



**DISABLED AMERICAN VETERANS**  
*Building Better Lives for America's Disabled Veterans*



## NEWSLETTER FALL 2010

**HARMONY CHAPTER NO. 18**  
**CHAPTER HOME**  
5604 – 75<sup>th</sup> STREET WEST  
LAKEWOOD, WASHINGTON 98499-8643

Mail Address: PO Box 98925  
Lakewood, WA 98496-8925  
Phone # (253) 472-4680  
Email: DAVHarmony18@hotmail.com  
\*Web site: <http://www.davmembersportal.org/chapters/wa/18/default.aspx>

DAV Harmony Chapter 18 meets throughout the year on the third Saturday of the month. A potluck lunch is scheduled to start at noon, with the meeting following at 1 p.m. The meetings last about one hour.

### MEETING DATES:

- September 18, 2010
- October 16, 2010
- November 20, 2010
- December 18, 2010
- January 15, 2011
- February 19, 2011

### Contact information:

#### Commander:

Mark Melton

Office: (253) 302-4960

#### Adjutant:

Jake Holeman

Office: (253) 472-4680

Home: (253) 588-7454

#### Chaplain

Mike Webb

(253) 288-5116

#### Chapter Service Officer

Mark Melton

Office: (253) 302-4960

#### National Service Office

Seattle: (206) 220-6225

#### American Lake VAMC

253-582-8440 Ext. 6990  
or 253-583-1303

#### VA – 1-800-827-1000

(Dial 0 for a representative)

\* You can also find us if you have facebook at DAV Harmony 18

## Next Meeting Info Box

At our next meeting, which will be at 1 p.m. on 9/18/2010 at our Chapter location: 5604 75th Street West (on the street behind the McDonalds on Custer Road SW), we will continue to set priorities on how we can be of service to other Disabled American Veterans and their families. Please post the dates of our meetings on your calendar and plan to attend.

Bring a dish at noon to participate in the potluck that proceeds the meetings at noon. Bring a salad, dessert or some other side dish that you would like to share with your fellow disabled veterans.

The Auxiliary meets at about the same time.

## WHAT DO YOU NEED TO BRING TO THE SERVICE OFFICER TO MAKE OR UPGRADE A VA CLAIM?

1. Bring your DD 214
2. Bring your marriage certificate (if married)
3. Bring the birth certificates of your children.
4. Documents which answer the following questions:
  - a. **WHAT:** wounds, injuries, disease?
  - b. **WHEN:** Approximate time and date?
  - c. **WHERE:** Name of the battle, country, camp, ship?
  - d. **HOW:** Shot, mine, fall, POW?

- e. **UNIT:** Name, address, Location of unit assigned?
- f. **THEN:** Field Hospital, Med Center, Hospital, Clinic?
- g. **NOW:** Current doctor's name and address; Dates of surgery, treatment or evaluation?
- h. **LIST ALL DOCTORS AND TREATMENTS OUTSIDE THE MILITARY AND THE VA**

The more you can document, the better: and remembering details can help lead you to more supporting documents. Letters and statements from shipmates or comrades may also help to establish your presence in the events at which you were injured or infected.



*Harmony Chapter 18's picnic held at Clark Creek South in Puyallup. Many thanks to the cooks and cleanup crew. We had a great BBQ and everyone enjoyed the family games that were played.*

## **MUSINGS OF THE AGING ADJUTANT**

This summer has seen a turn-around in the chapter's activities. We sponsored DAV at the Ballpark to watch a Tacoma Rainier's game in July as well as hosting a Harmony 18 picnic at Clark Creek South Park in Puyallup in August. As the chapter gets more involved, we need more participation by all the members. There has been a noticeable increase in the numbers of members attending our business meetings; that is wonderful news. With the advent of the Auxiliary and Junior Auxiliary, we should see even more attendees. In conjunction, I would hope we would see more members participating in functions. This is really important in order that the Forget-Me-Not campaign be successful.

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### **CALENDAR UPDATES**

*Get your calendar out and post this important information before it slips your mind!*

**September 18: Potluck** will be held at noon on 9/18/2010 at the chapter home. Bring a salad or side dish. Our monthly **business meeting** will be held at 1 p.m. following the potluck. It normally lasts less than an hour. The Auxiliary meets at the same time.

**September 25: District 2 meeting at Harmony 18 chapter home.** We will be hosting the District 2 twice a year meeting. Lunch will be at 11 a.m. with the meeting at noon.

**October 9, 2010: Open House at Harmony Chapter 18.** Our chapter is sponsoring an open house from 10 a.m. to 3 p.m. on 10/09/2010 at the chapter home. We will provide coffee, donuts and soda to our guests.

**October 16, 2010: Potluck** will be held at noon on 10/16/2010 at the chapter home. Bring a salad or side dish. Our monthly **business meeting** will be held at 1 p.m. following the potluck. It normally lasts less than an hour. Mr. Dan Wisniewski, the Community Benefits Coordinator for Mountain View Funeral Home, will make a short presentation on the American Hero Service Plans. Auxiliary meets at same time.

**November 11, 12, 13, 2010: Forget-Me-Not Campaign.** Our annual fund raiser is scheduled from 10 a.m. to 5 p.m. on 11/11/2010 through 11/13/2010 at the Fort Lewis Post Exchange. We will also be at other locations on 11/13 and 11/14/2010 throughout the Puget Sound area.

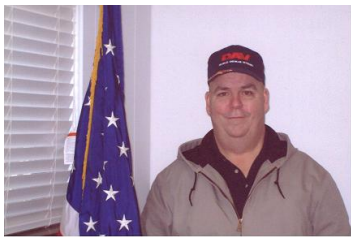
**November 20, 2010: Potluck** will be held at noon on 11/20/2010 at the chapter home. Bring a salad or side dish. Our monthly **business meeting** will be held at 1 p.m. following the potluck. It normally lasts less than an hour. The Auxiliary meets at the same time.

**December 11, 2010: Executive Board** meeting at 10 a.m. on 12/11/2010 at the chapter home if called by the Commander. Members will be notified by phone if a meeting is scheduled.

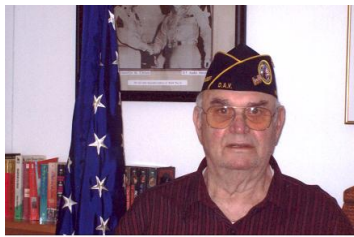
**December 18, 2010: Potluck** will be held at noon on 12/18/2010 at the chapter home. Bring a salad or side dish. Our monthly **business meeting** will be held at 1 p.m. following the potluck. It normally lasts less than an hour. The Auxiliary meets at the same time.

## **Wishing all a Happy Holiday Season**

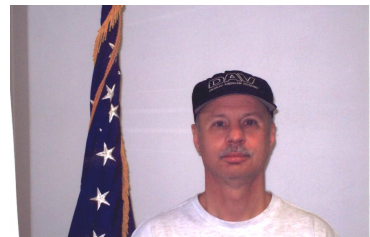
## ELECTED AND APPOINTED OFFICERS FOR HARMONY CHAPTER 18



Commander & Service Officer  
Mark Melton



Senior Vice Commander  
Richard Carithers



Junior Vice Commander,  
John Baxley



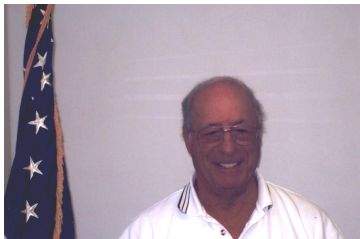
Treasurer  
Joyce Elter



Adjutant & Third-Year Trustee  
Jake Holeman



Chaplain  
Mike Webb



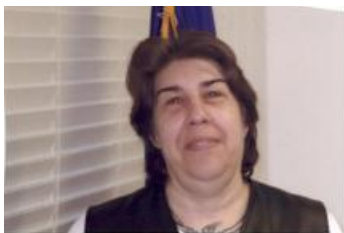
First-Year Trustee  
Frank Camodeca



Second-Year Trustee  
Dick Benton



Pedro Rodriguez  
Officer of the Day



Claysong Harris  
Judge Advocate



Riley Moore  
Sergeant-at-Arms

### SERVICE OFFICER IN OUR MEETING HALL

Service officers working at the VA Hospital do not accept reservations with their clients; they work on a first-come-first seen schedule, Mondays through Thursday. They do not work on Fridays. This is a good system because vets usually do not have to wait in line to be seen. However, to help our veterans even more, our Service Officer, Mark Melton, will take reservations and can see clients after working hours and, if necessary, on weekends. The service officer's phone number is: (253) 302-4960. Just call Mark for an appointment. His email address is: [davchpt18@gmail.com](mailto:davchpt18@gmail.com)

## Commander's Briefing—What a terrific start for the new fiscal year!!!!



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**HARMONY CHAPTER NO. 18**  
**Mark R. Melton**  
**COMMANDER /SERVICE OFFICER**  
5604 – 75<sup>th</sup> STREET WEST  
LAKEWOOD, WASHINGTON 98499-8643

Phone # (253) 302-4960  
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30 August 2010

On Saturday the 28<sup>th</sup> the Chapter marked another milestone. After five years of absence the Chapter now has it's Auxiliary back. We now have a Jr. Auxiliary started with 3 members. When we reach ten active paid members in the Jr. Auxiliary we will be able to get a Charter for them. There are only 2 Chapters in the State with a Jr Auxiliary; they are Chapter 4 in Vancouver and now Harmony Chpt. 18 in Lakewood.

I would like to thank Robi Riley, Commander, DAVA Dept. of WA, Carolyn Minor, Adjutant, DAVA Dept. of WA, and Linda Wilson, Past Commander, DAVA Dept. of WA for their assistance and help in starting our Auxiliary Unit.

The new elected Officers for the Auxiliary are Brandie Matthews-Commander, Mike Sherbahn-Sr. Vice Commander, Linda Carithers-Jr. Vice Commander, Betty Moore-Adjutant/Treasure, Venicia Tillman-Chaplain. There were 10 new members and one transfer from at large.

The three junior members are Bryce Carithers, Madison Sherbahn and Taylor Sherbahn.



or-



Picture of Carolyn Minor, DAVA Department Adjutant, Picture of Auxiliary organizing group Linda Wilson, Past DAVA De-

partment Commander, and Robi Riley, DAVA Department Commander

## **BITS & PIECES**

### **Do You Know a Vietnam Veteran with Diabetes or Cancer? Please call 1-800-562-2308**

Your Washington State Department of Veterans Affairs has launched an outreach campaign to help Vietnam Veterans who served in country, or their widows, get benefits they may not even know they qualify for.

If you know a Vietnam Veteran or the widow of a Vietnam Veteran, have them call us at 1-800-562-2308, or let us know how we can get in touch with them.

Why is this so important? Over 200,000 Vietnam Veterans live in our state. Many of these veterans were exposed to 'Agent Orange', an herbicide used to eliminate ground cover during the Vietnam War. (Agent Orange got its name from the bright orange stripe on the barrels it was stored in and was one of several chemical agents used. Others such as Agent Blue, Agent White and Agent Pink also got their names from the colored stripes on the storage containers). We now know that these chemicals cause a number of medical conditions including certain cancers and Type 2 Diabetes.

***Changes to the laws and regulations in the last few years mean that even if a Veteran or Widow didn't qualify before, they may be entitled to benefits and/or health care now.***

Veterans who served in-country in Vietnam between August 5, 1964 and May 7, 1975 are considered to have been exposed to Agent Orange. Therefore, if they develop any of the medical conditions below, Agent Orange is considered to be the cause. (The same is true for a veteran who served in Korea along the DMZ during the period April 1968 to July, 1969, with additional qualifying criteria.)

#### Presumptive Medical Conditions for Agent Orange

- Chloracne (must have occurred within 1 year of exposure to Agent Orange)
- Non-Hodgkin's lymphoma
- Soft tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma, or mesothelioma)
- Hodgkin's disease
- Porphyria cutanea tarda (must occur within 1 year of exposure)
- Multiple myeloma
- Respiratory cancers, including cancers of the lung, larynx, trachea, and bronchus
- Prostate cancer
- Acute and subacute transient peripheral neuropathy (must appear within 1 year of exposure and resolve within 2 years of date of onset)
- Type 2 Diabetes
- Chronic lymphocytic leukemia

Veterans whose claims are approved may be entitled to health care and disability compensation from the Federal VA and widows may be entitled to receive Dependency and Indemnity Compensation (DIC) if the death of the veteran was the direct result of one of the above-mentioned conditions or if one of those conditions was a contributing factor to the veterans death.

Our goal is to help all Veterans and Widows access the benefits they so richly deserve. We can't do it alone, so thank you for your help in making a difference in the lives of Washington's Veterans and their families!

**Do You Know a Vietnam Veteran with Diabetes or Cancer? Please call 1-800-562-2308**

## CHAPLAIN'S CORNER

### Embracing Change

One thing is certain, change is inevitable. People change, jobs change, trends change, seasons change, and our disabilities sometime change. Noted minister and author, Joel Osteen shares that “Change is part of God’s plan for us.” So many people resist change and try to hold on to the familiar. But God brings change in order to keep us from getting stuck in a rut; in weather we call that the doldrums (a state of inactivity or stagnation). Change causes us to stretch and grow; it causes us to use our faith and tap into the potential that is deep inside each of us.

Sometimes the very things we fight against, the very things we think are trying to pull us down are actually part of God’s plan to launch us into a new season. Sometimes God stirs us out of comfortable situations and puts us in situations in order to stretch us and cause us to use our faith. We may not like it, and it may be uncomfortable, but God loves us too much to just leave us alone! We have to stay open for change. Don’t approach change from a negative point of view or automatically assume it’s going to be bad. You may not like the change, but God would not allow it if He didn’t have a purpose for it. If you’ll learn to not only accept change but to embrace it, God promises He will do a new thing in your life, and His “new” is always much better than the old! You may have had great victories in your past, but your greatest victories are still ahead of you. God wants to take you higher and higher so you can live the life of victory He has in store for you! Share your change with others and show them that change is good.

God Bless,  
Chaplain Mike

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