



Listening Post

Vietnam Veterans of Ventura County, Inc.

P.O. Box 3218

Ventura, CA 93006-3218

August , 2020

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Listening Post

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None

Fundraising

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President's Message

An oldie but goody:

One thing the world is not short of is critics. I find that no matter what "good" I may do, there is always someone who will tell me I did it wrong or I didn't do enough or ask "What were you thinking?" I am certain that we have all been criticized one or another, especially if you are in a position of leadership. As a pastor and CEO of five corporations I have had my share of criticism. I have found the following one method of handling criticism. I hope these suggestions will help you when being criticized.

When criticized:

Consider the source:

- A friend?
- A foe?
- Someone who always criticizes everyone else beside you?
- Someone trying to make themselves taller while making others smaller? [People who think they know it all really upset those of us who do].

Consider the motivation:

- To harm?
- To heal?
- To improve?
- To make oneself appear better and wiser than they really are?
- Is there some kind of emotional hurt and the critic is just lashing out? I'm hurt so I will hurt someone else?
- Is someone feeling guilt and are trying to dissipate it by putting their guilt on to others?
- Is the fault they are finding really their own?

(Continued on page 2)

(Continued from page 1)

Consider the criticism:

- Based on fact or feeling?
- Is there a "plan of action" to bring correction or improvement?

Anonymous Communication:

Before reading any mail, e-mail or text messages; if the letter is not signed, or if I do not recognize the sender, I do not read it. If a letter: I throw it out without reading it, if an e-mail or text: I immediately delete it without reading it. Too much criticism comes from cowards who like to set traps or act as emotional snipers.

Earmarks of constructive criticism:

- The author identifies themselves.
- The author establishes motivation.
- The author is not interested in how you think or feel about them, rather that you have your life in proper alignment.
- The fault is defined without a sense of hopelessness and corrective measures are set forth.
- That is true "constructive criticism".

David Wilson

POW/MIA REPORT July – 2020

**8 Brothers-in-arms have been accounted for and/or returned home &
6 remain MIA and unaccounted for**

European & Pacific Theaters: 3

U.S. Army Air Forces 2nd Lt. William H. Melville, 20, was accounted for July 3, 2020.

Marine Corps Pfc. John P. Langan, 18, was accounted for on July 7, 2020.

***Marine Corps Reserve Pfc. Frank L. Athon, Jr.,** 29, was accounted for on July 27, 2020.

USS Oklahoma: 0

Total from World War II: 3

Currently there are 72,548 Americans (approximately 26,000 are assessed as possibly-recoverable) still unaccounted for from World

Korean War: 1

Army Cpl. Richard L. Henderson, Jr., 18, was accounted for June 30, 2020.

Currently there are 7,559 Americans still unaccounted for from the Korean War.

Lt. Robert J. Dwyer, of Worthington, Ohio, U.S. Navy, was lost on Feb. 5, 1991, in the Persian Gulf.

Vietnam: 1

U.S. Air Force 1st Lt. Alva R. Krogman, 25, was accounted for July 7, 2020.

Currently there are 1,573 American servicemen and civilians still unaccounted for from the Vietnam War

Iraq Theater & Other Conflicts: 6

Operation El Dorado Canyon, 1986 MIA: 1

Capt. Paul F. Lorence, of San Francisco, U.S. Air Force, was lost on April 15, 1986, over Libya.

Operation Desert Storm, 1991 MIA: 2

Lt. Cmdr. Barry T. Cooke, of Austin, Texas, U.S. Navy, was lost on Feb. 2, 1991, in the Persian Gulf.

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Operation Iraqi Freedom, 2003-2010 MIA: 3

Mr. Kirk Von Ackermann, of Albuquerque, N.M., DoD contractor, was lost on Oct. 9, 2003, while working in Forward Operating Base Pacesetter, Iraq.

Mr. Timothy E. Bell, of Mobile, Ala., DoD contractor, was lost on April 9, 2004, while working in Baghdad, Iraq.

Mr. Adnan al-Hilawi, of Orlando, Fla., DoD contractor, was lost on March 3, 2007, while working in Baghdad, Iraq.

Ron Fitzgarrald

VVVC August 2020 Membership Report

I am going to update the membership each month (take those that pay off the list) but not drop those still on the list of due till we finally get back to normal meetings.

Annual members	46
Life Members	117
Free members	5
Total members	168

We had one annual member up to lifetime this go around

Holding on the following membership renewals

Annual membership due now (\$15 to renew) or \$150 Life membership (can be done in three \$50 payments)

1379	Diane Miller
1380	Paul Lamar
1392	John Mills
1468	Debbie Howery
1469	'Bobbi' Vickroy/Mills
1471	Roy Villa
1483	Louis Morris
1488	Bruce Miller
1490	Ron Perkovich
1493	Edwin Luth
1503	Daniel Miller
1506	John Gonzales
1513	Ken Mayer
1515	Frank Lopez
1522	Jack Pinard
1523	Donald Hindsman
1524	James Connors
1525	Aurthur Ingram
1526	John Haigh
1527	Richard Weiche
1529	William Bahr
1530	Peter Schultz
1532	Bud Grey
1537	John Hankins
1539	Harold Abernathy

Sec/Membership Chair
Joe Richardson

Sick call...

Please continue to think about or say a prayer for our members:

David Wilson
John Smiley
Sharon Cabrera
Joe Morris
James Connors
Doug Temple
Richard Camacho
Charlie Foote

Everyone please stay safe and healthy out there!

FYI...

Manny Gonzales has provided us with several good articles, which are attached:

Most Underused State Veterans Benefits & Alaska Native Veteran Land Claims

Veterans Legacy Program Provides Resources for Educators

How to use Zoom with your CapTel phone

And Howard Tench shared an article regarding Textbooks for Vets

COMING SOON

V.A. Ventura County CBOC Ralston and Saratoga

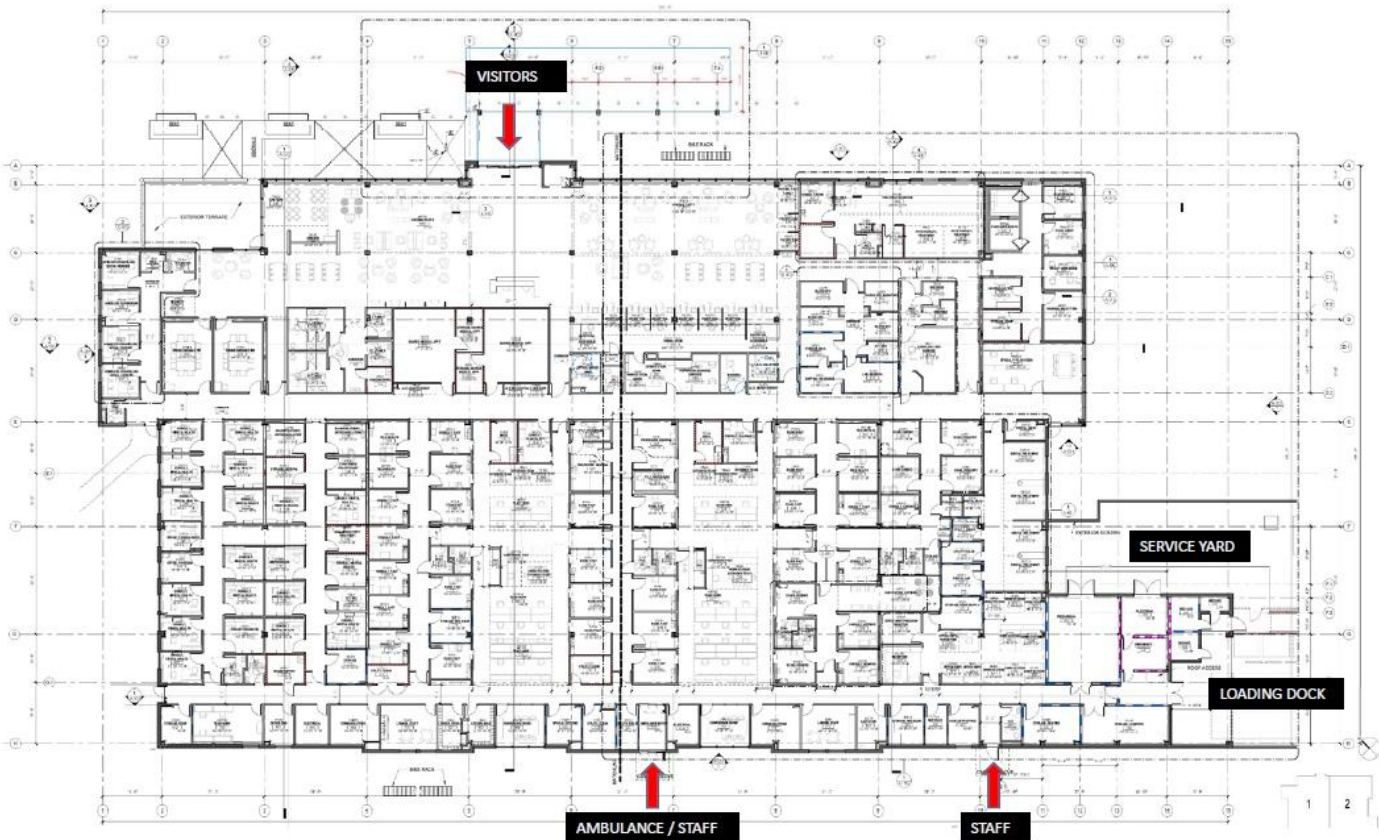
Construction to start 2021



DEPARTMENTAL PLAN



FLOOR PLAN



GOOD STUFF SHARED BY Manny

This program is for
Educators
To use
Veterans stories
From burial records
At
National Cemeteries



"It got to a point (in history class) where I didn't think of the people as real...until I went and stood by people's gravestones." - Veterans Legacy Program student participant

The Veterans Legacy Program commemorates our nation's Veterans through the discovery and sharing of their stories. VLP encourages students and teachers at the University and K-12 level around the country to immerse themselves in the rich historical resources found within NCA national cemeteries. Participants research Veterans interred in national cemeteries and develop educational tools that increase public awareness of Veteran service and sacrifice.

Founded on Memorial Day, 2016, Veterans Legacy Program has established itself as a leading model of community engagement. Partners from across the country have created VLP products and events that reflect the unique impact of Veterans on their local community. VLP continues to grow and expand its reach and welcomes anyone interested in learning more to contact us.

This information
Explains how to
Use
Zoom on a computer
While
Reading the text
On the CapTel
Phone screen



It's a snap to Zoom with Hamilton® CapTel®



Since the outbreak of COVID-19 and resulting social distancing protocols, video teleconferencing has skyrocketed in use. One very popular platform is Zoom – which people are using for so many reasons beyond just work meetings. Family gatherings, book clubs and workouts at home are just a few examples.

Great news — the [Hamilton CapTel service works with the Zoom platform](#), allowing people with hearing loss to participate in all types of video gatherings. We put together a quick guide that demonstrates how to use the

two services together, either via your CapTel phone or Hamilton® Web CapTel®. Using a video conferencing platform other than Zoom, like Google Meet or Skype? The same basic approach works for those, too!

Alaska Native Veterans Program Land Claim Eligibility

The Alaska Native Veterans Program of 2019 allows Alaska Native Veterans who served in the Vietnam era, **or an heir of theirs**, to claim between 2.5 and 160 acres of land in Alaska. Join a panel of representatives from VA and the Bureau of Land Management (BLM) for details on the program.

More from Manny

Most Underused Veterans State Benefits

VETERANS BENEFITS 2020

THE MOST UNDERUSED BENEFITS IN YOUR STATE

Are you using all the Veterans benefits available in your state?

State representatives share some of the most underused benefits available to Veterans.

Find local benefits available to you, in alphabetical order by state.

Shared by Howard

VENTURA COLLEGE FOUNDATION'S JERRY ARELLANO VETERAN RESOURCE CENTER LIBRARY PROGRAM TO PROVIDE TEXTBOOK STIPENDS TO VETERAN STUDENTS

Ventura, Calif.—The Ventura College Foundation's Jerry Arellano Veteran Resource Center Library Program received \$59,000 in new funding to provide textbook stipends to U.S. veteran students attending Ventura College.

Veterans will be given up to \$250 per semester for two semesters. To receive the textbook-buying stipend, recipients must donate at least one of their books purchased with the stipend to the Jerry Arellano Veteran Resource Center Library so future students can have access to textbooks at no cost. The library is named after Arellano, a Marine veteran and long-time firefighter including service at Station 32 at Edwards Air Force Base.

The new funding comes from Ventura College Foundation donors who had originally designated their gifts to Veterans Promise, the first program of its kind that enabled U.S. veterans and active duty military students not using G.I. Bill benefits to attend Ventura College tuition-free during their first year of schooling. Since tuition for these students is now covered by the state, donors agreed to transfer their contributions to pay for veterans' schoolbooks and build the resource center's lending library.

Full time and part time veteran students can apply for the stipend. The amount is adjusted based on the number of units taken. "We will award these stipends to as many veterans as possible until the funds are exhausted," says Anne Paul King, executive director of the Ventura College Foundation. "High textbook costs are often a barrier to attending college. The Veteran Resource Center lending library and textbook assistance program relieve some of the financial stress. It also helps veterans reserve their G.I. Bill benefits for when they transfer to a four-year university."

"Our military, veterans and their families have sacrificed greatly on our country's behalf. This textbook stipend program is just another way Ventura College can show our appreciation and gratitude. Active military and veterans are an important part of Ventura College's student population," says Dr. Kim Hoffmans, president of Ventura College. "Their dedication to achieve their educational goals is an inspiration."

As of fall 2019, there were 384 veterans enrolled at Ventura College. The college's Veterans Resource Center offers personalized services to veterans, active duty military and eligible dependents. Staff members assist with college admission applications and course registration, provide academic counseling, and help students access veteran's benefits. The center includes a study area with computers, printers and scanners. The Ventura College Foundation supports veterans through scholarships and to help cover the cost of such items as parking and health fees, textbooks, transportation to and from school and general school supplies.

For more information about the textbook support program, go to <https://venturacollegefoundation.org/veteran-textbooks> or call 805-289-6161.



FDA NEWS RELEASE

FDA Reminds Patients that Devices Claiming to Clean, Disinfect or Sanitize CPAP Machines Using Ozone Gas or UV Light Have Not Been FDA Authorized

For Immediate Release:

February 27, 2020

Today, the U.S. Food and Drug Administration is issuing a [Safety Communication](#) to inform patients and health care providers that devices claiming to clean, disinfect or sanitize continuous positive airway pressure (CPAP) devices or accessories (such as masks, tubing, headgear) using ozone gas or ultraviolet (UV) light are not legally marketed for this use by the FDA in the U.S., and as such, their safety and effectiveness for use with CPAP devices and accessories is unknown. CPAP devices are often prescribed for home use to patients with obstructive sleep apnea, a condition where an individual's airway becomes blocked during sleep causing breathing to intermittently stop and start. CPAP devices use air pressure to keep airways open during sleep.

To ensure the safe and effective cleaning of CPAP devices and accessories, the FDA is recommending that consumers and health care providers follow the cleaning instructions provided by the CPAP's manufacturer, which normally include regular cleaning with soap and water.

“The FDA has identified several manufacturers that are marketing ozone gas or UV light-based products claiming to clean, disinfect or sanitize CPAP devices and accessories in the home,” said William H. Maisel, M.D., M.P.H, director of the Office of Product Evaluation and Quality in the FDA’s Center for Devices and Radiological Health. “Exposure to high levels of ozone gas may worsen a patients’ existing chronic respiratory diseases or increase the chance of a respiratory infection. UV light-based products could cause burns, eye damage or increase the risk of skin cancer due to over exposure. The FDA has contacted manufacturers of products making these claims and asked them to submit data demonstrating their safety and effectiveness.”

The FDA has received 11 reports from 2017–2019 from patients experiencing cough, difficult breathing, nasal irritation, headaches, asthma attacks and other breathing complaints when ozone gas-based products were used to clean, sanitize or disinfect CPAP devices and accessories. The FDA has not received any adverse event reports for UV light products claiming to clean, disinfect or sanitize CPAP devices and accessories.

Ozone is a gas that can be used to kill harmful bacteria. However, for ozone to be effective in killing harmful bacteria, it must be present at a concentration far greater than what is considered safe for humans. Although products claiming to clean, disinfect or sanitize CPAP devices that use ozone gas claim that they are designed to keep ozone gas inside the machine and its accessories, leaks can occur at tubing connections, filters or through containers used to house CPAP accessories. When leaks occur, ozone gas in the room where the devices are used may temporarily rise to unsafe levels especially if the room is small or not well ventilated.

Additionally, if the CPAP machine or accessories are used without first allowing fresh air to circulate through the entire CPAP system to remove any remaining ozone gas, this could lead to someone inhaling ozone gas, which could cause breathing problems.

Direct exposure to UV light may cause injury depending on its wavelength, intensity and exposure time. Additionally, the UV light may not be able to penetrate all components of CPAP devices and accessories, like the plastic tubing, masks and connectors, which could lead to inadequately disinfected components that may be unsafe for people to reuse.

While these devices claiming to clean, sanitize or disinfect CPAP machines and accessories have not been FDA cleared or approved for marketing in the U.S., the FDA conducted its own preliminary lab testing on several of those illegally marketed products. The testing demonstrated ozone-using disinfection devices generated ambient levels of ozone above limits considered safe for human exposure. Ozone levels were also high in CPAP machines and tubing even after waiting the amount of time recommended by the ozone-based device manufacturer after a cleaning cycle. The FDA's studies also showed the power of the UV light and time during which CPAP masks and accessories were exposed to this light varied considerably among UV cleaners. If CPAP components are exposed to insufficiently strong UV light or processed for an insufficient amount of time, the CPAP components could be inadequately disinfected leading to safety and performance issues.

The FDA has contacted manufacturers of the ozone gas and UV light products that claim to clean, sanitize or disinfect CPAP devices and accessories. Each manufacturer was informed that based on their product's intended use and technological characteristics, FDA review and clearance or approval is needed and that data would need to be provided to demonstrate safety and effectiveness.

The FDA will continue to monitor reports of adverse events associated with the use of ozone gas or UV-based CPAP devices that claim to clean, sanitize or disinfect CPAP devices and accessories and update the public should new information become available.

The FDA encourages individuals [to report adverse events](#) related to the use these devices to the FDA.

The FDA, an agency within the U.S. Department of Health and Human Services, protects the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines and other biological products for human use, and medical devices. The agency also is responsible for the safety and security of our nation's food supply, cosmetics, dietary supplements, products that give off electronic radiation, and for regulating tobacco products.



DISABLED VETERANS.ORG

VHA May Cut Sleep Apnea Spending Up To \$200 Million After ‘Mismanagement’

A new [IG report](#) on VHA sleep apnea health care spending called on the agency to implement spending reforms that cut up to \$200 million over 5 years.

The report focused on the spending and distribution of positive airway pressure devices. The population of veterans receiving the devices increased by 96 percent from 342,000 in FY 2014 to an estimated 669,000 in FY 2018. The amount spent during that period increased from \$147.6 million to 233.9 million on devices and supplies.

IG concluded half the veterans receiving the devices were using the devices less than half the time resulting in a misallocation of resources. The report put out three recommendations VHA agreed to that could result in decreasing spending up to \$200 million over 5 years.

Sleep Apnea Device Mismanagement

About mismanagement:

“The mismanagement occurred in part because VHA did not identify veterans who were not using their devices as recommended and follow up with them in a timely manner. Furthermore, VHA lacks guidance on alternatives to purchasing sleep apnea devices for all veterans or to take back devices not being used.”

The alternative IG paints for readers seems compelling:

“Therefore, if VHA does not act to change its current sleep apnea device issuance practices and leverage opportunities to reduce spending, the OIG estimated VHA is at risk of potentially spending \$261.3 million over the next five years on sleep apnea devices and supplies that veterans will not use.”

The report seems to place a lot of the blame on mismanagement on VHA for not properly staffing its sleep medicine programs to adequately monitor usage and follow-up.

One agreed to recommendation was to develop alternatives to purchasing the items in the event the veteran does not tolerate or use the device.

Another recommendation was to “to more promptly identify individuals at risk of noncompliance with recommended therapies.

from Joe Richardson, an opinion regarding current postings about CPAP and CPAP cleaning devices

Some of you know of my background but most don't. Over the course of my education and working career I was awarded degrees and licenses in engineering, water and wastewater treatment, and was a college educator and author of publications in my fields of expertise. I was instrumental in organizing and setting up the very first training programs in the State of California for the licensing of individuals to work in the water and wastewater fields. The college program prepared individuals to qualify for, take, and pass the required licensing exams. This program that was certified by the State in 1986 is the standard now used in over 112 colleges in California.

Why, did I toot my horn like this? Well there is a message that is being shared to Veterans that I believe to be misleading. I do believe that if I told you that the VA would mislead you if it saved them money that I would not need to elaborate on the issue. Nuf said.

Let me try to explain first what and how Federal agencies have jurisdiction and expertise in their roles to protect you. The FDA is responsible for **consumable** goods and drugs. The EPA is responsible for the environment, chemicals, and processes that can and do affect our health.

The FDA with its huge responsibilities over food stuffs and drugs has limited resources for many things. I make that statement prior to sharing with you the following comparison as it shows just how limited they are. Drinking water at the tap and from municipal or private water suppliers fall under the EPA Safe Water Drinking Act.

Bottled water falls under the FDA, and would you believe that within that organizations structure and laws there is NOT ONE limit or restriction placed on the safety of bottled drinking water. Yet we all drink it based on prejudice over taste and popularity.

The safety for consumption of tap water at your home is GUARENTEED by the laws and limits placed on water consumers by the EPA and STATE and LOCAL Health Departments.

Again WHY? Am I making these distinctions? ... The VA has and is making a lot of noise about CPAP cleaning machines that are available now using Ozone and UV light to disinfect are NOT FDA Approved, and that is exactly correct, as the products, the processes, the chemical, and the disinfection process IS NOT THEIR RESPONSIBILITY. They will never, nor can they ever, take on that responsibility.

SO, to the big question, do these devises that use Ozone and UV light to disinfect CPAP paraphernalia be a risk to your health? Again recognizing that anything in enough quantity will kill you (including drinking to much water if you didn't know that). Ozone is used as the primary disinfectant in ALL the water provided in public water systems in Ventura County. It is applied to the water and within minutes the ionized O3 molecules revert back to O2. UV light applied to water only affects live cell structures in the water stream and does that ONLY within the device where the water is having the light shown through it.

There is NO residue or ANY after effects to these processes.

In the SoClean device the only thing that might be discernible by the CPAP user is an after smell from within the tubing. The Ozone (O3) itself was adsorbed and converted to O2 within the device itself. If there is found to be an odor then allowing the air to flow for a short period before putting the mask on will clear that out (as per the instructions that come with them state)

Now finally, the VA would have to pay literally Billions of dollars if they were required to provide SoCleans or ANY other device to clean your system when the simple matter is you can clean them with soap and water and be just as safe.

You tell me ... so why don't they tell you that instead of say NOT FDA APPROVED? As I shared earlier, the FDA has NO JURISDICTION over the issue.

Currently the VA is trying to remove the provision of CPAP machines to Vets COMPLETELY. Feel free to Google anything I have shared. I stake my 30+ years as a State licensed water treatment expert and my 21 years experience teaching these principles on this information.

More Memories
Shared by
Rafael Perez



Pete Peterson
Virginia Steele
Ed Cobb
Betty Laake
Herd Seiler
Kay Yebsamich
Jesse Wendler
Kay Dunlop

Victor Saahye
Rafael Perez

Sorry
I couldn't
Do a good
Job of
deciphering