



# VETS NEWS

May | June 2012

Jim Willis, Director

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## MILITARY FAMILIES



### Our New Normal: Life After Deployment

**B**ehind double locked doors and secured windows – hyper vigilantly checked and rechecked – lies a secret. The secret has been kept in millions of homes across the nation and across all eras of conflict, yet we pretend that we are the only ones who experience the power it holds in our homes.

To the outside world, we smile and say we are fine – great even – now that our service member is home safe. We are a proud and thankful group. We are definitely blessed. But the secret remains – we were once normal.

No one can completely prepare us for the emotional and long lasting impact that

deployments and reintegration have on us, the military family. We are spouses, children, parents, grandparents, siblings, aunts, uncles, cousins and friends. We are the boots on the ground, holding steady, protecting our “new normal.”

Changes to our families after a deployment do not always fit into the neat little boxes labeled PTSD, TBI, and suicidal ideation. Sometimes it is small things that raise the hair on the back of our necks, alerting us to the changes in our lives.

There is withdrawal from gatherings that were a normal part of our pre-deployment life; irritation and anger in our loved ones for reasons that we do

SEE NEW NORMAL ON PAGE 3

### IN THIS ISSUE

- New Advisory Comm. Member ..... Page 2
- Legislative Wrap-up ..... Page 3
- Salute to an Army Wife ..... Page 6
- Memorial Day Events ..... Pages 8-9
- Dogs Help Vet Adjust ..... Page 11
- Reunions and Events ..... Page 13
- Vow to Hire Heroes Act ..... Page 15



## MILITARY FAMILY APPRECIATION DAY AND REMEMBERING KOREAN WAR VETERANS

### Director's Message

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

**O**n May 8th, we will celebrate Military Family Day. It is a time to thank and remember our military families who support our men and women in uniform and often overcome great hardships to hold their families together during peace and war.

All of us who have served remember our family members who supported our long absences and infrequent communication from postings around the world.

A story I'd like to share concerns my tour in South Vietnam during which my mom decided to send me some of her great chocolate chip cookies. She packed them carefully in popcorn and shipped them some 10,000 miles to my base. I had told my buddies they were coming and when they arrived we all looked forward to this treat from mom's kitchen.

When we got the box open, the cookies had been reduced to nothing more than crumbs, but we enjoyed for the first time, some great chocolate flavored popcorn.

It was the letters, the latest news from your home town, music tapes and photos that kept up your morale and connected you to those you loved and respected.

So, Happy Military Family Day! You deserve all the thanks we can give and more.

On June 25, 2012, we will observe the 62nd anniversary of the start of the Korean War. Just less than five years following the end of World War II, military forces of the Democratic People's Republic of Korea invaded their neighbor to the south, the Republic of Korea thus starting the first significant armed conflict of the Cold

War. Because the USSR had chosen to boycott the United Nations Security Council, the United States and other countries passed a resolution authorizing military intervention in Korea.

The war continued until a cease-fire armistice was reached on July 27, 1953. 54,246 Americans died during the Korean War with 33,652 killed in action.

Under the United Nations resolution, 14 other nations in addition to South Korea joined the United States in repelling the North Korean forces who were aided by Communist China and the USSR. A peace treaty has never been signed by the warring parties.

On Saturday, June 23, the Korean War Veterans Association will observe this important anniversary with a ceremony at Oregon's Korean War Memorial in Wilsonville. The ceremony begins at 11 a.m. and is open to the public.

I encourage veterans of all wars and all eras to attend and show your support for our Korean War veterans and their allies.

The Korean War is sometimes referred to as the "forgotten war." I hope through the ceremony of the 23th and in observances around our nation that we will never forget the valor of our forces during the Korean War and the courage and sacrifice they demonstrated in service to our nation and the people of South Korea.

Jim Willis, Director

## GOV. APPOINTS CHAPLAIN TO ADVISORY COMM.

SALEM – The Oregon Department of Veterans' Affairs (ODVA) has welcomed a new member to the governor appointed Veterans' Affairs Advisory Committee. Trisa Kelly was officially appointed on April 19 to the committee by Gov. John Kitzhaber, and becomes the first African American female to serve.

A veteran with nearly 10 years of service with the Oregon Air National Guard's 142nd Fighter Wing at Portland Air Base, Maj. Kelly continues to serve as the unit's chaplain. Full-time, Kelly works as a bilingual (Spanish)



**Chap. Maj. Trisa Kelly**

Medicaid eligibility worker for Multnomah County Health Department.

"I am very proud to have been selected to serve Oregon in this capacity," Kelly said. "I always try to look for new ways to serve God and country while seeking new things to learn, new people to meet and ways to positively impact my community. As a traditional Guardsman, I will bring that perspective to the table."

Kelly is a graduate of Portland State University and Western Seminary. She is also the associate pastor of Maranatha Church in Portland.

ODVA Director Jim Willis is very pleased to have Kelly join the committee.

"With over 13,000 guardsmen having served our state and country in Operations Iraqi Freedom and Enduring Freedom, Maj. Kelly brings an important voice to the advisory committee," Willis said.

Kelly, from Portland, will serve in the appointed position through April 2016.

## VA RESPONDS TO NEED FOR MENTAL HEALTH SERVICES

The VA announced April 19th it would add 1,600 clinicians, including psychiatrists, psychologists, nurses, social workers and counselors, and about 300 support staff, in order to deal with a shortage that has become apparent as more veterans return home from the wars in Iraq and Afghanistan. The department's current mental health staff is about 20,590.

The move is in response to a VA review that revealed shortages in mental health staff nationwide, leading veterans in some areas to wait longer than they should for treatment, according to VA Under Secretary for Health Dr. Robert Petzel.

Since 2007, the VA has experienced a 35 percent increase in the number of veterans receiving mental health services. In recent years, suicide rates have risen sharply and surveys have shown that mental health providers cannot schedule a new patient for an appointment within the VA-mandated two weeks. Seventy percent of providers reported that they lack sufficient space and staff to properly treat new and existing patients.

Recruitment for the new positions will begin immediately, with the VA drawing from the military, the private sector and from schools.



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**Input for the next issue must be received by June 1.**

not understand; their sleeplessness and sensitivity to strange noises in the night, and the denial that anything is wrong.

All the while, our guilt plagues us for wanting the all-American life even after reliving, through their eyes, the stories of war in far-away countries and knowing of the helplessness of people who have, and are thankful for, so little.

We watch over our service members making reasonable excuses for unreasonable behavior and hope that we can provide enough space and time for them to come back to us and adjust back into our world – their new normal.

With time, we lose our identities, much like they have lost theirs. This is a battle we are fighting together, to stay together through these changes – battle buddies of sorts. We are also the first to notice when the “new normal” is not so normal.

Inevitably the question is raised: What can we do?

For many families, the answer is to withdraw, retreat and keep up the facade of “normal.” Suck it up and drive on. Who are we to complain? Obviously, we did not go to war. How could we possibly be affected by what they went through?

Yet, we are affected. We are changed, and those changes can be confusing, painful and isolating. However, we may not be as isolated as we think.

Google “Military Families in Oregon,” and 2,940,000 results are displayed with headings such as *Family Programs – Oregon Military Department, Networks emerge to help Oregon military families, Oregon Community Circles of Support and Oregon should stand up for military families.*

Looking at it rationally, the problem is not a lack of services, but our ability as family members to reach out to those services for fear of revealing the secrets we have been working so hard to keep.

It’s a catch-22 of sorts; we need services, such as emergency financial assistance, marital or individual counseling, healthcare, education, and support groups. We know that these services are often free and just a phone call away. Yet, we still hesitate. How can we share our problems without betraying the trust of our service member?

Luckily, we’re not really alone in this dilemma. Among the hundreds of organizations within Oregon communities who work to provide needed services for military families, the Oregon Legislature also is working hard to understand this dichotomy and has formed the Task Force on Military Families to focus on the challenges we face when our service member deploys and returns home.

The goal of the Task Force is to find better ways to help military families cope with the stress most Oregonians will never experience or understand.

True, all this activity is not the end-all, be-all for the very real challenges that military families must face, but it does help.

It helps to know that we don’t have to face these changes alone. It helps that our communities support us, even if they don’t know us, and it helps that generations of military families are reaching out and sharing their experiences so we might find comfort that our “new normal” isn’t so new.

## ADVISORY COMMITTEE MEMBER ESTABLISHES SCHOLARSHIP

Following 30 years of service in the U.S. Air Force, retired Col. Mary J. Mayer is raising the bar at her alma mater, Marylhurst University in Portland. In a recent article in the university’s alumni newsletter, Mayer was recognized for her steadfast work on behalf of veterans on campus.

Her just-established Col. Mary J. Mayer, USAF Military Service Endowed and Annual Scholarship Fund is the first scholarship at Marylhurst designated for veterans, with priority given to female veterans. It is also the first fund established by an alumna who has served in the military.

A long-time university supporter, Mayer was awarded that university’s distinguished alumni award in 2007. Her ongoing volunteer work at Marylhurst is only part of the community service activities she spends her time on since her retirement in 2002. A part-time consultant, she also provides leadership and support to several non-profit, civic and veteran’s organizations.

Mayer has been a member of the ODVA’s Governor’s Advisory Committee since last September. She graduated from Marylhurst in 1969 and entered the Air Force in 1972, when women made up just 1.9 percent of all active duty military personnel.



*In 2007, Col. (ret.) Mary J. Mayer is presented the Nancy Wilgenbusch Distinguished Alumni Award by former Marylhurst University President Nancy Wilgenbusch.*

During her service, Mayer earned major military awards including the Legion of Merit, Bronze Star Medal, Joint Meritorious Unit Award, and Meritorious Service Medal (2 Oak Leaf Clusters).

## 2012 LEGISLATIVE WRAP-UP

SALEM – This past February, the state wrapped its first regular short session. The focus of the Legislature was on balancing the state’s budget and hearing policy bills that supported the governor’s priorities, however, the 2012 Legislative Session did pass a few bills to support Oregon veterans aimed at employment, outreach and education benefits for dependents and survivors.

### House Bill 4063 – Professional Licensing for Military Experience

HB 4063 was designed to quickly get service members back to work after serving in the military. This bill requires certain professional licensing agencies and boards to accept military training or experience as an acceptable substitution for education or experience required for licensure, certification or registration. The bill eliminates the need for veterans to go back to school for training that they have already received in the military, saving time and money.

Requirements that must be met in addition to the military education or experience are outlined by professions specified in the bill.

These professions include: private security professional, teacher, engineer, land surveyor, psychologist, occupational therapist, occupational therapy assistant, physician assistant, nursing assistant, denture technology, chiropractor, physical therapist, radiologist, hemodialysis technician, athletic trainer, respiratory care, polysomnographic technologist, pharmacist, pharmacy technician, cosmetologist, mortician, embalmer, polygraph examiner, private investigator, and commercial driver.

### HB 4027 – Limitation on Liability of Persons Providing Free Services

This bill allows healthcare providers, including primary, dental and mental health professionals, to provide services to low-income patients without charge or using a sliding fee scale for a charitable organization without being liable for damages. This bill is important to organizations who serve the homeless veteran community because these organizations depend on volunteers to deliver the much needed health and dental services to veterans who depend on these organizations for care. In the past, a major impediment to delivering services was finding and retaining volunteers who would risk liability while performing charitable healthcare services.

### SB 1563 – Dependent Tuition Waiver Program

SB 1563 added community colleges to ORS 351.656, which requires the Oregon University System to waive tuition for dependents of service members killed in action (KIA) and dependents of veterans who are 100 percent service-connected disabled or who died as a result of their service connected disabilities.

Community colleges are now required to provide tuition waivers to dependents and survivors of those killed in action and who died of a 100 percent service connected disability. Unlike the Oregon universities, community colleges are not required to offer the waiver to the survivors and dependents of those who died as a result of a non-100 percent service connected disability or the dependents of those veterans who are rated 100 percent service connected disabled.

# NEW EXCHANGE OPENS AT CAMP WITHYCOMBE

CLACKAMAS -- The Oregon Army National Guard has a new military shopping facility at Camp Withycombe. The Guard welcomed their newest tenant on April 13 with a ribbon cutting and grand opening ceremony for The Exchange.

The Exchange is part of the new 41st Infantry Division (ID) Armed Forces Reserve Center located at 15300 SE Industrial Way, Clackamas. Formerly known as the Post Exchange (PX), the store offers food and toiletries, plus alcohol and tobacco products.

Many dignitaries were at the ceremony including Maj. Gen. Raymond F. Rees, Adjutant General, Oregon; Patrick McGhee, General Manager of Army and Air Force Exchange Service; Val Conley, ODVA Deputy Director, and representatives from the Navy, Marines, and Coast Guard.

Lt. Col. Phil Appleton oversees logistical needs for the Army National Guard's 41st ID Armed Forces Reserve Center (AFRC). He said more than 1,500 Oregon Guard members utilize AFRC building every month.

"This makes The Exchange an important addition to the facility. It will be great for Guard members and reservists, retirees and their family members," he said.

National Guard, Reserve and active duty personnel of all military services, their dependents, and retirees have unlimited shopping privileges at any Exchange. A military or dependent ID card is required.

The store is open weekdays from 9 a.m. to 5 p.m. Call 503-655-1717 or visit AAFES on the Internet at: [www.shopmyexchange.com](http://www.shopmyexchange.com).



PHOTO BY MASTER SGT. NICK CHOY, OREGON MILITARY DEPT. PUBLIC AFFAIRS

Mr. Larry Deibert, Civilian Aide to the Secretary of the Army (far left), and Oregon National Guard Maj. Gen. Raymond F. Rees, Adjutant General, Oregon, and ODVA Deputy Director, Val Conley (3<sup>rd</sup> from right) join other members of the official party during the ribbon cutting ceremony at The Exchange at Camp Withycombe, in Clackamas, April 13.

## WTUS URGED TO INVOLVE FAMILIES MORE

Reprinted by permission from Army Times  
By Joe Gould

The chief of the Army's Warrior Transition Command says warrior transition units (WTU) must do better to keep family members involved in soldiers' care.

"We suggest that family be involved, but the implementation piece on the ground ... that's problematic," said Brig. Gen. Darryl Williams, the commander of Warrior Transition Command and assistant Army surgeon general for warrior care and transition.

Sometimes that's a challenge because soldiers opt to exclude their families.

"There are families where the service member, the [recovering warrior] says, 'I don't want you contacting my family,' and that is a huge challenge when there is an active non-participation," said Lt. Col. Danny Dudek, the former commander of the Warrior Transition Battalion at Joint Base Lewis-McChord, Wash.

Williams and Dudek were responding Feb. 21 to questions from members of a Defense Department oversight panel, the Recovering Warrior Task Force. The task force, created to provide the Pentagon with

guidance regarding wounded warrior programs, and the availability of care for traumatic brain injury and post-traumatic stress, questioned representatives of the services about whether they had followed the task force's most recent set of recommendations.

The panel had recommended the command do more to tell Army families about programs and resources available to soldiers. Units make many efforts to engage families, by sending mailings, holding events and maintaining a social media presence, Dudek said.

"We mail packets the first week they're in there to the household, and hopefully that gets to the spouse, and we have a digital campaign advertising certain aspects of the program," said Dudek, now of Warrior Transition Command.

Panel members also asked why the staffs of warrior transition units are required to get permission from soldiers in their care before they share information with that soldier's family members.

Units should ask soldiers which family member to contact instead of asking whether to contact a family member, said task force co-chair Suzanne Crockett-Jones, adding that the latter creates a "point at which that door could be closed."

"I've asked why they create that, why they have that," said Crockett-Jones, whose husband is a wounded soldier. "The answer has been varied: 'because we must, it's a legal issue;' 'because we don't want to make soldiers mad.' There are a lot of reasons why they want to give the opportunity to shut that door."

Williams told Crockett-Jones, "That's an on-off switch, and we should not be doing that. I'll go after that."

He later told Army Times he would address the issue with local two-star senior mission commanders who have responsibility for warrior transition units.

Warrior Transition Command, which is part of Army Medical Command, creates policy and maintains oversight of the program but does not manage units directly.

Panel members acknowledged that medical professionals are subject to the federal privacy law, specifically the Health Insurance Portability and Accountability Act, but noted that family members should still be provided with information about benefits and programs available to wounded soldiers and their families.



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For more information visit [www.oregon.gov/ODOT/DMV/index.shtml](http://www.oregon.gov/ODOT/DMV/index.shtml)

\*All normal application, renewing or replacement fees apply. Contact DMV for more information.

# STOLEN VALOR ACT UPHELD

The 10th U.S. Circuit Court of Appeals in Denver upheld the constitutional validity of the 2006 *Stolen Valor Act* on January 27. The federal law makes it illegal to lie about being a war veteran and to make related false statements.

The three-judge panel reversed, in a 2-1 vote, the earlier decision of a U.S. district judge claiming the law violated the First Amendment.

The 10th U.S. Circuit Court's ruling was clear: "As the Supreme Court has observed time and again, false statements do not enjoy constitutional protection, except to the extent necessary to protect more valuable speech. Under this principle, the Stolen Valor Act does not impinge on or chill protected speech, and therefore does not offend the First Amendment."

The Atlantic Monthly reported on April 11 that "the name of the Act implies every lie about a military honor defrauds true heroes and American

society, polluting the very meaning of heroism and causing harms that Congress can constitutionally criminalize.

"Restrictions on who can claim to be a recipient of military honors date back to George Washington, who created the first American military award, the Purple Heart, during the Revolutionary War. Then General Washington immediately established the first ban on the unauthorized wearing of such awards by ordering, 'Should any who are not entitled to the honors, have the insolence to assume the badges of them, they shall be severely punished.'"

The Stolen Valor Act states, "Whoever falsely represents himself or herself, verbally or in writing, to have been awarded any decoration or medal authorized by Congress for the Armed Forces of the United States ... shall be fined under this title, imprisoned not more than six months, or both."

# MORE SHIPS FOR POSSIBLE AGENT ORANGE EXPOSURE

*From the VA News website*

The VA's list of ship names of U.S. Navy and Coast Guard vessels in Vietnam is growing. This is good news for Vietnam veterans who served aboard these ships and may qualify for presumption of herbicide exposure and possible exposure to Agent Orange based on their military records.

This evolving list helps veterans who were aboard boats on the inland waterways are presumed to have been exposed to herbicides. Veterans who qualify for presumption of herbicide exposure are not required to show they were exposed to Agent Orange or other herbicides when seeking VA compensation for diseases related to Agent Orange.

If their military records confirm they were aboard ships or boats that were part of the Mobile Riverine Force, Inshore Fire Support (ISF) Division 93 or had specific designations operated on the inland waterways of Vietnam, they may qualify for a presumption of exposure. That includes veterans who made brief visits ashore, including "Blue Water Veterans."

Ships will be regularly added to the list based on information confirmed in official records of ship operations. Currently, there are 214 ships on this list: [www.publichealth.va.gov/exposures/agentorange/shiplist/list.asp](http://www.publichealth.va.gov/exposures/agentorange/shiplist/list.asp)

If you have questions about your eligibility for disability compensation, call 800-827-1000 or 800-829-4833 (TDD for hearing impaired). You can also contact your nearest VA benefits office or county veteran service officer.

# TRIWEST LOSES TRICARE WEST CONTRACT

*Reprinted courtesy of Military.com*

Tricare beneficiaries across 21 western states won't know until this summer whether TriWest Healthcare Alliance will continue to administer their healthcare benefit beyond March of next year. On March 16, TMA officials announced that their procurement team had chosen a different "best value selection." Essentially voiding the TRICARE West Region contract with TriWest and awarding it to UnitedHealth Military & Veterans Services.

After 16 years, TriWest lost its latest bid to continue to run the Tricare West Region under a third generation support contract, this one worth an estimated \$20.46 billion over almost six years. Defense Department officials awarded the contract instead to a company new to Tricare users, a subsidiary of UnitedHealth Group of Minnetonka, Minn., the nation's largest health insurance entity.

TriWest, however, is protesting that award to the Government Accountability Office. The GAO has until early July, to decide whether the contract was awarded properly or if it should be reversed or re-bid.

The change in contractors is due to cost reduction or level of service – likely both. Based on this, it can be assumed that the new contractor plans to make some significant changes which may directly affect TRICARE beneficiaries in some way.

As expected, TriWest was unhappy about the news that the multi-million dollar contract had been taken from them. TriWest's President and CEO, David J. McIntyre Jr., wrote, "We are extremely disappointed that the Department of Defense chose to reverse their decision. For the past 16 years, we have worked tirelessly and with the highest levels of respect to meet the healthcare needs of West Region military families who have very much become our family."

McIntyre said TriWest will ensure that military families in the West Region will continue to receive the "exemplary customer service they have become accustomed to over the last several years." Adding that, "TriWest will continue to deliver on the promise of TRICARE throughout this challenging transition period."

The West region serves almost 2.9 million beneficiaries in those 21 states including Alaska, California, Hawaii, Idaho, Oregon, and Washington. For the many who have become accustomed to having the level of service in the West Region, the question is, what are the changes, and how will they affect the current level of service?

More information about this transition will be forthcoming.

# VA TO STOP ISSUING PAPER CHECKS

*From Military.com*

On March 1, 2013, VA will stop issuing paper checks to comply with Department of Treasury policy. Veterans and other beneficiaries who do not have electronic payments for their federal benefits by that time will receive their funds via a pre-paid debit card.

Called the Direct Express card, it is issued by Commercial Bank as the financial agent of the U.S. Treasury. As a prelude to going to totally paperless payments, those receiving VA compensation or pension benefits for the first time after May 1, 2011 have already been automatically receiving the benefits electronically. Anyone already receiving federal benefit payments electronically will be unaffected by the changes.

Along with payments for VA benefit, the change will also affect recipients of payments from Social Security, Supplemental Security Income, Railroad Retirement Board, and Office of Personnel Management.

To learn more about the federal government's switch to direct deposit, or to change VA benefits to direct deposit, visit [www.godirect.org/](http://www.godirect.org/) or call 800-333-1795.

The image shows a sample of an Oregon license plate. At the top, the word "Oregon" is written in a blue, serif font. Below it, the word "IMAVET" is written in large, bold, blue, sans-serif letters. Underneath "IMAVET", the word "VETERAN" is written in red, bold, sans-serif letters. To the left of "IMAVET" is a gold and red ribbon medal with a circular emblem below it, labeled "VIETNAM". To the right of "IMAVET" is a small American flag. At the bottom left, there is a blue box with the text "MONTH STICKER". At the bottom right, there is a blue box with the text "YEAR STICKER". Below the license plate, there is a green banner with the text "VETERAN RECOGNITION LICENSE PLATES" in white, bold, sans-serif letters. Below this, in smaller white text, it says "A variety of license plates recognizing military service are available through DMV. Sales of these the plates help support the Oregon Veterans' Home." To the right of this banner, there is a yellow banner with the text "GET YOURS TODAY!" in bold, black, sans-serif letters. At the very bottom of the image, there is a small line of text: "Veteran plates cannot be personalized. Example used is for advertising purposes only."

# SALUTE TO AN ARMY WIFE: “She kept our lives going for 70 years”

Reprinted with permission of *The Oregonian*  
By Mike Francis

“Hi, my name is Mel Garten. I was referred to you. It’s about an Army wife, my wife. She’s a woman who has received five telegrams in three wars that I was wounded and she’s kept me going for those three wars. My wounds and decorations that I happen to have, the Distinguished Service Cross, four Silver Stars, five Bronze Stars, five Purple Hearts. She took care of me. She also took care of our home and our family.”  
--edited from Mel Garten’s telephone message

The message checks out. Mel Garten and his fellow paratroopers rescued 2,000 American civilians at Los Banos on the Philippine island of Luzon during World War II. He was awarded the Distinguished Service Cross in 1953 for his heroism on Korea’s Pork Chop Hill. As a lieutenant colonel, he lost a leg in Vietnam. But in the twilight of a long life filled with honors, he thinks the world should know about the person who made it possible.

She is Ruth Garten, who married him in New York in November 1942, gave birth to their two boys, paid the bills, bought the groceries, picked the schools, subdued the dog when it attacked the postman, held down civilian jobs, comforted other military wives and, generally, played a more-than-supporting role while her husband wore an Army uniform.

“I never even bought my own clothes,” Mel Garten says today. “I never went shopping. It was not a part of my life. As an Army wife, she took care of those things.”

He is moved to talk about her partly because he is conscious of the public appeals to support military families during the current wars. He’s not critical of those efforts, but says his wife has endured as much trauma and drama, while getting less attention for it, as any military spouse.

“All these things she put up with. All the things she did for the family. She kept our lives going for 70 years. And she’s going downhill now.”

Today, the Gartens live together at a comfortable Lake Oswego assisted living center. At 89, Ruth’s hand trembles from Parkinson’s Disease and she keeps her words to a minimum. But she is at home in the company of her husband, home from war now for 44 years.

He still moves quickly, especially for a 90-year-old man with a prosthetic leg. He cruises with his walker down the hall between the room he shares with Ruth and another devoted to displaying the fruits of a full life. There are medals, ribbons, framed letters from Lyndon Johnson and Robert Kennedy and everywhere, photos and sketches of his wife and sons.

Right now, she is all he wants to talk about. But he struggles to pay her a proper tribute.

“It’s more than you can talk about,” he says. When he was soldiering, “I tried to appreciate it, but never realized until now how much more she did.”

“This is a woman who kept our house together.

She kept our sons together. Both are successful professionals. Education and all that, she did that work.”

Their two sons are, indeed, highly accomplished professionals, and one of them, federal prosecutor Allan Garten, lives close by with his wife Pam, who “really takes care of us completely,” Melvin says. He and Ruth are also close to Allan’s daughters and his ex-wife, who also visits often.

“My father was extraordinary,” Allan Garten says. “He was gone a lot, but he clearly exerted the dominant influence over my brother and me.”

When he was around, he was active in their lives, coaching their sports teams, for example, says Allan Garten, now 62. But his mother made it work, “the stabilizing influence,” he says.

“She is definitely the glue that held the family together,” says Jeff Garten, 65, a former Yale dean, State Department policy adviser, undersecretary of Commerce, and captain in the Special Forces who lives in East Hampton, N.Y. “Wherever she was, that was our home.”

She even helped launch the career of Jeff Garten’s wife, Ina, who hosts the Food Network’s “Barefoot Contessa” cooking show.

“When we got married, Ina didn’t cook at all,” said Jeff Garten. But her mother-in-law bought her a subscription to the Time-Life cookbook series, which sent a new book every month. The books were “a source of total fascination for Ina,” he says.

“She has about 30 moves. We lived six places while we were overseas. But all that work, all that effort, all the things that she did for our country.”

When the family made one of its frequent moves to a new duty station, Allan Garten says, Ruth Garten made sure “our household was set up instantaneously.” The family’s surroundings would change, but she made sure that things stayed the same for the boys.

“As a kid,” says Jeff Garten, “I never remember her approaching anything other than with a sense of enthusiasm.”

In retirement, Melvin Garten has been building scrapbooks that document his kids’ exploits, his wife’s resilience and his own life in the military and beyond. The spiral-bound scrapbooks, which he lends to a curious visitor, bear titles like “Wine, Roses and War: An American Military Family – 1942-1969,” and “Life and Leisure in the Sunshine State! Florida 1970-2000.”

They are cheery recountings of he and his family’s doings, loaded with exclamation marks! Consider

this snippet describing the family’s year in England when he commanded a British parachute regiment in Aldershot: “As the ‘Colonel’s Lady,’ she decided to visit each of the homes lived in by the sergeants and their families to wish them a Merry Christmas and Happy New Year,” he writes, describing her schedule of visiting a house each day at 10 a.m. “They were waiting for her ... so was sherry, cocktail or champagne...and she came home about noon...to say the least...loaded! But the notes that followed all showed how much they appreciated her visits. Who could ever want more from an Army wife?”

“She spent eight months with me when I was at Walter Reed.”

Ruth’s account of her husband’s recovery from having his jeep blown up in Vietnam is preserved in a first-person account she wrote for the Tampa Tribune in 2001 under the headline “An Army wife’s life.” She describes her response to the wound that cost him his leg and, nearly, his life.

She describes getting the telegram, learning that he was in a coma and was expected to be moved to Walter Reed Hospital “within a month or so.”

“I decided not to tell my sons anything until Mel got to Washington,” she wrote. “I would do this alone.”

She was by his bedside when he awakened from his coma, frightfully thin but still tanned from the sun in Vietnam. “His words,” she noted, “didn’t match his thoughts.”

She stayed with him for a week, then returned to their home in Florida, commuting back to Washington for weekends with her husband.

After 10 months, he was rehabilitated and ready to return to active duty. He had to appear before a medical board to assess his fitness. I was surprised that they also wanted to see me.

“When I got there, they wanted to know only one thing. ‘Was he as difficult a man before he was wounded as he is now?’ one board member asked. ‘No difference,’ I answered. And he passed.”

Remembers Allan Garten, who was surprised as a prep-school student to learn his father was in Walter Reed, “she was quite strong. She was very resolute about all of it.”

Says Jeff Garten: “She was just trying to protect us.”

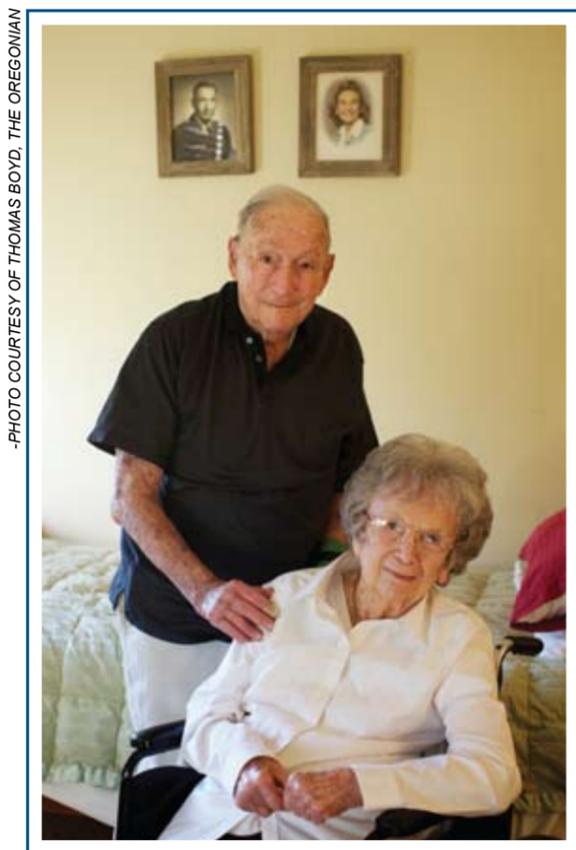
After he got out of the military as a full colonel, Melvin and Ruth settled in Florida, where he took a job first with the National Alliance of Businessmen in Tampa, then joined the faculty of the University of Tampa. The empty nesters golfed and toured the bay in their boat, *The Parade Rest*.

But inevitably, it became clear that they would need to shift to assisted living. That’s when the family agreed to bring them to the Portland area, near Allan and his

family. Jeff Garten, who speaks to his father daily by phone and visits every other month, acknowledges that “it’s not easy getting older.”

But, he said, “my father is handling it extraordinarily well.”

“It’s not about me. It’s about her. All these things that she put up with. All these things she did to lead the family.”



-PHOTO COURTESY OF THOMAS BOYD, THE OREGONIAN

**Mel Garten said his wife Ruth made his military career possible.**



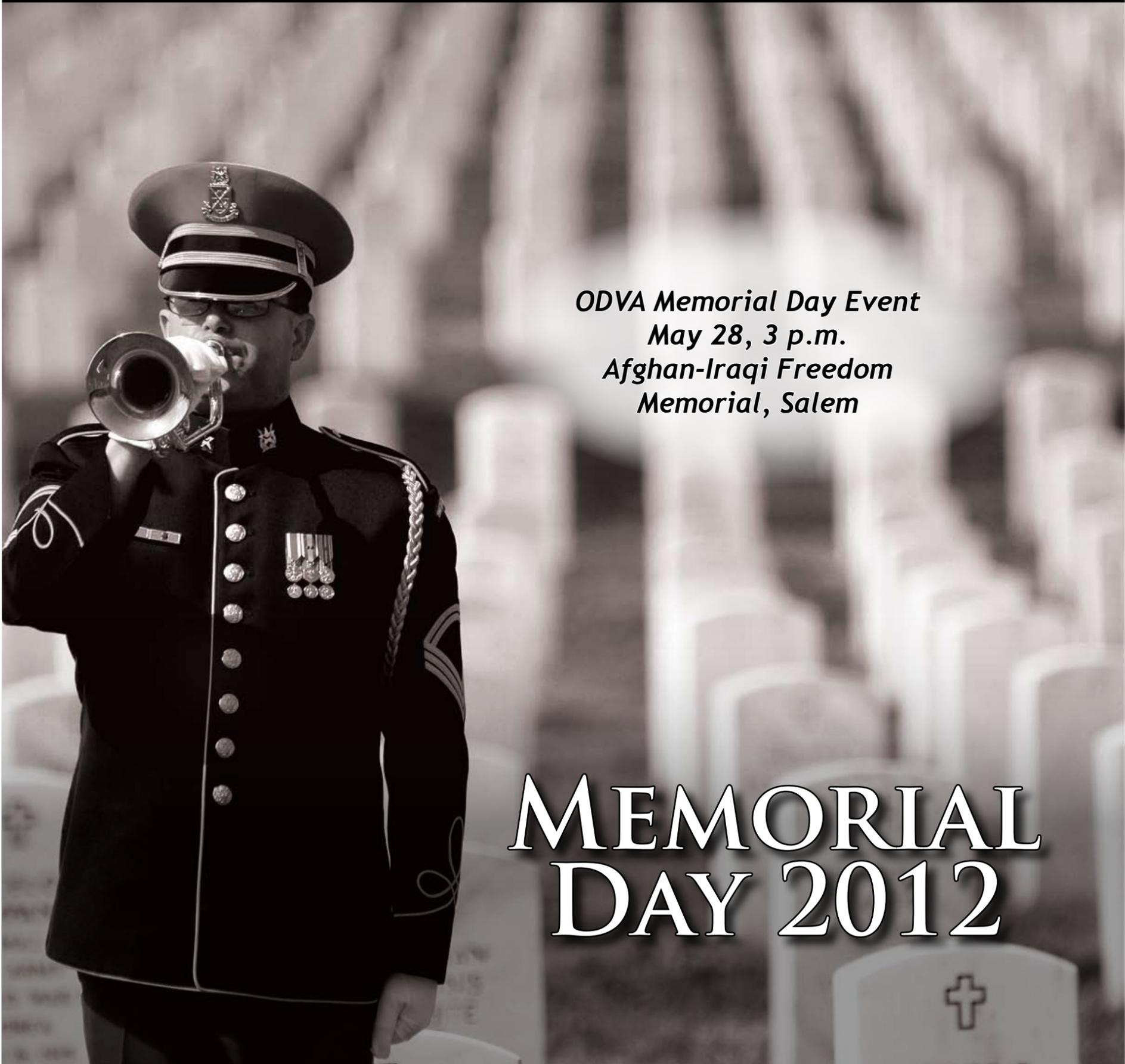
-PHOTO COURTESY OF THOMAS BOYD, THE OREGONIAN

**Mel and Ruth Garten were married in Nov. 1942.**



# Memorial Day 2012

Special Pull-out Section



*ODVA Memorial Day Event  
May 28, 3 p.m.  
Afghan-Iraqi Freedom  
Memorial, Salem*

# MEMORIAL DAY 2012



*Don't Miss!*

## *The National Memorial Day Concert*

Live on PBS from the West Lawn of the U.S. Capitol in High Definition!

Sunday, May 27th, from 5:00 to 6:30 pm (check local listings).

PBS's National Memorial Day Concert has led the nation in honoring the service and sacrifice of our men and women in uniform, their families at home and all the fallen who have given their lives for our country.

# MEMORIAL DAY

## Albany

**May 28 - 11 a.m.** — Following the ceremony at Willamette Memorial Park, 2640 Old Salem Rd. NE, there will be lunch at American Legion Post 10, 129 NW 1st Ave., and also at the VFW Post, 1469 Timber St. SE  
**2 p.m.** - A Memorial Day program will be at Twin Oaks Memorial Gardens, 34275 Riverside Dr.  
*Roy Poppleton, 541-928-7925*

## Beaverton

**May 28 - 10:30 a.m.** — Beaverton's Veterans Memorial Park, 7th and Watson Streets. American Legion Band will play patriotic music.  
**11 a.m.** - Main Memorial Day program will begin featuring an Honor Guard Flag presentation, POW/MIA ceremony, and guest speakers.  
**12:15 p.m.** - The sub vets will hold a Tolling of the Boats at the *USS Albacore* Monument.  
*Marv Doty, 503-644-0350, marvdoty@comcast.net*

## Bend

**May 28 - 1 p.m.** — Deschutes Memorial Gardens, Hwy 97. Annual Memorial Day services featuring guest speaker Major Scot Cauchran, Army Adjutant, Army National Guard. Poppy March during the ceremony. A flyover has been requested. Reception following at VFW Post 1643, 1503 NE 4th St.  
*Bob Cusick, 541-389-0775*

## Canby

**May 28 - 11 a.m.** — Zion Memorial Cemetery, Township Rd. Guest speakers, rifle salute, reading of the names of Oregon veterans who passed away in the last year. Event sponsored by American Legion Post 122.  
*Richard Weiss, 503-975-9537*

## Cave Junction

**May 28 - 10 a.m.** — Local high school band will play patriotic songs and Taps at City Hall, 222 Lister Ave.  
**10:45 a.m.** - Ceremony held at Laurel Cemetery, 1090 Laurel Road.  
**11:30 a.m.** - Ceremony at Deer Creek Cemetery on Lake Shore Dr. in Selma.  
*Bob Soria, 541-592-6856*

## Canyonville

**May 28 - 11 a.m.** — Annual Veterans Remembrance Ceremony at the Veterans Memorial in front of City Hall. A flyover has been requested.  
*Chuck Spindel, 541-503-6556*

## Central Point

**May 28 - 9 a.m.** — Don Jones City Park on Hammick Road. Annual Fallen War Heroes Memorial Day Commemoration.  
*Mary Terrell, 541-664-0191*

## Coos Bay

**May 26 - 11 a.m.** — Annual Memorial Day parade through downtown Coos Bay. Check-in and registration for the parade begins at 8 a.m. behind Bi-Mart near Ray's Pizza. You must register to be in parade.  
*Bill Kehler, 541-888-6556, slkwrk@frontier.com*

**May 28 - 11 a.m.** — Sunset Memorial Cemetery will have burial flags on display.  
**12 p.m.** - Burial flags on display at Ocean View Cemetery. Flags are placed by American Legion Post 10 in honor of all veterans who served.  
*Gene Melton, 541-290-4222*

## Corvallis

**May 28 - 2 p.m.** — Tribute to Benton County veterans and MIA, Lt. Col. Edward D. Silver, at Benton County Vets Memorial, south lawn of the National Guard Armory, 1100 NW Kings Blvd. Guest speakers, and a flyover has been requested. Event is open to the public.  
*Les Whittle, 541-752-3222*

## Dallas

**May 28 - 11 a.m.** — Avenue of Flags display, Dallas Cemetery, 2065 SW Fairview, with more than 500 burial flags. Guest speakers, and the high school choir will perform.  
*Dennis Johnson, 503-623-3727*

## Depoe Bay

**May 28 - 11 a.m.** — After a brief ceremony at Depoe Bay Harbor front, at the foot of Coast Guard Ave., attendees will board vessels of the local fishing fleet. The boats pass under the Depoe Bay Bridge to the open ocean. Flowers from all boats are cast upon the water in memory of all who have lost their lives at sea and to the men and women of the armed force who were KIA.  
*Phil Taunton, 541-765-2261*

## Eagle Point

**May 28 - 11 a.m.** — Flags and crosses will be on all veterans graves at Eagle Point National Cemetery, 2763 Riley Rd. Ceremony will feature Sen. Ron Wyden as guest speaker, music by the Southern Oregon Scottish Bag Pipe Band. A flyover has been requested.  
*Jerry Rainey, 541-826-2511*

## Estacada

**May 28 - 7 a.m.** — Odd Fellows Hall, SW 2nd Ave. American Legion Post 74 will host a Memorial Day Breakfast from 7 a.m. to 11:30 a.m. \$5 per person  
*Douglas Jamieron, 503-630-3673*

## Eugene

**May 23 - 5:30 p.m.** — U of O will host a preview screening of the documentary, *To Them That's Gone*, and hold its own Run For the Fallen in honor of Memorial Day and to remember all those killed in Iraq and Afghanistan. Cost; \$15 for movie and run, proceeds go to charities and non-profit programs that support veterans and their families. U of O Prince Lucien Campbell Room 180, 1415 Kincaid St.  
*Kelley B. Hickman, 541-905-6300*

**May 28 - 9 a.m.** — Annual Memorial Day ceremonies at Mt. Calvary Cemetery, 300 Mary Lane.  
**12:30 p.m.** - Ceremony at Lane Memorial Gardens, 5300 W. 11th Ave.  
**2 p.m.** - Ceremony at West Lawn Memorial Park and Funeral Home, 225 S. Danebo Ave.  
*Dee Harbison, 541-686-2818*

**May 28 - 11 a.m.** — Memorial Day ceremonies at Eugene Pioneer Cemetery, 18th and University Ave., sponsored by American Legion Post 3.  
*Robert Potter, 541-338-4074*

## Forest Grove

**May 28 - 11 a.m.** — Avenue of Flags, Forest View Cemetery, 1161 Pacific Ave., featuring 100+ burial flags, guest speaker, color guard and the 218th Field Artillery. A flyover has been requested.  
*Jim Craig, 971-235-6056*

## Glide

**May 28 - 10 a.m.** — Community Center, 20062 N Umpqua Hwy. Presentation of Colors, pledge of allegiance by Boy Scout Troop 112, Glide High School band and choir. A flyover has been requested. Keynote speaker, Mike Hendricks will speak on PTSD. Refreshments will be served.  
*Bill DeGroot, 541-496-0422*

## Grants Pass

**May 25 - 12 p.m.** — More than 1,000 flags on display at Hillscrest Cemetery dedicated to those who have served and given their lives for freedom. This event is hosted by the Spirit Warriors.  
*Spirit Warriors, 541-660-1342 or 541-659-5485*

## May 27 - 11:30 a.m.

American Legion Post 28, 206 NW F St. Annual Pancake Breakfast.  
*American Legion Post 28, 541-474-6400*

## Hillsboro

**May 28 - 11 a.m.** — Annual Memorial Day ceremonies will be held at Pioneer Cemetery, 1601 SW Baseline Rd. Hosted by American Legion Post 129.  
*Robert Liebenow, 503-649-9250*

**2 p.m.** — Veterans Memorial Gateway Park, across from the airport at Washington County Fairgrounds. Dedication ceremonies for the Veterans Memorial Gateway Park will feature Mayor Wiley, Wash. Co. Comm. Andy Duyck and Brig. Gen. Eric Vollmecke as guest speakers.  
*Doug Lund, 503-357-0357*

## Hood River

**May 28 - 11 a.m.** — At ceremony at Idlewild Cemetery on Tucker Road. The theme: "Prisoners of War." Also participating: Hood River Valley High School band, American Legion Post 22, Oregon Army National Guard Color Guard, a special guest speaker, soloist Dana Branson.  
*Bob Huskey, 541-386-2599*

## Independence

**May 28 - 8 a.m.** — Veterans Memorial in Riverfront Park. Annual Memorial Ceremony will be held in Riverfront Park.  
*Douglas Birge, 503-510-6637*

## Klamath Falls

**May 28 - 6:30 a.m.** — Klamath Memorial Cemetery on Memorial Drive Cemetery will host a sunrise service.  
**10 a.m.** - Annual parade sponsored by American Legion Post 8, Main St. to Veterans Park.  
**11 a.m.** - Memorial Day ceremony at Veterans Park sponsored by VFW Post 1383.  
**12:30 p.m.** - Open house at each of the following - VFW Post located at 515 Klamath Ave., will be serving a stew lunch. American Legion Post 8, 228 N 8th St., will have a chili feed, and the Marine Corps League, 1018 Main St. will host a spaghetti feed. No charge.  
*Michael Reynolds, 541-891-5749*

## La Grande

**May 28 - 11 a.m.** — Avenue of flags and Memorial Day Ceremony. The Avenue of Flags will be on display beginning Sat., May 26 and will be lit at night at Grandview Cemetery.  
*Lonnie Myers, 541-963-2908*

## La Pine

**May 28 - 11 a.m.** — Memorial Day services will be held at Community Cemetery, Reed Rd. off Hwy 97 with an open house at the American Legion Post 45, 52532 Drafter Rd., afterwards.  
*Pat Cotton, 541-536-1402*

# MEMORIAL EVENTS ~ 2012

## Lebanon

**May 28 - 11 a.m.** — More than 490 burial flags on display. U.S. flags and crosses will be placed on all veterans graves, at the IOOF Cemetery, north end of Lebanon on east side of Hwy 20.

*Fred Schafer, 541-258-7453*

## Madras

**May 28 - 12 p.m.** — Tribute ceremony at Sahalie Park at 7th and B Streets held by American Legion Post 125. Memorial Day BBQ will follow. Donations only.

*Keegan Hodges, 541-350-8009*

## Malin

**May 28 - 7 a.m.** — Annual Memorial Day Breakfast of pancakes, sausage and eggs at Malin Park Community Hall, 2307 Front St. Breakfast is followed by a Everlasting Ceremony to honor all deceased veterans. \$7.50 per person, \$20 per family. All proceeds to support veteran and community needs.

*Dennis Chabot, 541-723-2110*

## Molalla

**May 28 - 10 a.m.** — VFW Post 3973 will hold a Memorial Day ceremony at Adams Cemetery, Adams Cemetery Rd.

*Jason Carroll, 503-824-3608*

## Mt. Angel

**May 28 - 9:30 a.m.** — Memorial Day service with flag presentation, Honor Guard and an artillery salute at Calvary Cemetery, Hwy 214.

**10 a.m.** - Mass will be offered. A reception will follow at the American Legion Post 89, 740 College St.

*Stephen Miller, 503-845-6460*

## Pendleton

**May 28 - 9 a.m.** — A Memorial Day service to honor all veterans will be held at Veterans Memorial Garden, 131 SE Byers Ave.

**11 a.m.** - Avenue of Flags and special tribute to KIA of major wars who were from the area at Olney Cemetery.

*Kenneth Garrett, 541-276-3189*

## Portland

**May 28 - 10 a.m.** — Annual ceremony with live patriotic music, military Honor Guard, guest speakers, veterans organizations flag procession at Willamette National Cemetery, 11800 SE Mt. Scott Blvd. A flyover has been requested.

*Roger Huntley, 503-273-5250*

**May 28 - 10 a.m.** — Ore. Vietnam Veterans Living Memorial at 4022 SW Canyon Rd. Reading of the 805 names of Oregon service members who appear on the memorial's granite walls.

**11:15 a.m.** - Annual ceremony featuring guest speakers. A flyover has been requested.

*Ron Cannon, 503-819-4228*

**May 28 - 1 p.m.** — Portland Rose Festival's City Fair, RoZone area near Yamhill St. entrance to Tom McCall Waterfront Park. "Diva and the Dixies" concert.

**1:30 p.m.** - Danner Memorial Day March with Grand Marshals: Shepherds for Helmand.

**2 p.m.** - Conchords Chorale Patriotic Sing-Along.

**2:15 p.m.** - Commemoration Ceremony presented by TriWest Health Care Alliance.

**3 p.m.** - National Moment of Remembrance. A military flyover has been requested.

**3:30 p.m.** - Lock, Stock & Barrel concert.

**4:45 p.m.** - The Usual Suspects concert.

*Sara Wright, 503-227-2681, [www.rosefestival.org/events/](http://www.rosefestival.org/events/)*

## Prineville

**May 28 - 10:30 a.m.** — Parade through downtown Prineville. Directly following will be a Memorial Day service at Juniper Haven Cemetery.

*John Ferguson, 541-447-2329*

## Redmond

**May 28 - 11 a.m.** — Memorial Day ceremony will be held at Redmond Cemetery, Yew Ave. and Old Bend-Redmond Hwy, featuring an Avenue of Flags display.

*Dennis Guthrie, 541-280-5161*

## Roseburg

**May 28 - 11 a.m.** — Roseburg National Cemetery, 1770 W. Harvard Ave. Reading of proclamation, laying of wreaths, and a flyover has been requested.

A picnic will follow at Stewart Park sponsored by Douglas County Veterans Forum.

*Rick Sciapili, 541-957-1374*

## Salem

**May 28 - 11 a.m.** — Memorial ceremony featuring guest speakers at City View Cemetery, 390 Hoyt St. A lunch will follow at the VFW Hall, 630 Hood St. NE at no charge.

*Bob Berg, 503-304-1386*

**May 28 - 11 a.m.** — Restlawn Memory Gardens, 201 Oakgrove Rd. NW. Ceremony to honor all fallen heroes featuring a reading of names, flag ceremony, personal tribute, Procession of the Blood Rose, and Military Honors.

*Oregon Remembers, 503-585-1373*

**May 28 - 3 p.m.** — Afghan-Iraqi Freedom Memorial Day Ceremony at 700 Summer St. NE. Speaker will be Jim Willis, Director Oregon Department of Veterans' Affairs. Names of Oregon KIA's from these two wars inscribed onto the Memorial Wall will be read during the ceremony.

*Robin Steckley, 503-373-2390*

## Scappoose

**May 28 - 10:30 a.m.** — A Memorial Day ceremony featuring guest speaker, Brig. Gen. Kenneth Ross, and a rifle salute at VFW Hall at 52469 SE 2nd St. A flyover has been requested.

*Ronald Urban, 503-543-7482*

## Siletz

**May 28 - 11 a.m.** — Memorial Day ceremony on Government Hill. A free lunch will follow provided by the Siletz Tribal Culture Committee.

*Tony Molina, 541-444-8205*

## Sisters

**May 28 - 11 a.m.** — The Village Green Park at Fir St. and Washington Ave. A memorial service will be held at the Village Green Park followed by a hamburger BBQ.

*John Miller, 541-549-4162*

## Springfield

**May 28 - 10 a.m.** — A Memorial Day ceremony will be held at Springfield Memorial Gardens, 7305 Main St.

*Dee Harbison, 541-686-2818*

## Terrebonne

**May 28 - 9 a.m.** — A memorial ceremony will be held at Pioneer Cemetery, 485 NW Larch Ave.

*Dennis Guthrie, 541-280-5161*

## The Dalles

**May 28 - 8:30 a.m.** — At The Dalles Boat Basin, Navy Mothers will perform a wreath laying.

**9:30 a.m.** - A ceremony will be held at Parklawn Cemetery with wreath laying and flag presentation ceremonies.

**11 a.m.** - Wreath laying and flag ceremony at the Odd Fellows Cemetery.

**12 p.m.** - A memorial ceremony to be held at the Kelly Viewpoint Veterans Memorial.

**2 p.m.** - Memorial Day ceremony will be held at the Oregon Veterans' Home, 700 Veterans Drive.

*Dick Fadness, 509-767-4779*

## Tigard

**May 28 - 11 a.m.** — Crescent Grove Cemetery Annual Memorial Day ceremony will be held featuring guest speaker Craig E. Dirksen, mayor of Tigard, and Tualatin Valley Fire & Rescue Bag Pipe Band.

*American Legion Post 158, 503-624-2332*

## Tillamook

**May 28 - 11 a.m.** — Sunset Heights Memorial Gardens Cemetery, 7800, Trask River Rd. Tillamook Community Band will be performing patriotic music, guest speakers, presentation of the colors, reading of names of Tillamook County veterans that have died since May 2011. Taps will be played and a flyover has been requested. Refreshments will be served following the ceremony.

*Dean Crist, 503-842-6213*

## Tualatin

**May 28 - 11 a.m.** — A ceremony at Winona Cemetery will feature former Tualatin City Councilman and WWII veteran Bill Gleason. A WWII submariner bugler will play taps, Tualatin Police Honor Guard, and a static display by station members of Tualatin Valley Fire Dept. A flyover has been requested.

*Dale Potts, 503-692-1832*

## Wasco

**May 28 - 10:30 a.m.** — Historic Train Depot, Clark and Fulton Streets. Annual parade through downtown. Veterans are invited to ride on the parade float.

Following will be a BBQ lunch, helicopter rides, car and truck show, and a pastry auction.

*Cassie Strege, 541-442-5515*

## Wilsonville

**May 26 - 11 a.m.** — The Oregon Trail Chapter of the Korean War Veterans of America will host a gathering and ceremony at Oregon Korean War Memorial. All are invited to pay their respects to those that served and those that gave the ultimate sacrifice. The Memorial is located off I-5, exit 283, about 10 miles south of Portland. Follow the signs to Town Center Park.

*Don Cohen, 503-628-1847*

## Woodburn

**May 28 - 10:30 a.m.** — Belle Passi Cemetery, 997 Belle Passi Cemetery Rd. Annual Remembrance ceremony will feature an avenue of flags of nearly 300 burial flags. Hosted by American Legion Post 46.

*Dan Evers, 503-981-1470*

# CIVIL WAR CREMAINS LEFT UNCLAIMED FOR 88 YEARS FINALLY RECEIVE BURIAL

# VA BEGINS TRIBAL CONSULTATION SESSIONS

--PHOTOS BY SPC. CORY GROGAN, OREGON MILITARY DEPT. PUBLIC AFFAIRS.



*Stevens, Baker and Renniger Camps, Sons of Union Veterans, fire Civil War era rifles for an honors salute, during a funeral for Civil War veteran Peter Jones Knapp, Apr. 13 at the Willamette National Cemetery. The remains of Knapp and his wife Georgianna were located and claimed by family member, Alice Knapp, after they sat unclaimed, at the Portland Crematorium for 88 years.*



*The cremated remains of Civil War veteran Peter Jones Knapp, and his wife Georgianna, are displayed Apr. 13, at the Willamette National Cemetery, where Knapp received full military honors from the Oregon National Guard on the anniversary of his death in 1924. Knapp's remains were found by relative Alice Knapp after they sat unclaimed at the Portland Crematorium for 88 years.*

WASHINGTON – The Department of Veterans Affairs hosted its first tribal consultation focused on providing services to American Indian and Alaska Native Veterans in Washington, D.C., on April 5.

“The only way we can fully address the concerns of these Veterans is through a consistent and comprehensive dialogue,” said Secretary of Veterans Affairs Eric K. Shinseki. “We consider these meetings vital to that effort.”

This was the first of four scheduled meetings VA plans to hold in 2012 to address the needs of the American Indian and Alaska Native veteran population, currently estimated at 200,000.

The meetings focused on areas concerning the three major components of VA. Within the Veterans Benefits Administration, the discussion centered on the Native American Direct Loan Program, which enables eligible veterans to use their VA home loan guaranty benefit on federal trust land.

Included in the topics covered by the Veterans Health Administration was a discussion on how VA can engage tribes in activities related to an agreement with the Indian Health Service. The agreement seeks ways to enhance the health care of American Indian and Alaska Native veterans through greater collaboration and resource-sharing between both agencies.

Finally, the National Cemetery Administration explored ways of increasing awareness of a public law stipulating that grants to tribal organizations will be made in the same manner as grants to states.

“The meeting was productive and allowed everyone involved to provide their unique insights on the issues,” said Deputy Assistant Secretary for Intergovernmental Affairs John Garcia. “We think it established a good foundation for progress the rest of this year.”

## World War II Memorial Donation Form

**Yes, I would like to donate toward the construction of Oregon's WWII Memorial.**

Please make out your check to: WWII Memorial Foundation, 805 Skyline Crest Road, Portland, OR 97229.

Amount donated: \$ \_\_\_\_\_

Please mail my receipt and a certificate to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

(This section is optional)

My donation is made in honor of the following WWII veteran.

Name: \_\_\_\_\_ Branch: \_\_\_\_\_

Rank: \_\_\_\_\_

# DOGS HELP VET ADJUST TO LIFE AT HOME

Reprinted courtesy Salem Statesman Journal.  
By Capi Lynn

SALEM - Angel Morrow greets me at the entrance to Willamette Humane Society with a tiny dog tucked inside her jacket.

Daniel, an 8-year-old dachshund-Jack Russell terrier mix, looks cozy and right at home.

Morrow has a reputation around here, of having what a fellow volunteer refers to as a kangaroo pouch. She always arrives early and usually can be seen snuggling a dog like Daniel. She has a thing for little dogs, although she did spend time on this particular day with a Labrador retriever-Great Dane mix and an Alaskan malamute, and last year she adopted a pit bull.

Morrow is a volunteer dog walker, or dog holder in the case of Daniel, and it's obvious she provides love and companionship to canines that have been abandoned or surrendered and are awaiting new homes.

What isn't obvious is what the dogs do for her.

Morrow, a sergeant in the Oregon Army National Guard who has served two tours in Afghanistan, has struggled with severe anxiety and depression since returning home, both related to post traumatic stress disorder. Traditional therapy has helped, but she will be the first to tell you that adopting a dog at the Humane Society and volunteering at the shelter has done so much more for her recovery.

"This has totally brought me out of my shell and given me a sense of purpose I had been lacking," Morrow said. "I don't know all the physiological and psychiatric responses to animals, but it works."

The 29-year-old is sharing her story with state military, government and business leaders, as well as fellow soldiers, in hopes that animal-assisted therapy will be considered as a treatment option for PTSD. She spoke in March at an Oregon National Guard Reintegration Summit in Salem and did an encore in Portland in April.

"It's important to me, especially after the issues I had," she said.

Morrow did two tours in Afghanistan as a medic, first in 2006-07 with the 41st Brigade Combat Team and then in 2009-10 with the 162nd Engineer Company

Morrow was highly decorated during her first tour, earning a Bronze Star and the Combat Medic Badge. The Bronze Star was for overall service, including organizing missions to Afghan villages to treat about 13,000 women and children, and helping treat a female American soldier who lost both her legs. The Combat Medic Badge was for treating three Afghan children while under enemy fire.

Morrow returned from her second deployment in November 2010, and the PTSD-related issues were not noticeable, at least not at first.

"The first three, four months you're in a total honeymoon period," she said. "You've got a bunch of money you earned overseas and for the first time in your life don't have to go out and get a job."

Soldiers want to hang out with family, she said, and do all the everyday, normal things they missed while serving in a combat zone.

"Then reality kind of sets in at the six-to nine-month mark," Morrow said. "That's when you run out of money and you're tired of sitting around the house."

But she stayed home. She became depressed and would lie in bed all day and watch TV. She felt she didn't have a sense of purpose and missed her

Enter Daniel, Tootsie, Rainy, Geisha, Sally and the gang at Willamette Humane Society. Once a week, Morrow ties on a red apron, fills the pockets with treats, and spends time with the dogs. She enjoys every minute of it. She is thankful for all that Bianca and the other dogs have done for her, which is manage her PTSD. They are her heroes.

"People send us their happy tales about adoptions," said Kara Kuh of the Humane Society, "but her story is more unique because she really talks about how it has truly saved her life."

Animals have been used in a variety of settings, such as nursing homes and mental institutions, for therapeutic benefits. Studies have shown that animal-assisted therapy can decrease loneliness and depression, and increase levels of trust, all symptoms veterans are at risk of experiencing after deployments.

Morrow soon will be back working full time for the Oregon National Guard. She has accepted a position helping soldiers and their families with their TRICARE benefits. She plans to continue sharing her story and touting the possibilities of animal-assisted therapy, hopefully to encourage care providers to consider it in addition to traditional treatment.

"Depression meds and counseling are great, but the animal stuff could be a huge help when it's used in addition," Morrow said. "I just think we can explore what can be. We've got all these dogs here. We've got soldiers sitting at home depressed and suicidal. Let's meet them up."



Angel Morrow spends some quality time with her canine pal Rocky while volunteering at Salem's Willamette Humane Society.

identity as a soldier and her mission. On her last deployment, she was the medic for 100 soldiers who nicknamed her "Momma Medic."

As post-combat anxiety set in, she was unable to explain what was going on to friends and family.

"It's frustrating because you don't know what it is," she said. "I'm a medic. I've got to know what the problem is so I can fix it."

She started having anxiety attacks, sometimes at work. As a case manager for Medical Command, she helped prepare soldiers for deployment and helped them transition after coming home. She said it was especially difficult dealing with cases involving line of duty injuries.

Morrow finally had a breakdown and had to stop working. She took what she called a mental timeout, but not even that helped with her depression. In her mind, though, she wasn't in real danger, telling herself: "I'm not going to be that person to think about suicide."

She was familiar with the suicide risks for returning soldiers. A former boyfriend had attempted suicide, as had a couple of other friends.

"I definitely did not have a plan. I'm a Christian, so I wouldn't commit suicide," she said. "But there were parts about me that thought about death and dying."

Amidst all this, Morrow saw a pit bull named Bianca on the Willamette Humane Society website.

"There was just something in that little face," she said. "I came and adopted her that same day. Things have been looking up since then."

While adopting the dog, she got a glimpse of what volunteers do at the Humane Society and in November, made the six-month commitment to be a volunteer dog walker once a week.

"I was turning into a bit of a recluse," she said. "I needed an outlet, one, to be with animals, and two, to feel a maternal role. I needed something to take care of."



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Not only does the Home accept monetary donations, but gifts such as magazine subscriptions, books, blankets, and personal items. If you are interested in donating your time as a volunteer, please contact the Home at 541-296-7152.

*Contributions during the months of February and March 2012.*



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 COMOAA  
 Coos Bay Elks Lodge 1160  
 Craig and Cherie Cline  
 Darrell and Winfred Mitchell  
 David and Peggy Childs  
 David Jarvis  
 Debbie Monroe  
 Disabled American Veterans Unit 5 Auxiliary  
 Donald and Eloise Wierson  
 Dorothy Jansen  
 Duane and Gail Dunham  
 Edwin Sather  
 Gary and Janet Miller  
 J.D. Ross  
 Jack Magnuson  
 James and Marion Crews  
 Janice Raisl  
 Jerry and Nancy Bowman  
 John and Vickie Cameron  
 John Woods  
 Kathleen Blome  
 Keith and Cheryl Stubblefield  
 Larry Hctor  
 Larry Nodruft  
 Leonie Corbeth  
 Leroy Churchill  
 Lillian Bergen  
 Lois Holton

Mary Gifford  
 Melvin and Norma Peterson  
 Michel Fisher  
 Military Order of the Purple Heart Auxiliary  
 Military Order of the Purple Heart Chapter 72  
 Mr. and Mrs. Bergen  
 Mr. and Mrs. Bernie Wierson  
 Mr. and Mrs. Bilquist  
 Mr. and Mrs. Glenn Weirson  
 Mr. and Mrs. Pederson  
 Mr. and Mrs. Rodolph Chevalier  
 Mr. and Mrs. Roseno  
 Noreen Rowe  
 Oregon CVSO Association  
 Oregon State Elks Association  
 Oregon Veterans Home Gift Shop  
 Paul Burger  
 Paul Rectenwald  
 Portland General Electric Employee Fund  
 Recycle America Alliance  
 Rick and Linda Nikkila  
 Silverton Elks Lodge 2210  
 Stanley Elliott  
 Stephen Gracon  
 Stephen Sharp  
 Steven and Vicki Wagenblast  
 The Chosen Few Oregon Chapter  
 The Girls of Addie  
 The Jolly Stickers  
 Thomas and Virginia Hake  
 Timothy Hearn  
 Tom and Peggy Fox  
 Umpqua Bank Employee Giving Fund  
 United Way of the Columbia - Willamette  
 Van Wright  
 Vernice Johnson  
 Veterans of Foreign Wars Post 10637 Tygh Valley  
 Veterans of Foreign Wars Post 5638 Auxiliary  
 Vickie and Lee Mullin  
 Willford Dunster



*Betty Pomeroy, Woman Veteran of the Year.*

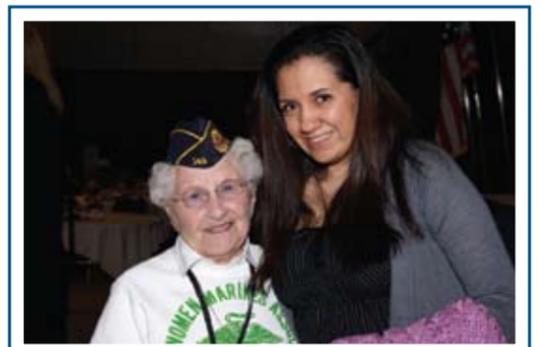
## HUNDREDS ATTEND WOMEN VETERANS CONFERENCE

SALEM – The 8<sup>th</sup> bi-annual Oregon Women's Veteran Conference hosted nearly 350 female veterans at the Salem Conference Center on March 30-31. This two day event drew women from all across the state to network, participate in workshops, sample several dozen vendors and attend a Fallen Women Warriors Memorial Ceremony.

During the conference, ODVA Deputy Director Val Conley presented three awards. The most coveted, the Woman Veteran of the Year, was presented to Betty Pomeroy of Hillsboro. A retired US Army colonel, Pomeroy is a long-time volunteer for veteran's causes and former member of Oregon's Veterans Affairs Advisory Committee. Her 30 years of military service taught her a sense of pride and that "you serve to serve others and give back. Life's been good," Pomeroy said.

Ruth Turley, 90, of Salem was the oldest women veteran in attendance. She also was one of the first women to join the Marine Corps in early-1942. "I was three pounds underweight, so I was told to eat bananas and molasses and overnight I gained six pounds," she said. "I loved my time serving in the Marines. It was an important part for my life."

The youngest veteran was Oregon Army National Guard medic and Iraq veteran, Spc. America Cunningham, 27, of Salem.



*Ruth Turley and America Cunningham, the oldest and youngest conference attendees.*

### Another opportunity to donate.

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Cardholder's Name: \_\_\_\_\_

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Please make checks payable to the Oregon Veterans' Home and mail to:  
 Oregon Veterans' Home, c/o ODVA 700 Summer St. NE, Salem, OR 97301

# MILITARY REUNIONS AND EVENTS

**Battle of Midway Veterans Needed** – The U.S. Navy invites survivors of the Battle of Midway to commemorate the 70th anniversary of that battle. Survivors and their families are invited to attend a ceremony during the first week of June at Naval Base Ventura County, CA.  
*Contact: Senior Chief Carrillo, 805-989-7637*

**“Top Gun” Anniversary-USS Ranger Fundraiser**  
Help bring the supercarrier to Fairview and celebrate the 25th anniversary of the movie “Top Gun” (filmed aboard the USS Ranger). May 6, Mt. Hood Theatre, 401 E. Powell Blvd., Gresham, 12 p.m. to 3 p.m. Cost: \$10. Tickets at: [www.ussranger.org](http://www.ussranger.org) and at designated locations.  
*Contact: Shannon Chisom, 503-558-8519*

**Disabled American Veterans (AMVETS) Convention**  
All are welcome to attend, May 8-10, at the McMinnville Elk's Lodge, 333 NE Evans St.  
*Contact: Gene Melton, 541-267-4222; oldfossil137@yahoo.com*

**Oregon Military Museum's Dinner Auction** – The All-Star Salute celebrates and honors Oregon's military past and present. Former Oregon Gov.'s Vic Atiyeh and Ted Kulongoski will preside over the fundraiser, Fri., May 18, at the Oregon Golf Club, West Linn. Silent Auction: 5 p.m. Dinner: 6:30 p.m. Sponsored by the Historical Outreach Foundation, [www.historicaloutreach.com](http://www.historicaloutreach.com). Get tickets online or by phone.  
*Contact: Alisha Hamel, 503-705-5965 or [www.allstarsalute.com](http://www.allstarsalute.com)*

**Oregon Vietnam Memorial Work Party Needed**  
Volunteers are requested to help prepare the memorial grounds for Memorial Day--the memorial's 25th anniversary. Workers will be provided tools, gloves and a free lunch, and should gather at the memorial at 8 a.m., Sat. May 18. Call and verify your attendance.  
*Contact: Jerry Pero, 503-866-3990*

**American Merchant Marine-Navy Armed Guard National Convention** – The 26th annual convention and reunion is at the Maritime Institute of Technology Convention Center, near Baltimore, MD, June 4-7. Register online: [www.ammv.info/registration.pdf](http://www.ammv.info/registration.pdf)  
*Contact: Morris Harvey, 352-564-0267; morris27@centurylink.net*

**Marine Corps League State Convention** – The annual convention, June 15-17, is at the Quality Inn, Klamath Falls, 100 Main St. Call and request the conference room rate: 541-882-4666  
*Contact: Warren Griffith, 541-2205-2558; warrengriffith@q.com*

**American Legion, Dept. of Oregon Convention**  
The 93rd annual convention, June 26-30, is hosted by Redmond American Legion Post 44, at Obsidian Middle School, 1335 SW Obsidian Ave. Joint opening ceremonies on Wed., the 27th, at 6:30 p.m.  
*Contact: Gus Oberg, 541-548-5688; alpost44@bendbroadband.com or [www.orlegion.org](http://www.orlegion.org)*

**American Legion Auxiliary, Dept. of Oregon Convention** – The 92nd annual convention, June 27-30, is hosted by Redmond American Legion Post 44, at Obsidian Middle School, 1335 SW Obsidian Ave. Joint opening ceremonies on Wed., the 27th, at 6:30 p.m.  
*Contact: Virginia Biddle, 503-682-3162; alaor@pcez.com or [www.orlegion.org](http://www.orlegion.org)*

**National Reunion of the 1st Marine Division Assoc.**  
– Hosted by the Oregon/Columbia River Chapter, in Portland, Aug. 13-19, at the Marriott, Downtown Waterfront. Call for reservations: 503-226-7600.  
*Contact: Steven Easterday, 503-828-7144; portlandsteve@gmail.com or [www.1stmarinedivisionassociation.org](http://www.1stmarinedivisionassociation.org)*

**47th Annual ANG Western States Golf Tournament**  
Will be played in Portland and Ridgefield, WA, Aug. 21-23. Open to all members of the Oregon Air and Army National Guard, retirees and dependents. Tournament proceeds go to the 142nd FW Community Foundation. Room reservations: Red Lion on the River-Jantzen Beach, 866-257-5990.  
*Contact: [2012.ang.golf@gmail.com](mailto:2012.ang.golf@gmail.com), or [www.facebook.com/2012.ANG.golf](http://www.facebook.com/2012.ANG.golf)*

**100th Infantry Division Members, Families** – All are invited to meet, get acquainted and help organize future meetings in Oregon and the Northwest.  
*Contact: John Day, 503-362-0340; jnwday@yahoo.com*

**Underage Military Veterans Service** – Monthly meeting is on the first Friday, 10:30 a.m., at Farm House Restaurant, 3612 SE 82nd, Portland.  
*Contact: Willie Paradise, 503-665-1739*

**American Legion Post 75 Fundraiser Breakfast**  
Monthly meeting is the first Sat., 7 a.m. - 12 p.m., at the Post, 125 N. Bridge St., Sheridan.  
*Contact: Jim Gordon, 503-843-3773*

**Vietnam 25th Infantry Div., 1st Air CAV Vets** – All veterans are invited to meet monthly for lunch and conversation on the second Tuesday at Superking Buffet, 5105 SE 82nd Ave., Portland.  
*Contact: Gary Hartt, 503-632-6955*

**US Merchant Marine-Navy Armed Guard Meet** – Oregon's AMMV now meets on the third Monday of each month at Tigard's Hometown Buffet, 11530 SW Pacific Hwy. (99W).  
*Contact: Bob Roberts, 503-663-7876*

**10th Mountain Division Group** – Newcomers, old WWII comrades and their descendants, are invited to meet for lunch on the last Wed. of the month at Eastmoreland Golf Course Club House, 2425 SE Bybee Blvd., Portland, 12 p.m. Discussions include planning for the 10th Mountain Memorial Grove, picnics and other events.  
*Contact: Jim Bray, 503-913-7058*

**Raffle Supports Homeless Veterans** – Lacey's House is raising funds to provide 19 more beds and open another home for Oregon's only privately funded, full-service home for homeless veterans. Win a 1969 Chevy Nova. Tickets: \$10 each or 20 for \$100. Drawing: Sept. 11.  
*Contact: Mike, 503-890-9791; mike.laceyshouse@hotmail.com*

## SUBMIT YOUR EVENTS

Submit your upcoming events online at:

[www.oregon.gov/ODVA/INFO/VetsNews.shtml](http://www.oregon.gov/ODVA/INFO/VetsNews.shtml),

or email to: [vetsnews@odva.state.or.us](mailto:vetsnews@odva.state.or.us).

# GOOGLE FOR VETERANS

With the help of veterans who work for Google, the Internet giant has become the latest company to join the effort to help veterans readjust to civilian life. “Google for Veterans” is a new web platform that links information and services to veterans and their families.

The website features Google+, for a social network aspect; Google Earth, as a way for veterans to track their tours; a Google Docs resume builder, and even a Veteran Channel on YouTube.

Families of veterans are able to do things like create photo albums or videos, follow current events, and learn more about their loved ones service. It also offers families the ability to connect with peer support.

Google had previously joined forces with the U.S. Department of Veterans Affairs to create a customized job search engine for veterans which identifies veteran-focused job openings on the web. It is at: [www.nationalresourcedirectory.gov/](http://www.nationalresourcedirectory.gov/).

## VA PERSONALIZES BENEFIT INFO

USDVA is telling veterans exactly what they rate in terms of health benefits and disability by creating and publishing handbooks tailored to their individual cases. The books, which are being sent to each of the 8.5 million veterans enrolled in the VA system, provide personalized listings of health benefits based on individuals' eligibility, as well as contact information for local VA facilities and tips for reaching physicians and medical teams.



## OREGON MILITARY FAMILIES

# SURVEY



### OPEN TO ALL MILITARY AND VETERAN FAMILY MEMBERS

SPOUSES / CHILDREN / SERVICE MEMBERS / VETERANS / PARENTS / GRANDPARENTS / SIBLINGS

The Governor's Task Force on Military Families was established to identify, improve and expand services between the military and civilian communities. We do this by gathering input from military families throughout Oregon, supporting public awareness activities regarding the impact of military service on families; educating the community at large about military family needs and experiences; and identifying, reviewing and proposing federal, state and community based initiatives, legislation, programs, tools and resources to assist military families

The task force is a nine member panel comprised of military family members, veterans and service members representing diverse military branches and eras of service.

We want to hear what is really going on with military families in Oregon. The data collected and shared will provide an avenue for on-the-ground, real-time feedback from military families on issues that impact not only quality of life, but state concerns as well.

**Participate anonymously.**

[www.oregon.gov/odva/taskforce/militaryfamily.shtml](http://www.oregon.gov/odva/taskforce/militaryfamily.shtml)

# VA LAUNCHES FACEBOOK FOR MEDICAL CENTERS

WASHINGTON – The Department of Veterans Affairs has announced that all of its 152 medical centers are now actively represented on Facebook, the world's largest social networking site.

“This event marks an important milestone in the overall effort to transform how VA communicates with Veterans and provide them the health care and benefits they have earned,” said Secretary of Veterans Affairs Eric K. Shinseki. “Veterans and their families told us from the beginning that they want to engage and they want relevant information delivered at the local level. By leveraging Facebook, the department continues to expand access to VA, and embrace transparency and two-way conversation.”

The process that began with a single Veterans Health Administration Facebook page in 2008 has now produced over 150 Facebook pages, 64 Twitter feeds, a YouTube channel, a Flickr page, and the Vantage Point blog. Additionally, in June 2011,

VA produced a department-wide social media policy that provides guidelines for communicating with veterans online.

The department plans to continue expanding its Facebook presence while also focusing on bringing Twitter to every VA medical center as well. The overarching strategy is designed to help break down long-perceived barriers between the VA and its stakeholders.

VA clinicians can't discuss the specific health concerns of individual veterans on Facebook, but that doesn't prevent staff from monitoring VA's sites closely each day and providing helpful information to veterans when they can. In the past year, for instance, VA's Crisis Line counselors have successfully intervened on Facebook in cases where veterans have suggested suicidal thoughts or presented with other emotional crises.

“Veterans of all eras are depending on us to get

the right information to the right person at the right time,” said Brandon Friedman, VA's director of online communications, and a veteran of Iraq and Afghanistan. “With more troops returning home, we also have a responsibility to connect with the thousands of service members who have been—and will be—entering our system. They're using social media, so that's where we need to be. Facebook helps us do that.”

VA currently has more than 345,000 combined Facebook subscribers (or, “fans”). The Department's main Facebook page has more than 154,000 fans and its medical centers have a combined subscribership of nearly 70,000.

For more information, visit these sites: Directory of All VA Social Media Sites; [www.va.gov/opa/SocialMedia.asp](http://www.va.gov/opa/SocialMedia.asp) VA Facebook Page Directory; [www.facebook.com/VeteransAffairs?sk=app\\_7146470109](http://www.facebook.com/VeteransAffairs?sk=app_7146470109).

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**503-373-2051 | [www.oregon.gov/odva/homeloans](http://www.oregon.gov/odva/homeloans)**  
Toll free in Oregon 888-673-8387 | 700 Summer Street NE, Salem OR 97301

# VOW TO HIRE HEROES ACT

In November, President Obama signed into law the VOW to Hire Heroes Act, establishing a series of tax credits for businesses that hire veterans in need of employment, publish employment assessments for all Military Occupational Specialties, and expand on-the-job training/apprenticeship programs for veterans.

The law made changes to the Work Opportunity Tax Credit (WOTC) and added two new categories to the existing qualified veteran and made the WOTC available to certain tax-exempt employers.

Employers can use multiple tax credits:

- \$2,400 for veterans receiving Supplemental Nutrition Assistance Program (SNAP), i.e. food stamps or veterans that have been unemployed for at least 4 weeks;
- \$2,400 for veterans who have been unemployed for at least 4 weeks in the past year;
- \$4,800 for service-connected disabled veterans hired within 1 year of being discharged or released from active duty;
- \$5,600 for veterans who have been unemployed for at least 6 months in the past year;
- \$9,600 for Service-connected Disabled veterans unemployed for at least 6 months in the past year.

Tax exempt organizations can now participate in hiring qualified veterans and receive the tax credit.

This bill provides some much needed assistance and attention for the hundreds of thousands of unemployed veterans and recovering service members who are struggling to find work despite the outstanding training they received in the military. Often as a result of the injuries they have sustained, many warriors are having a challenging time transitioning to full-time employment following their recovery.

## Prescreening and Employer Certification

Normally, an eligible employer must file IRS Form 8850, Pre-Screening Notice and Certification Request for the Work Opportunity Credit, with their respective state workforce agency within 28 days after the eligible worker begins work. But under a special rule included in IRS Notice 2012-13, employers have until June 19, 2012, to complete and file this newly-revised form for veterans hired on or after Nov. 22, 2011, and before May 22, 2012. The 28-day rule will again apply to eligible veterans hired on or after May 22, 2012.

## Tax-exempt Employers

Qualified tax-exempt organizations may claim the credit for qualified veterans who begin work on or after Nov. 22, 2011, and before Jan. 1, 2013.

After the required certification is secured, tax-exempt employers claim the credit against the employer social security tax by separately filing Form 5884-C, Work Opportunity Credit for Qualified Tax-Exempt Organizations Hiring Qualified Veterans.

## FORM SUBMISSION

Submit Forms 8850, Form 5884-C and ETA-9061 to:

Oregon Employment Dept.  
WOTC Unit, Room 201  
875 Union St. N.E.  
Salem, OR 97311

Oregon does not accept electronic submission of forms. Forms can be found at:

[www.doleta.gov/business/incentives/opptax/forms.cfm](http://www.doleta.gov/business/incentives/opptax/forms.cfm)

For more information, go to [www.OregonTaxCredit.org](http://www.OregonTaxCredit.org) or call Dave Allen at the Oregon Employment Department, 503-947-1478.

## VETERANS' SERVICE OFFICERS

County	Phone	Service Officer
Baker .....	541-523-8223	..... Jane Chandler
Benton .....	541-758-1595	..... Don Johnson
Clackamas .....	503-650-5631	..... Janice Harlan-Raisl
	503-650-5768	..... Rick Rutherford
	503-650-5631	..... Gina Thomas
Clatsop .....	503-440-8310	..... Philip Simmons
Columbia .....	503-366-6580	..... Grace Clark
Coos .....	541-396-3121, Ext. 362	..... Mary Ann Sackett
Crook.....	541-447-5304	..... Angela Gilley
Curry .....	866-298-0404	..... Kimberly O'Neal
Deschutes .....	541-385-3214	..... Keith Macnamara
Douglas .....	541-440-4219	..... Mary Newman
Gilliam .....	541-384-6712	..... Bryan Hunt
Grant .....	541-575-1631	..... Bob Muenchausen
Harney.....	541-573-1342	..... Guy McKay
Hood River .....	541-386-1080	..... Russell Jones
Jackson .....	541-774-8214	..... Renee Burgdorf
Jefferson .....	541-475-5228	..... Patricia White
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	..... Connie Tanaka
Marion.....	503-373-2085	..... ODVA
Morrow .....	541-922-6420	..... Linda Skendzel
Multnomah .....	503-988-3620, Ext. 25005	..... Katie Pereault
Polk .....	503-373-2085	..... ODVA
Sherman .....	541-565-3408	..... Bryan Hunt
Tillamook .....	503-842-4358	..... Bill Hatton
Umatilla .....	541-278-5482	..... Peggy Raines
Union .....	541-962-8802	..... Byron Whipple
Wallowa .....	541-426-3155, Ext. 241	..... Linda McIntyre
Wasco .....	888-804-1817	..... Russell Jones
Washington .....	503-846-3060	..... Eric Belt
Wheeler.....	800-982-1172	..... Bryan Hunt
Yamhill .....	503-434-7503	..... Debbie Gill

Service Organizations	Phone	Service Officer
American Legion	503-412-4771	..... Vacant
Blinded Veterans Association	541-265-9087	..... Frank Armstrong
Disabled American Veterans	503-412-4750	..... Robert Lougee
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	Phone	Service Officer
Salem .....	503-373-2085 or 800-692-9666	..... Patty Bolstad ..... Renee French ..... Jessica Garcelon ..... Leah Rickert ..... Mitch Sparks ..... Jerry Wilson ..... Doug Yerke

Portland .....	503-412-4777	..... Deanna Erhardt ..... Donna Hunt ..... Linda McMillan ..... Martin Ornelas ..... Ed Van Dyke
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## VETERANS' AFFAIRS ADVISORY COMMITTEE

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541-756-2390

**Charles E. Schmidt**  
PO Box 1394  
Hines, OR 97738  
541-573-3130

Meetings of the Advisory Committee are held quarterly. For meeting dates and locations, please call 503-373-2383. (Special needs will be met for those who have a disability.)

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# VETS NEWS

May / June 2012  
 Jim Willis, Director

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[www.oregon.gov/odva](http://www.oregon.gov/odva)

## MILITARY FAMILIES



### Our New Normal: Life After Deployment

**B**ehind double locked doors and secured windows – hyper vigilantly checked and rechecked – lies a secret. The secret has been kept in millions of homes across the nation and across all eras of conflict, yet we pretend that we are the only ones who experience the power it holds in our homes.

To the outside world, we smile and say we are fine – great even – now that our service member is home safe. We are a proud and thankful group. We are definitely blessed. But the secret remains – we were once normal.

No one can completely prepare us for the emotional and long lasting impact that

deployments and reintegration have on us, the military family. We are spouses, children, parents, grandparents, siblings, aunts, uncles, cousins and friends. We are the boots on the ground, holding steady, protecting our “new normal.”

Changes to our families after a deployment do not always fit into the neat little boxes labeled PTSD, TBI, and suicidal ideation. Sometimes it is small things that raise the hair on the back of our necks, alerting us to the changes in our lives.

There is withdrawal from gatherings that were a normal part of our pre-deployment life; irritation and anger in our loved ones for reasons that we do

\_\_\_\_\_ *SEE NEW NORMAL ON PAGE 3*

### IN THIS ISSUE

- New Advisory Comm. Member ..... Page 2
- Legislative Wrap-up ..... Page 3
- Salute to an Army Wife ..... Page 6
- Memorial Day Events..... Pages 8-9
- Dogs Help Vet Adjust ..... Page 11
- Reunions and Events..... Page 13
- Vow to Hire Heroes Act..... Page 15

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# VETS NEWS

Jim Willis, Director

May / June 2012

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