



Vietnam Veterans of America of Northeast South Dakota

(Vietnam and Vietnam Era Veterans)

Chapter 1054

605-956-8820

PO Box 1062, Watertown, SD 57201

Meetings held on the 3rd Saturday of each month:

11 am at the Elk's Lodge, 300 West Kemp St., Watertown, SD

Email: vets@NESDVVA.org

Website: www.NESDVVA.org

Mar/Apr 2024



Commander's Corner,

What a winter we are having! There are actually some days it is warmer in South Dakota than in AZ or Texas, where some of us snow birds are at.

I want to thank, especially all of those in South Dakota for carrying on all the activities through these winter months. I truly appreciate it.

Sounds like the Jackrabbit game that honored our Chapter was a great tribute. Thanks to those that represented us. There are pictures in this issue of the highlights, even my buddy Jim Kurtz & his wife came up from Brandon to join our Chapter. (We served in the same unit).

Elk Hunt tickets are being sold by many of you. We thank your for your time to help out. If you'd like to help at the Watertown Gun Show on March 16 & 17th at the Codington Co Extension Bldg, we could use your help. Give Randy a call at 605-881-1601 or Phil at 605-881-6782 and volunteer to come and visit with fellow Veterans and individuals who support us.

The month of April we go back to meeting on Thursday evenings, the 3rd Thursday of the month. It is also election time. We want to thank Floyd Hermans, Jim Strom and Herb Carstens, whose terms are up for their commitment to our group. They are eligible to rerun if they want, as they can serve 2 terms. The offices of President, 1st Vice President, 2nd Vice President, Secretary and Treasurer will be elected at this time also. Anyone in our Chapter interested in being an officer or being on the board should let the nominating committee know. They are Dennis Solberg, chair, Brian DeBoer, Darwin

Clyde or Don Pasch. We will be voting at the April meeting.

Since our weather has been nice hope to see more of you come and join us at our meeting. Veterans helping Veterans is what we are about, and we certainly can help you more if we have met you. See you soon!

Gordy West

President of Chapter 1054

Winter VVA meetings

Starting in November, general membership meetings will be at 11 am at the Elk's on the 3rd Saturday of each month. The board will meet at 10 just prior to the general member session. March will be the last month at this time. April will return to evening meetings.

VVA Board of Directors:

President: Gordy West Wtn 605-237-8083

Vice President: Bob Syring, Willow Lake 605-625-5010

Second Vice Pres: Darrell Boyle, Wtn 605-881-5569

Secretary: Earl Cass, Lead 605-237-4419

Treasurer: Bob Frink, Milbank 706-217-5950

Board Members:

Brian DeBoer, Wtn 605-868-0955

Jim Strom, Clear Lake 253-677-0821

Sherry Janssen, Wtn 605-237-3236

Jim Hanson, Wtn 605-880-5029

Herb Carstens, Wtn 605-520-9798

Dennis Solberg, Wtn 605-880-4225

Floyd Hermans, Milbank 605-880-2711

Phil Braeger, Wtn 605-881-6782

Jerry Denman, Wtn 605-880-3630

Jerry Caulfield Wtn 304-282-9990

Troy Foster, Peever, Chaplain 605-268-4673



Notes from Todd Rose

(Veterans Service Officer for Codington County)
The Codington County VSO office has moved to a new location:
101 19th Street NE, Watertown, SD

Recently there have been some situations where veterans or dependants are being taken advantage of or scammed. There are people, companies, and organizations that are offering to help veterans or their dependants file claims for possible VA benefits. They might ask for money up front, or they take a

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Address Changes.....

If you have recently moved could you please drop us a note with your new address...either to k_solberg@yahoo.com or VVA Newsletter
PO Box 1062, Watertown, SD 57201

certain percentage of the benefits awarded, if the veteran ever receives compensation. The SD Dept of Veterans Affairs reported that an individual has walked up to a house stating they can file a claim to the VA and the cost is only \$50. STOP don't do that. There are plenty of resources out there to assist Veterans for free. Start by contacting your local county VSO or Veteran's organization to get in touch with an accredited Veteran Service Officer (VSO). No veteran or dependent needs to pay to file a claim with the VA.

I would encourage veterans, dependants and service members to stay in touch with a local veteran's organization or stop in and see their local VSO. It is never too late to file a claim, maybe an increase to a previous service-connected condition or the symptoms of a condition have progressed or worsened. Also, State and National laws and regulations change that add benefits or change eligibility for benefits. It is up to the veteran or dependent to seek out and stay up to date on veterans' issues. Being an active part of a veteran's organization helps keep veterans aware of topics like this.

One last thing, everyone reading this knows a veteran or a dependent of a veteran. Ask them if they have stopped in and talked with a VSO. We see it weekly, when someone walks in the office, and we start having a conversation and find out they might be eligible for benefits. Several times we hear, "I was told I wasn't eligible," or "I never thought to ask," or I was denied years ago and had given up on the VA or they just got frustrated with the process and gave up. Another statement we hear is "there are other veterans more deserving" or "I don't want to take benefits away from another veteran." What you receive or don't receive is not going to have an impact on what another veteran may or may not receive.

Membership Report....

We currently have 481 VVA and 71 AVVA members. We know there are other Vietnam Vets out there that only need to be asked. We could always use new members, and who knows maybe they could use our friendships.

Dennis Solberg, Membership Chair



Thank you SDSU for Honoring Members of Chapter 1054 at the Special Game!

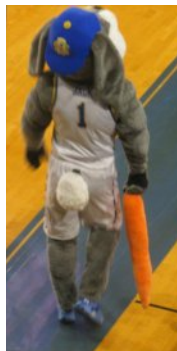
16 members of Chapter 1054 went to Brookings for a free basketball game with the Jackrabbits playing Denver. The evening was in honor of Veterans in the area. At half time though, our Chapter was honored for being the Chapter of the year in 2022, and for raising over \$1 million since we started to help Veterans.



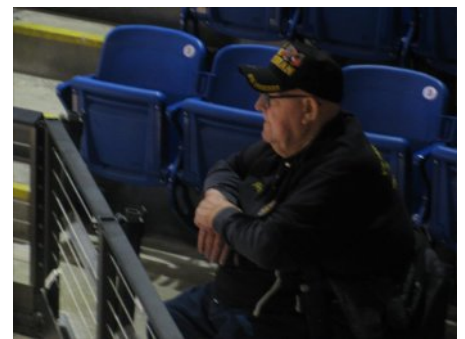
We received a standing ovation as we walked out to center court.



Those attending included Brian and Geri DeBoer, Terry & Sherry Janssen, Greg & Dianna Overby, Dennis & Kay Solberg, Jerry Painter, Herb Carstens, Curt Lamb, Jim & his wife Kurtz, & Burdette Posey



Jack Rabbits won 97-70



Veterans Health Care Expanded

At the direction of President Biden, VA is expanding health care eligibility to millions of Veterans-including all Veterans who served in Vietnam War, the Gulf War, Iraq, Afghanistan, or any other combat zone after 9/11-years earlier than called for by the PACT ACT.

Today, VA announced that all Veterans who were exposed to toxins and other hazards while serving in the military-at home or abroad-will be eligible to enroll directly in VA health care beginning March 5 2024. This mean all Veterans will be eligible to enroll directly in VA health care without first applying for VA benefits. Additionally, Veterans who never deployed but were exposed to toxins or hazards while training or on active duty in the US will also be eligible to enroll. This allows them to be eligible 8 years earlier than the written law. This is a critical step forward because Veterans who enrolled in VA health care are proven to have better health outcomes than non-enrolled Veterans and VA hospitals in overall quality ratings and patient satisfaction ratings. Additionally, VA health care is often more affordable than non-VA health care for Veterans.

VA encourages all eligible Veterans to visit VA.gov.PACT or call 1-800-MYVA411 to learn more and apply for VA health care beginning March 5.

“If you’re a Veteran who may have been exposed to toxins or hazards while serving our country, at home or abroad, we want you to come to us for the health care you deserve,” said VA Secretary Denis McDonough. “VA is proven to be the best, most affordable health care in America for Veterans-and once you’re in, you have access for life. So don’t wait, enroll starting Mar 5th.

In addition to expanding access to VA care, this decision makes it quicker and easier for millions of Veterans to en-roll. Many Veterans believe they must apply to receive VA disability compensation benefits to become eligible for VA health care, but this is not correct. With this expansion and other authorities, millions of eligible Veterans can enroll directly in VA care--without any need to first apply for VA benefits.

This expansion also covers many Veterans who never deployed as a part of a conflict but were exposed to toxins or hazards while serving in the US. Specifically, under this expansion of care, any Veteran who participated in a toxic exposure risk activity (TERA) at home or abroad-is eligible for VA health care. VA has determined that Veterans who were exposed to one or more of the following hazards or conditions during active duty, active duty for training, or inactive duty training participated in a TERA” air pollutants (burn pits, sand, dust, particulates, oil well fires, sulphur fires); chemical (pesticides, herbicides, depleted uranium with embedded shrapnel, contaminated water); occupational hazards (asbestos, industrial solvents, lead, paints including chemical agent resistant coating, fire fighting foams); radiation nuclear weapons handling maintenance, and detonation radioactive material, calibration and measurement sources, x-rays, radiation from from military occupational exposure); and more. VA will use all available information to determine (cont p 7)

Vietnam Veterans of America of Northeast South Dakota For more info call 605-956-8820 or 605-880-3630

Welcome Home Vietnam Veterans!

All Vietnam Veterans are invited to two programs for the celebration of welcoming home our Vietnam Veterans

March 15th Sisseton Whapeton Tribe has invited members to come for a free lunch at Dakota Connection on 46102 SD Hwy 10. Please call for reservation at 605-698-4273.
also

The VFW Post 750 here in Watertown would like to invite all Vietnam Veterans and spouses to a Free lunch of Hot Beef Combos, on **Saturday March 30th** at noon.

A small program will be at 1pm honoring all our Vietnam Veterans for their service. Please call 605-886-2165 for reservations.

Chapter 1054 Color Guard for 2024 Winter Farm Show



Our Chapter was once again asked to do the Color Guard for the kick off of the Winter Farm Show. They included Don Pasch, Brian DeBoer, Dennis Solberg and Dennis Anderson.



CBOC News Dr. John Sneden

Therapeutic Exercise for Pain Control

Exercise has a strong base of supporting evidence for pain control. Along with psychological and self manage-

ment management supports, therapeutic exercise should be a core component if any multi modality pain management plan. According to the CDC2016 guideline “exercise therapy can help reduce pain and improve function in chronic low back pain, improve function and reduce pain in osteoarthritis of the knee and hip, and improve well being, fibromyalgia symptoms, and physical function in fibromyalgia”.

Therapeutic exercise refers to a wide range of physical activities that focus on improving range of motion, flexibility, strength, stability and endurance. High-quality studies have found that active movement therapies as tolerated are superior to rest. Furthermore, encouraging patients to engage in some form of exercise to combat pain helps them overcome their possible fear that exercise will, in fact, contribute to pain and disability. Although there are many types of exercise regimen has been proven superior to the others The strongest evidence has shown that exercise therapy results in greatest improvements in pain and function when exercise is tailored to the individual patient and regimens include both stretching and strength training.

Physical therapists are key partners in pain management plan’s core components of therapeutic exercise and psychological pain coping assessment. In addition to guiding patients in performance of therapeutic exercise, addressing psychological pain coping skills, and educating patients about self-management skills, physical therapists also incorporate various physical treatment modalities and manual therapies into multi modal patient centered management plans.

Physical therapists play an essential role in assessment of baseline ability, guiding patients in performance of therapeutic exercise, and in educating patients about self management skills. If travel is a barrier to regular visits with

Election Time

Elections for the board and for the Officers will be again in April. Dennis Solberg 605-880-4225 Brian DeBoer, Darwin Clyde or Don Pasch are in charge of this years election.

We have 3 openings for the board. Floyd Hermans Jim Strom and Herb Carstens terms are up. They can rerun for another term. If anyone else would like to serve on the board they just need to let Denny Solberg, Brian DeBoer, Darwin Clyde or Don Pasch know.

Officers are also up for election, they include: President, 1st Vice President, 2nd Vice President, Secretary and Treasurers position. Here is your chance to help lead our Chapter in helping Veterans.



Upcoming Events!

Memorial Day we place flags on the graves of all Veterans at St. Mary’s and Mt Hope

Cemeteries in Watertown and several of the smaller cemeteries in surrounding communities. Watertown will be putting out flags on Thursday May 23rd at 12:30. (meet at Mt Hope at that time) Lori and Dean Halajian are in charge of this project. St. Mary’s will be done before this day. If you can help with either cemetery call Lori at 605-886-2678.


Flag Day While Flag Day is on Friday June 14th we will be passing flags on on Saturday June 8th in Watertown. We need lots of workers for this day so call Kay at 605-886-3040 or 605-886-9632 to sign up for the place and time you would like to have. We will again be going to Brookings so if you could help us out there we would appreciate it. Times and places there will be announced at a later day. You can call Kay to sign up for there also.

a physical therapist, 1 or 2 visits may be considered with a focus on assisting the patient to develop a home exercise program.

Each issue of the newsletter is downloaded to our website nesdvva.org for a copy in full color.

Calendar of Events

Mar 2024

- 
- 2 Milbank DAV
 - 4 American Legion Auxiliary
 - 5 Codington Co Vet's Council
 - 7 Vet's Radio Program
 - 9/10 Wtn Home Show
 - 10 Daylight Savings Time
 - 11 American Legion Riders
DAV
 - 13 VFW Auxiliary
Milbank VFW
 - 14 American Legion
 - 15 Welcome Home Celebration Dakota
Connection
 - 16-18 Wtn Gun Show
 - 16 **10 am VVA Chapter Board Meeting**
11 am VVA Chapter Meeting
 - 17 St. Patrick's Day- Lunch at VFW
 - 18 Sons of the American Legion
 - 19 First Day of Spring
Marine Corp
Milbank American Legion
 - 20 VFW
 - 30 Welcome Home VVA Free lunch
at the VFW
 - 31 Easter

April 2024

- 1 April Fools Day
American Legion Auxiliary
- 2 Codington Co Vet's Council
- 4 Veteran's Radio Show
- 6 DAV Milbank
- 8 American Legion Riders
DAV
- 10 VFW Aux Mtg
Milbank VFW Mtg
- 11 American Legion
- 15 Sons of American Legion
- 16 Marine Corp League
Milbank American Legion
- 17 VFW
- 18 **5:30 pm VVA Board of Directors**
7 pm VVA General Mtg
- 22 Earth Day

Help Wanted!

The Watertown Home Show will be
March 9 & 10 at the Codington County
Extension Bldg and

The Watertown Gun Show will be March 16 & 17
and we will be selling Raffle Tickets. If you could
spare a couple hours on either day call Randy at
605-881-1601 or Phil at 605-881-6782. Here is
a great chance to visit with fellow Veterans!

Agent Orange Medal

In this newsletter, you will find an application for a
medal for the Agent Orange Award. If you have one
of the symptoms of those listed please fill out the form
and bring it to the next meeting and give to Phil Braeger.
If you need more information contact Phil at
605-881-6782 and he can explain things for this medal.



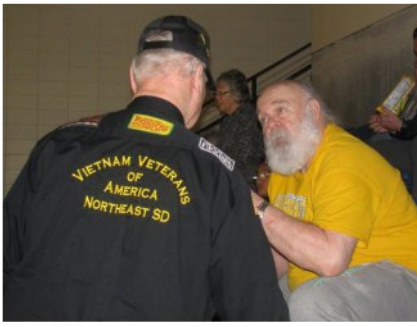
Electric Wheel Chairs available for members!

We have two electric wheel chairs. If you
are a Veteran or your spouse is in need
of an electric wheel chair as a loaner
until one is available through the VA ...

Contact: Bob Syring 605-625-5010
or Phil Braeger 605-881-6782

Monthly Meeting Locations (alphabetical order)

American Legion-American Legion in Watertown
Codington County Veterans Council VFW Wtn
DAV American Legion in Watertown
Marine Corp League VFW in Watertown
Milbank American Legion American Legion in Milbank
Milbank DAV the American Legion Hall in Milbank
Milbank VFW VFW in Milbank
VFW VFW in Watertown
VVA Chapter 1054 Board of Directors 10:00 am at Elk's
VVA 1054 Reg Mtg 11 am Elk's Lodge
300 W Kemp, 3rd Saturday of the Month



Oh look it's another Vietnam Veteran!

So at the Jackrabbit game we find our seats and this gentleman was sitting behind Herb. We got to visiting with him and he is a VVA member in the state of Virginia. He told us his chapter washes the Vietnam Veterans Wall in Washington DC once a month. Isn't it a small world!

VA benefits con't

of Veterans participated in a TERA, including military records and service connection.

For more information about how the PACT Act is helping Veterans and their survivors, visit VA's PACT Dashboard. To apply for care or benefits today, visit VA.gov/PACT or call 1-800-MYVA411. More information on eligibility can be found at VA.gov/Pact.

Application for Membership Chapter 1054

Name _____ Male _____ Female _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ work/cell phone _____

Branch of Service _____ Email _____

Type of Membership (Please check one)

_____ \$50 (Lifetime Membership) _____ AVVA Membership is \$100 for those under 60 years of age. AVVA Membership is \$100 for those over 60 years

Must submit copy of Drivers license.

Method _____ check _____ Money Order
_____ Credit Card _____ Mastercard _____ Visa _____ Discover

Credit Card Number _____

Exp. Date _____ Pin # on back _____

Signature _____

Eligibility: Membership is open to US Armed Forces Veterans who served on active duty (for other than training purposes) in the Republic of Vietnam between Nov. 1, 1955 and May 7, 1975 or any duty location between Aug. 5, 1964 & May 7, 1975. You must submit a copy of your DD-214 with this membership. VVA is a non-profit, Veterans service organization. Programs and services are funded by member dues and public donations. Please send application to Dennis Solberg, 1323 Grandview Dr, Watertown, SD 57201

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Post-Traumatic Stress Disorder (PTSD)

Is not **SIGNIFICANT** for an Agent Orange Medal. It is a *mental* condition, not a *physical* condition.

There are now **19 conditions** that are medically acceptable for this medal.
We hope that soon this list will grow.

- | | |
|---------------------------------------|------------------------------------|
| 1. A. AMYLOIDOSIS | 11. DIABETES MELLITUS TYPE 2 |
| 2. PORPHYRIA CUTANEA | 12. MULTIPLE MYELOMA |
| 3. NON-HODGKIN'S LYMPHOMA | 13. CHLORACNE |
| 4. HODGKIN'S DISEASE | 14. CHLORACNE SOFT TISSUE SARCOMAS |
| 5. CHRONIC B-CELL LEUKEMIAS | 15. HYPOTHYROIDISM |
| 6. PROSTATE CANCER | 16. PARKINSONISM |
| 7. PARKINSON'S DISEASE | 17. BLADDER CANCER |
| 8. ISCHEMIC HEART DISEASE | 18. HYPERTENSION |
| 9. PERIPHERAL NEUROPATHY, EARLY-ONSET | 19. MONOCLONAL GAMMOPATHY |
| 10. RESPIRATORY CANCERS | |

NOTE: Some conditions such as CHLORACNE and PERIPHERAL NEUROPATHY (early onset) have occurred within certain time periods after possible Agent Orange exposure to be considered presumptive conditions.

Application for your FREE Agent Orange Medal

NAME: _____

PHONE NUMBER: _____ EMAIL: _____

ENTER YOUR STREET, CITY, STATE, AND ZIP CODE: _____

VA RATING: _____ BRANCH OF SERVICE: _____

CONDITION FROM AGENT ORANGE: _____

LAST DUTY STATION AND DATE: _____

YEAR(S) IN VIETNAM: _____



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