!

Phillip Alexander
State Commander

IMPORTANT NUMBERS

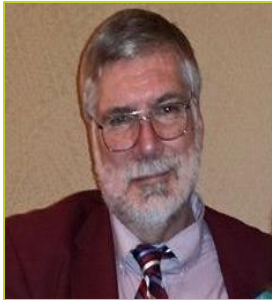
National Headquarters, DAV	(877) 426-2838
NSO Office, Cleveland	(216) 522-3507
NSO Office, Cincinnati	(513) 684-2676
Washington Office, DAV	(202) 554-3501
Cincinnati DSO, Tom Kirstein	(513) 475-6443
Tuesday, Thursday Lisa Wilson	
Monday, Wednesday, Friday	
Dayton DSO, Leland Sink	(937) 268-6511
Tuesday, Thursday Ricky Sickles	
Monday, Wednesday, Friday	
Wade Park DSO, Walter Dryja	(216) 791-3800
Monday, Wednesday, Friday Ext. 3395	
Chillicothe DSO, Darlene Maravilla	(740) 773-1141
Monday- Friday Ext. 7916	
Columbus Clinic DSO,	
Henry Snodgrass (614) 257-5487	
Monday- Friday	
Parma Clinic DSO, Richard Healy	(216) 739-7000
Monday-Thursday Ext. 2405	

DATES TO REMEMBER

Oct. 30 – Nov. 1, 2015	Fall Conference, Crowne Plaza, Dublin, Ohio.
Nov. 7, 2015	DAV 5K, Run to Honor Veterans, Cincinnati, OH, Register online at DAV5K.org
Nov. 10, 2015	Forget-Me-Not, Wayne County Chapter #44, Buehler Food Market, Orrville, OH.
Nov. 11, 2015	Golden Corral Military Appreciation Night
Nov. 11, 2015	Cuyahoga Valley Scenic Railroad, 2 Hour Train Ride, Independence, OH
Nov. 11-14, 2015	Forget-Me-Not, Dayton Chapter #9, Wright Patterson, Dayton, OH.
February 21-24, 2016	Mid-Winter Conference, Arlington, VA.
March 18-20, 2016	I-X Piston Powered Auto-Rama, Cleveland, Ohio.
June 23-26, 2016	Department of Ohio Convention, Crowne Plaza, Dublin, Ohio.
July 31-Aug. 3, 2016	National Convention, Atlanta, GA.
November 4-6, 2016	Fall Conference, Crowne Plaza, Dublin, Ohio.
Feb. 26-Mar. 1, 2017	Mid-Winter Conference, Arlington, VA.
July 29, Aug. 1, 2017	National Convention, New Orleans, LA.
February 25-28, 2018	Mid-Winter Conference, Arlington, VA.

NOTES FROM THE STATE ADJUTANT KENNETH MARCUM

THE MYTHS OF MILITARY SUICIDE



We need to understand the "Myths of Military Suicide"

1. *Military training makes a person tough and therefore, unlikely to commit suicide. (FALSE)...* Suicide occurs in Veterans and Service Members, from new recruits to generals and admirals. Suicide does not respect rank or riches.
2. *Suicide always occurs without warning. (FALSE)...* One Navy study indicated that, in about 80% of suicide cases, the person gave verbal warnings or dropped clues about their intentions.
3. *Nothing can stop a person who is seriously thinking about suicide. (FALSE)...* Until the final moments, most suicidal people are in an undecided state about whether they want to die. Most just want their pain to stop.
4. *Once suicidal, always suicidal. (FALSE)...* A suicidal crisis is a temporary condition. With proper support, People have lived long, happy and productive lives without being suicidal again.
5. *When depression starts to lift, the person is safe from suicidal thoughts and actions. (FALSE)...* Suicide takes energy. People are most at risk when they enter into or come out of their worst personal stage. At that point, they have plenty of depression and just enough energy to take their own lives.
6. *It can't be a suicide if there is no note. (FALSE)...* Many people commit suicide without leaving behind a note.

For anyone considering suicide:

- The problems that make you think of suicide are solvable. Please do not choose a permanent solution to a temporary problem.
- Most problems are rarely as severe as they seem when you are first going through them. Time and changes to your circumstances may make current problems seem much smaller and less important in the long run.
- Suicidal thinking and feelings are treatable. There are many different treatments for suicidal thinking. Get help.
- If you cannot think of solutions to your problems, it does not mean that your problem has no solution. It simply means that you need help to come up with them.
- Most people who think about suicide do so for rather short periods of time. Suicidal thinking and crisis experiences are time-limited. Circumstances change; feelings can change and unexpected solutions can be found. Please do not choose suicide when reasons to live may be closer than you think.
- Emotional distress can cloud your view of life and make you withdraw from the people and things you love most. Those reasons to live are still there. You need to rekindle them.
- Those who love you will be profoundly saddened by your suicide. Do you really want your legacy to be one of pain, grief and never-ending replay of their unanswered questions? Your death will serve as a life sentence for those who love you.
- Work toward recovery. Choose life. Get help now. Call the Veterans Crisis Line 1-800-273-8255 and press 1. You can also contact www.mentalhealth.va.gov or www.suicidepreventionlifeline.org

NOW IS THE TIME TO ACT

Every generation of veterans face challenges; some unique, some shared. Today's veterans of the Global War on Terror can't wait for history to define their generation. The needs of veterans are real and present, and now is the time to act in support of veterans' needs.

The statistics speak for themselves:

- Ohio currently has 193,800 veterans, the 6th highest population of veterans in America. 99% of Americans have not served in the military. That means veterans make up less than 1% of the population. Yet 25% of the nation's homeless are veterans.
- 63% more veterans are unemployed than the civilian population.
- Divorce rates for veterans are 62% higher than the civilian population.
- In Iraq and Afghanistan, more than 40,000 have been physically wounded and it's estimated that over 300,000 will suffer from Post-Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury.

The saddest statistic tells a terrible story. On average, 18 American Veterans commit suicide every single day. Now is the time to act! *Be that voice for our veteran population who has the above issues!!*

STAY ALERT

If you're concerned about the veteran in your life, lending a hand doesn't have to be hard, just talking about it opens the door to finding support.

Call the Veterans Crisis Line for help. 1-800-273-8255

UPDATES TO LEGISLATION

SB 131 ROAD NAMING (JONES S) To designate a portion of State Route 123 within Warren County as the "Neil Armstrong Memorial Way."

Current Status: 9/23/2015 – Reported out of Senate Transportation, Commerce, & Labor Committee (11-0) and voted out of Senate (33-0)

SB 155 INTERCHANGE NAMING (GARDNER R) To designate memorial interchanges and a memorial pedestrian bridge in Erie County.

Current Status: 9/23/2015 – Senate Transportation, Commerce, & Labor Committee (First Hearing)

SB 179 BRIDGE NAMING (HITE C) To designate the "Lt. Col. Ralph D. Cole Memorial Bridge" within the municipal corporation of Findlay.

Current Status: 9/23/2015 – Senate Transportation, Commerce, & Labor Committee (First Hearing)

SB 182 ROAD NAMING (BALDERSON T, PETERSON B) To designate a portion of United States route twenty-three within Pickaway County as the "Army Specialist Gerald R. Jenkins Memorial Highway" and a portion of United States route sixty-two within Pickaway County as the "Army PFC Kevin C. Ott Memorial Highway."

Current Status: 9/23/2015 – Senate Transportation, Commerce, & Labor Committee (First Hearing)

SB 187 ROAD NAMING (BALDERSON T) To designate a portion of the Nelsonville Bypass of United States Route 33 as the "State Senator C. Stanley Mechem Memorial Highway."

Current Status: 9/23/2015 – Senate Transportation, Commerce, & Labor Committee (First Hearing)

SB 190 ROAD NAMING (GARDNER R) To designate a portion of United States Route 6 within the city of Sandusky as the "Army Specialist Charles E. Odums II Memorial Highway."

Current Status: 9/23/2015 – Senate Transportation, Commerce, & Labor Committee (First Hearing)

SB 196 ROAD NAMING (WIDENER C) To designate a portion of state route 72 in Greene county as the "LCPL Brent Turner U.S.M.C. Memorial Highway."

Current Status: 9/23/2015 – Senate Transportation, Commerce, & Labor Committee (First Hearing)

SB 200 ROAD NAMING (HUGHES J, BACON K) To designate a portion of I-70 in Franklin county as the "Sergeant Adam L. Knox Memorial Highway."

Current Status: 9/23/2015 – Senate Transportation, Commerce, & Labor Committee (First Hearing)

SB 207 ROAD NAMING (COLEY B) To designate a portion of State Route 73 in Butler County as the "SPC James E. Hall Jr. Memorial Highway."

Current Status: 9/23/2015 – Senate Transportation, Commerce, & Labor Committee (First Hearing)

Bills Scheduled for Committee Hearings September 28 – October 2:

HB 165 HUNTING (GREEN D) To allow an individual on active military duty, while on leave or furlough, to hunt deer or wild turkey without procuring a deer or wild turkey permit.

Second Hearing in House State Government Committee

Federal Notes:

U.S. Senate Veterans' Affairs Committee hearings agenda:

- 9/29 - Hearings to examine United States Cybersecurity policy and threats; with the possibility of a closed session in SVC-217, following the open session.
- 9/30 - Hearings to examine the nomination of Michael Herman Michaud, of Maine, to be Assistant Secretary of Labor for Veterans' Employment and Training.

MILITARY SEXUAL TRAUMA (MST)

Both men and women can experience sexual harassment or sexual assault during their military service. VA refers to these experiences as military sexual trauma, or MST. Like other types of trauma, MST can negatively impact a person's mental and physical health, even many years later. Some problems associated with MST include:

- Disturbing memories or nightmares;

- Difficulty feeling safe
- Feeling of depression or numbness
- Problems with alcohol or other drugs
- Feeling isolated from other people
- Problems with anger or irritability
- Problems with sleep
- Physical health problems

VA defines sexual trauma as any lingering physical, emotional, or psychological symptoms resulting from a physical assault of a sexual nature, or battery of a sexual nature. Examples of this are:

- Rape
- Physical assault
- Domestic battering
- Stalking

2013 Update: Under Public Law 112-154, new protections will be mandated to prevent sexual assault from going unpunished and unreported when it occurs at VA facilities, including mental health care facilities.

Treatment for MST

People can recover from trauma. To help veterans do this, VA provides free, confidential counseling and treatment for mental and physical health conditions related to experiences of MST. You do not need to be service-connected and may be able to receive this benefit even if you are not eligible for other VA care. You do not need to have reported the incidents when they happen or have other documentation that they occurred.

Every VA facility has a designated MST Coordinator who serves as a contact person for MST-related issues. This person is your advocate and can help you find and access VA services and programs, state and federal benefits, and community resources.

Every VA facility has providers knowledgeable about treatment for the after effects of MST. Many have specialized outpatient mental health services focusing on sexual trauma. Vet Centers also have specially trained sexual trauma counselors.

Nationwide, there are programs that offer specialized sexual trauma treatment in residential or inpatient settings. There are programs for Veterans who need more intense treatment and support.

To accommodate veterans who do not feel comfortable in mixed-gender treatment settings, some facilities throughout the VA have separate programs for men and women. All residential and inpatient MST programs have separate sleeping areas for men and women.

Kenneth Marcum
State Adjutant



SHOUT OUT TO VIETNAM VETERANS

The Nation is in the midst of a 50th Commemoration of the Vietnam War directed by the Congress and implemented by the U.S. Department of Defense. DAV National stands proudly as one of the early partners in this Commemoration. Chapters, posts, cities and towns as well as businesses are signing on as partners providing they agree to host two or more events during the period.

Ohio DAV through its Northerly Chapters has worked during the past three years with the Cleveland IX Center to showcase the military and veterans organizations while fundraising for the construction of a Fisher House at the Cleveland VA Hospital. The goals have been met and Fisher House is coming thanks to your support. Cleveland IX Center has become a designated partner for the 50th Commemoration and invited only the DAV along with the Vietnam Veterans of America (VVA) to host a booth for a fourth time during the Power Piston Show (commonly called the custom car show) this coming March 18, 19, 20, 2016.

The commemoration space will again be as large, 7,500 square feet. Some 360 panels, eight foot tall by three feet wide, will be erected on the site. Any Vietnam Veteran, family member or group may recount his or its story. There will be panels for major battles as well as significant campaigns. There will be no vending nor sales for the site envisioned as a dignified, even sacred place. There will be quiet space allowing time for reflection, solitude or companionship, as you so choose.

Here is how you may join in this commemorative event:

1. Tell your own Vietnam War experience on a panel of your own. Whether great, mundane or just painful you are asked to recount your year in Vietnam. It can be your own "honor flight" across time and space back to those duty days.
2. Claim a panel and display artifacts, gear, news articles, personal photos and tell your story through captions that only you can recount. Photos will be blown up and the narratives you provide will be printed. All items will be returned to you.
3. Tell the story of a wartime pal, the guy who got you through the war, who fell there or who is no longer able to tell it himself. Duty calls, Vets.

Family members, spouses, children, parents or siblings may also claim a panel to honor a loved one or to show the world what it was like on the home front. Recalling the war being brought into your homes by television, the fears and the waiting for letters, being torn over the protests and the loss of lives. How different your home was by '975 with the close of the war.

Between 50,000 and 60,000 persons will pass through the IX Center that weekend. Will there ever be a more public event or larger venue for you to tell your story? Duty calls, Vets.

Contact Ohio DAV 2nd Junior Vice Commander John Parker, himself a Vietnam Vet, at (330) 753-2960 to reserve your panel or to let him know that you will respond to this final call to duty.

William Caine
Past Department Commander

CHAPLAINS CORNER

I will be with him in trouble; I will rescue him.....Psalm 91:15

This verse makes me think of God and the Disabled American Veterans (DAV) as you read below:

DAV (Disabled American Veterans) is the most long-lasting veterans' advocacy and assistance group in this country. We've watched this country change and grow, and we've grown along with it. However, DAV has never wavered in its core mission to fulfill our country's promises to the men and women who served. We invite everyone, veterans and civilian, men and women, young and old, to join us as we stand up for those veterans who risked it all when they stood up for us, our country, and our ideals.

God Bless America, God Bless the DAV.

Robert Habern
Department Chaplain

DAV MISSION FULFILLING OUR PROMISES TO THE MEN AND WOMEN WHO SERVED



DAV Department of Ohio VAVS Representative, Dale J. Smith at the Ohio Veterans Home (Sandusky), presenting Kim Lewallen, Volunteer Coordinator, a donation for OVH's Christmas Joy program, and another check for Birthday & Special Parties for veterans on OVH (Sandusky) 2 North. OVH 2 North is our "adopted unit" at OVH.

Both checks were issued by DAV Department of Ohio's Hospital Fund. Christmas Joy is a program where the money DAV donates to the program has matching funds from OVH which is given at Christmas time to veterans on our "adopted unit". A *BIG* thank you to the DAV Department of Ohio for sponsoring these worthy service programs.

State Commander Phillip Alexander's Ohio motto is "**BE OF SERVICE.**" If your chapter is looking for a small service project please contact DAV State Adjutant Ken Marcum who can assist you in coordinating a service project at OVH Sandusky or you can contact Kim at OVH 419.625.2454, x1216 . Please mark your calendar for December 6th for DAV

Department of Ohio's annual Christmas Bingo/Pizza party at the Sandusky OVH. For more details on how you or your chapter can support and volunteer please contact Dale Smith. **DAV Service to Veterans!**

David May
Past Department Commander

MILLION VETERAN PROGRAM (MVP)



"DAV chapters and their members throughout the Department of Ohio have volunteered in the past to make a difference for their country, and the Million Veteran Program (MVP) is just another opportunity for them to help transform VA health care, not only for themselves, but for the future generation of military veterans," stated Chapter #63 (Clermont County) Adjutant and Past State Commander Raymond Hutchinson.

"The Million Veteran Program is a five to seven year program designed to help VA medical researchers understand how genes affect health and illness, with the overall goal of improving health care for our veterans," explained Adjutant Hutchinson, following a presentation made at the chapter's monthly October meeting by Ms. Sara Godina, a research assistant at the Cincinnati Veterans Affairs (VA) Medical Center.

"The Million Veteran Program is almost nearly halfway toward meeting its initial goal of registering one million veterans in a national research program," stated Ms. Sara Godina.

According to Ms. Godina, one way of understanding the medical relationship between genes and health is to collect genetic blood samples and health information from large groups of individuals, such as military veterans.

Researchers then use this collected data to learn how genes, lifestyle and military experiences affect health and disease. “As of October 5, 2015, the MVP has collected blood samples from 416,183 military veterans,” said Ms. Godina, who has many relatives who are military veterans. China has the world’s largest genetic data base with over half a million blood samples.

The study of genes is important because genes carry instructions for building and maintaining our bodies. Genes determine the color of our hair and eyes, our height and other personal features. Small differences in our genes explain why some people, such as veterans, contract diseases and others do not.

This study of genes is focused on military veterans because genes interact with lifestyle factors and environment, which influences risk for illnesses, such as heart disease, diabetes and cancer.

Military veterans have been exposed to many adverse diseases and environments during their tours of active duty overseas. Having a better understanding of how genes work may help VA researchers to prevent and improve treatment of illnesses for our veterans.

Based upon the progress that the MVP has achieved, the VA announced that new studies will utilize genetic data from the MVP to answer key questions on three focused areas of heart disease, kidney disease and substance abuse. “These are high priority medical concerns affecting our veterans today,” noted Adjutant Hutchinson.

Currently the MVP has become the nation’s largest database linking genetic, clinical lifestyle and military exposure information. “The VA is already using the MVP data for studies on PTSD, schizophrenia and bipolar disorder,” explained Godina.

“The Cincinnati VA Medical Center is one of only 50 sites in the United States that is collecting the data and obtaining blood samples. The blood samples are eventually stored in a two-story, liquid nitrogen-cooled freezer bank in Boston, which keeps the samples at -80 degrees Celsius.”

MVP researchers, like Ms. Godina, have a significant advantage when analyzing the data because veterans access their health care via an integrated system of electronic health care records, which follow patients from location to location.

Several members of Chapter #63 (Clermont County) have already participated in the MVP, including myself,” stated Chapter Commander John Plahovinsak, “and other veterans are encouraged to participate and volunteer for the program.”

“Several chapter members, such as Comrade Doug Fike, have received MVP participation pins and are wearing them proudly on their DAV hats to show that they are making a difference not only for themselves, but for the medical health of future generation of military veterans.”

Any veteran that wants to participate in the Million Veteran Program can obtain information on it by visiting www.research.va.gov/mvp or by calling toll-free (866) 441-6075.

NOTE: For additional information on the Million Veteran Program, please contact Ms. Sara Godina directly at (513) 475-6467.

John Plahovinsak
Executive Committeeman

DAV AUXILIARY FUNDRAISING GUIDELINES

UNITS: Units may conduct fundraisers with appropriate written approval as follows:

- Unit fundraisers must be first discussed and approved by membership majority at a regular business meeting.
- Written request is then submitted to the parent chapter for approval. (In cases where there is no parent chapter, units submit the written request to the DAV state department).
- Upon chapter approval, said chapter must submit the approved unit fund raising request to the respective DAV state department.
- Upon DAV Department Executive Committee (DEC) review, the DAV state department shall then decide on whether or not approval will be granted and shall notify the unit.

STATE AUXILIARY DEPARTMENTS: Should an Auxiliary state department wish to conduct a fundraiser they must submit a written request to the DAV state department. The project will then be vetted by the DAV Department Executive Committee (DEC) prior to the final decision of the DAV State Department. Written notice is then provided to the Auxiliary State Department.

CONTRACTS: If a contract is involved with any fundraiser, prior to signing, the DAV state department will submit a copy to DAV National Headquarters to be submitted to the DAV National Executive Committee for approval.

- Under no circumstances may fund raising solicitations be sent by mail.
- The Auxiliary logo or seal **may not be used on any fund raising project.**
- Approval is not required for logo/seal usage on stationery items, business cards, name badges, hats, shirts, etc., and other items that promote the name and positive mission of the organization.
- Items bearing the DAV Auxiliary seal or logo may be sold to other members of the organization at cost, but **may not be used to generate revenue.**

