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# Viet Vet Monsoon Tribune

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VVA Chapter 106

December 1985

## PTSD

What is it? It could be another souvenir of 'Nam you brought home and didn't know about, like Agent Orange contact. All of us on the Freedom Bird thought we were leaving Vietnam behind. It turns out that many of us brought Vietnam home with us. We brought it home in the way we form our relationships with wives, husbands, lovers and friends. We brought it home in nightmares and flashbacks, substance abuse problems, attacks of depression, anxiety and rage, feelings of alienation and isolation, and survival guilt. Most of these things are common in varying degrees, to Vietnam vets, even 15 or more years later.

PTSD -- Post Traumatic Stress Disorder is the result of your way of dealing with the stress in Vietnam. You numbed yourself to feelings when your buddies were wounded or killed. When you got home, it was difficult to form close relationships with others. The constant threat of possible rocket or mortar attack is still present in feelings of depression and loneliness. These are just some of the symptoms of PTSD. We probably all have it in some degree or another. We probably always will have it to some extent, but we can learn to cope.

The best overall way of dealing with PTSD seems to be contact with other vets. Rap groups, group therapy sessions, or just plain BS sessions with other veterans can help defuse the vet with PTSD. You will find out you're not alone in the way you act or react.

The VA has funded an Outreach Program to help vets who do not want to deal directly with the VA. (Local Phone Number: 323-3271) Reprinted from Chapter 94

## PRESIDENTS NOTE

Dear Brothers and Sisters of V.V.A. Chapter 106- BY Albie Ginaro, Chapter President

It's been a while since I've been able to communicate with you on a one to one basis, through the MONSOON TRIBUNE. I'll be very honest with you about Chapter 106, both now and in the future. At the present, we are going through, and have recently gone through some necessary growing changes. One thing that I would ask each and every one of you to do right now is to attend the chapter meetings. CHAPTER 106 NEEDS YOU. We need your interests, concerns, participation, BUT most of all WE NEED YOU.

This Chapter IS recognized by V.V.A. NATIONAL AND THE STATE COUNCIL AS WELL. There are going to be some MAJOR improvements due to YOUR PARTICIPATION. That's the only way that it should be AND IS at the present time AND hereafter. We have a CORUM for operation of the Chapter, as well as several committee's that are in place. It's the Board's responsibility to govern the operation of the Chapter, BUT it's your responsibility to let the Board know what further changes need to be made.

YOU SAID YES ONCE WHEN IT WAS POPULAR TO SAY NO. HOW ABOUT SAYING YES NOW FOR YOU ?

## LEADERSHIP OPPORTUNITIES

In America today, where ever you find a successful organization, you will also find people working within a policy of order and communication designed to improve the success of the organization. Corporations, restaurants or special interest groups, to show a contrast, all have one thing in common . . . . people work within a set of rules, or guidelines to accomplish the goals of the organization.

Organizations grow because individuals within the group are able to share their ideas on how to accomplish the goals established by the group. Ideas are best shared in a forum or meeting in which there is order, so that each person's idea can be discussed fairly by the group as a whole. People that can present their ideas in front of the group are the ones that bring success to their organization.

Success in the future will come to the person that can share his or her thoughts and ideas to a body of people that will listen. Leaders will be made when there is active and productive discussion. But, nothing will be gained if nothing is said.

Our organization will be successful someday because there is still so much to be said. We do have members in Chapter 106 that have the ability to lead a successful program. We also have many opportunities for new members to share their leadership. How about you....are you a LEADER?

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Greetings,

I Wish to take the opportunity to bring to your attention the very important matter of membership participation in all general meetings. Remember the fact that Chapter 106 is YOUR chapter. Your active involvement is very much appreciated by your fellow members. My job as membership chairman is to recruit new members through Your participation in all activities, that are offered by your chapter. I need your help to forge Chapter 106 into a veterans organization to be reckoned with here in Tucson.

Thanks



Frank A. Gonzales

Vice President/Membership Chairman

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### EMPLOYMENT

The position for employment chairman is open and there is a great need to fill this position.

When the Chapter is contacted by prospective employers there is no one to get the word out to vets needing the work. Nor is there anyone to coordinate information on Government programs on employment for the chapter. Can you help!!!!!!!

### NOMINATIONS FOR NEW OFFICES

Nominations and elections for vacancies in the board of directors, left by recent resignations, will be held on December 12th at the next General Meeting.

Positions to be filled are: Secretary, Treasurer, and two directorships.

### FREE SKI LESSONS

Begining ski lessons are being offered to all chapter members at NO CHARGE by Dave Croteau. This a great chance to get away from the normal routine of the week and enjoy the fellowship of friends. Contact Dave at 792-9109 for more details.

# MEETING DATES

BOARD MEETING--January 16th at the D.A.V. Chapter, Time: 8:00 exactly

MONTHLY MEETING--January 30th at the D.A.V. Chapter, Time 8:00 exactly

## HORSE SHOE PARTY, EVERYONE IS INVITED!!

Come throw some shoes and shoot the breeze at a party to be held at Dave Croteau's house. DATE: Saturday, December 14th from 1:00 p.m. till 4:00 p.m. or when ever it ends. LOCATION: 1607 E. 10th St. Bring your own food and drink. This will be a great time to get together and socialize with the Best. Ya All Come!!!!!!!

## MISTAKE POLICY

If you find mistakes in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!



## VIETNAM VETERANS OF AMERICA

**TUCSON CHAPTER 106**  
P.O. Box 40903 (602) 790-7602  
Tucson, Arizona 85717

### THE BOARD OF DIRECTORS

#### CHAPTER INFORMATION SHEET

| <u>OFFICE</u>                          | <u>NAME</u>     | <u>PHONE</u>              |
|--|-----------------|---------------------------|
| President                              | Albie Ginaro    | 749-4469                  |
| Vice-President                         | Frank Gonzalez  | 749-1573                  |
| Secretary                              |                 |                           |
| Treasurer                              |                 |                           |
| Director                               |                 |                           |
| Director                               |                 |                           |
| Director                               |                 |                           |
| Director                               | Mark Toth       | 887-6240                  |
| <u>THE COMMITTEE'S</u>                 |                 |                           |
| <u>COMMITTEE</u>                       | <u>CHAIRMAN</u> | <u>PHONE</u>              |
| Employment                             |                 |                           |
| Legislative                            | Albie Ginaro    | 749-4469                  |
| Membership                             | Frank Gonzalez  | 749-1573                  |
| M.I.A./P.O.W.                          | Gene Zabel      | 326-2038                  |
| Newsletter                             | John Shirley    | 884-7544                  |
| Nominating                             | Dave Croteau    | 792-9109                  |
| Outreach                               |                 |                           |
| Parade                                 | Frank Gonzalez  | 749-1573                  |
| Public Relations                       | Dave Croteau    | 792-9109                  |
| Spirit of the 106<br>SUB-COMMITTEE     | John Paulus     | 296-5674                  |
| State Council<br>CHAIRMAN              | Mike Haase      | 1-836-5039<br>Casa Grande |
| Chapter Delegate<br>(To State Council) | Albie Ginaro    | 749-4469                  |

REMEMBER, we said "YES" when it was popular to say "NO".

## Quick Reference

VVA (602) 790-7602 Chapter 106  
(202) 332-2700 National  
(202) 332-3305 Officers  
1-800-424-7275 HOTLINE

VARO 622-6424 Tucson  
263-5411 Phoenix  
1-800-352-0451 Elsewhere

VA POW Hotline 1-800-821-8139  
VA IG Hotline 1-800-368-5899  
GAO Fraud Hotline 1-800-424-5454  
Vets Outreach Center 323-3271

Federal Information Center  
522 N. Central Ave., Rm. 120  
Phoenix, AZ 85004  
261-4736 Jobs Tape

DES Vets Employment Hotline  
4525 E. Broadway 628-5722  
316 W. Ft. Lowell 628-5561  
195 W. Irvington 628-5749

AZ State Legislature  
1-800-352-8404

AZ Vets Svc Commission 628-5388  
Pima Voter Registrar 792-VOTE  
Agent Orange Class Action  
1-800-645-1355

Sen. Barry Goldwater  
Federal Bldg., 301 W. Congress  
Tucson, AZ 85701 629-6334

Sen. Dennis DeConcini  
33 N. Stone  
Tucson, AZ 85701 629-6831

Rep. Jim Kolbe  
4444 E. Grant, #125  
Tucson, AZ 85712 323-1467

Rep. Morris Udall  
300 N. Main St.  
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Membership in Vietnam Veterans of America, Inc. is open to Vietnam Era Veterans  
Associate Membership to the Public at Large

Name \_\_\_\_\_ Phone \_\_\_\_\_

Present Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\$9.00 Annual National Dues \$10.00 Chapter Affiliation Fee \$10.00 Total \$20.00

Return this form to

• VIETNAM VETERANS OF AMERICA •  
P. O. Box 40903, Tucson, AZ 85717

- I am a Vietnam era veteran and would like to be a Member.
- I am not a Vietnam era veteran, but would like to be an Associate Member.

Your Local Chapter No. 106

I want to give more. Enclosed is my check for  \$20,  \$50,  \$ \_\_\_\_\_  New Member or  Renewal

(All contributions are tax deductible.)

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**326-4476**  
4551 E. SPEEDWAY BLVD.

SOUTH  
**326-2443**  
1116 S. COLUMBUS BLVD.  
(AT 22ND)

GRN. VALLEY  
**625-2811**  
211 W. DUVAL RD.