



# LOCK & LOAD



## From the Presidents Desk:

Thanks to all who attended the April meeting. Always remember that our members are our greatest asset.

As usual I end up finding too many articles that I think need to be passed on with this newsletter. Unfortunately I then don't have room to include the pictures that I would like to share with you readers. One of the pictures you may have seen in the local newspaper where Mike Isbell, John Williams, John Hoogendoorn, John Wiles and David Harris were involved with building a wheelchair ramp for Roy Pugh on April 16th. I will be adding Pictures of this build to our website along with the pictures from the George White ramp build accomplished on May 8th with Mike Isbell and David Harris. I want to extend a big THANK YOU for all those that helped with last two builds. I am always impressed with our membership.

I also want to thank those members that came by Walmart on the 23rd to purchase goodies, and I do mean Goodies, from the Eta Zeta. They will be getting with me shortly to turn over the proceeds from their sale so to help our continued Wheelchair Ramp Build.

That's all for this month. See you all at the May meeting.

*John H. Howe*

President	John H. Howe	(580) 304-5053	<a href="mailto:President@okvva750.org">President@okvva750.org</a>
Vice-President	Mike Isbell	(580) 401-4648	<a href="mailto:gunnyisy@att.net">gunnyisy@att.net</a>
Secretary	Marie Mayo	(580) 628-3215	<a href="mailto:uswacmayo@yahoo.com">uswacmayo@yahoo.com</a>
Treasurer	Rod Kutz	(580) 761-5746	<a href="mailto:rodkutz@sbcglobal.net">rodkutz@sbcglobal.net</a>
Newsletter Editor / Webmaster	John H. Howe	(580) 304-5053	<a href="mailto:johnhhowe@me.com">johnhhowe@me.com</a>

V.V.A. Chapter 750 Board Members: John H Howe, Mike Isbell, Rod Kutz, Marie Mayo, Bob Hart, Fred Collins and George White.

**THE NEXT CHAPTER 750 BUSINESS MEETING: MAY 19TH, 1900 HOURS (7 P.M.), AT THE AMERICAN LEGION POST ON SOUTH STREET.**

This newsletter was printed and distributed by **THE UPS STORE**, 14th St., Ponca City.

**APRIL 21ST MINUTES**

Meeting called to order by President John Howe at 7.P.M.

Pledge of allegiance and moment of silence for all POW/MIA'S and active duty personnel

Invocation by Larry Grantz

20 Members present and 2 guests

Minutes read and approved with one change wheel chair ramp was for Ray Pugh

Treasure report

Committee reports:

Monument: Nothing to report

Bricks:Done

Question was asked to we would open bricks sales again and discussion it was decided we would open them again in October for approximately 90 days.

Membership: 104

Old Business:

Election: All current officers were re-elected unopposed. Will be sworn in at May meeting.

March 30<sup>th</sup> Welcome Home was a great success over 100 people attending.

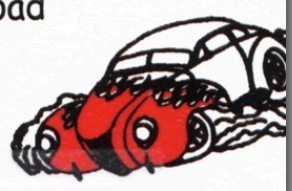
Motion made to do this ever year in March and spend about \$400.00 for advertising and etc. Motion carried.

State Council Meeting: Mike Isbell reported the current State Council

President Nate Washington resigned due to health reasons and that Roy Brown is now president and that in November they will elect a new vice-president if you are interested send a request of the state council office box 661 Lawton.Ok 73502 or to Roy Brown box 5278 Durant,Ok 74701.

Mike talked about delegates going to National Convention a motion was made by David Harris to donate \$200.00 to each member from our chapter to help with expenses. Motion carried.Mike reported that only 4 people had applied the state council scholarship this year. Everett Dowell made a motion for the chapter to start a scholarship next year for \$500.00. Motion carried a committee will be selected at a future meeting to head this.

**Wild Bill's**  
**Custom Embroidery ~ Hot Rod Art**  
Bill and Cathie Sanders  
3447 N. Enterprise Road  
Ponca City, OK 74604  
H & W 580-765-9042  
Bill 580-749-0161  
Cathie 580-749-0160  
**Member of VVA Chapter 750**



Rifle raffle: George White reported on what he had found so far and it was discussed and decided that George get a package of his choosing together and present it at the next meeting.

Poker Run: David Harris said that he

**CONTINUED:**

had looked at 3 routes and would report at next meeting route and time of the run.

Wheelchair ramp: One to be built the end of April for a Korean Vet. Motion to spend \$200.00 on ramp motion carried.

John Howe presented a picture to Allen Teten to be given to Davis Moore thanking them for the contribution to build the last ramp, Marie will send thank you card to Davis Moore.

and a motion was made for the chapter to donate \$500.00 to help stock motion carried.

Memorial Day/Color Guard. Bob Robbins reported on what is needed for the Memorial Day activities and more will be discussed at May meeting.

John Howe reported that we have our domain name for the OKVVA750.org again for 5 years and requested that he be repaid \$46.35 for the expense. Motion made and carried.



**WARD'S**  
**air conditioning, inc.**  
209 N. First • Ponca City, OK 74601

**Michael Ward**

Home (580) 767-1087 / Office (580) 762-9513

***The Season Professionals***

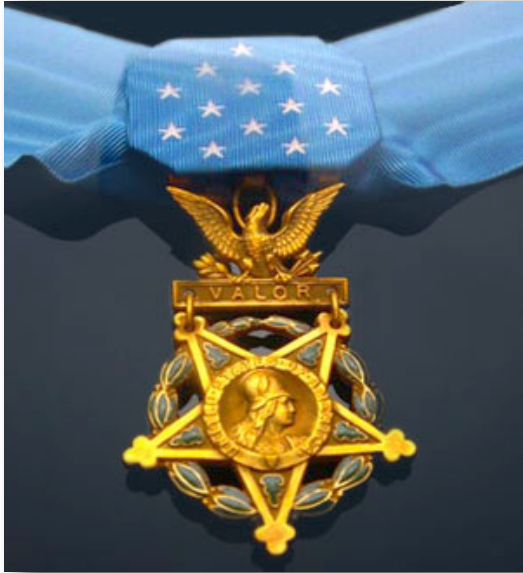
Mike Isbell reported that John Foster had been contacted by JPAC an organization that works with recovering missing American they are located in Hawaii, they requested a copy of the poem he wrote for our Monument dedication. John had sent several copies to them and is waiting to hear more from them. Chapter feels this is an honor to our chapter and we are in the process of trying to obtain more information from them as to what all they do.

Eta Zeta bake sale, the ladies having a bake sale and the proceeds to go to the chapter to help built future wheel chair ramps.

Motion to adjourn at 8:20 motion carried.

New Business: American Legion is going to try and get a liquor license

Next meeting 19 May.



### MOLNAR, FRANKIE ZOLY

Rank and organization: Staff Sergeant,  
U.S. Army, Company B, 1st Battalion,  
8th Infantry, 4th Infantry Division.

Place and date: Kontum Province,  
Republic of Vietnam, 20 May 1967.  
Entered service at: Fresno, Calif. Born:  
14 February 1943, Logan, W. Va



Citation: For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. S/ Sgt. Molnar distinguished himself while serving as a squad leader with Company B, during combat operations. Shortly after the battalion's defensive perimeter was established, it was hit by intense mortar fire as the prelude to a massive enemy night attack. S/Sgt. Molnar immediately left his sheltered location to insure the readiness of his squad to meet the attack. As he crawled through the position, he discovered a group of enemy soldiers closing in on his squad area. His accurate rifle fire killed 5 of the enemy and forced the remainder to flee. When the mortar fire stopped, the enemy attacked in a human wave supported by grenades, rockets, automatic weapons, and small-arms fire. After assisting to repel the first enemy assault, S/Sgt. Molnar found that his squad's ammunition and grenade supply was nearly expended. Again leaving the relative safety of his position, he crawled through intense enemy fire to secure additional ammunition and distribute it to his squad. He rejoined his men to beat back the renewed enemy onslaught, and he moved about his area providing medical aid and assisting in the evacuation of the wounded. With the help of several men, he was preparing to move a severely wounded soldier when an enemy hand grenade was

### *Continued:*

thrown into the group. The first to see the grenade, S/Sgt. Molnar threw himself on it and absorbed the deadly blast to save his comrades. His demonstrated selflessness and inspirational leadership on the battlefield were a major factor in the

successful defense of the American position and are in keeping with the finest traditions of the U.S. Army. S/ Sgt. Molnar's actions reflect great credit upon himself, his unit, and the U.S. Army.

---

### *Criminal Behavior and PTSD*

At times the symptoms of PTSD may make it more likely that the sufferer will get in trouble with others or with the law. PTSD affects the way you see, think about, and respond to people and situations. Trauma survivors with PTSD may be more prone to feeling threatened in many situations, even when the feeling of threat is not warranted. Some may act on impulse or go to extremes to protect themselves.

Research shows that aggressive behavior is more common in those with PTSD than those without PTSD. For example, in one study, male Vietnam Veterans with PTSD committed more acts of violence against family and others than Veterans without PTSD. Also, rates of PTSD in prison inmates are higher than in the general public.

It is also possible that PTSD is not directly related to crime. Rather, a third factor could lead to both PTSD and criminal behavior. Also, keep in mind that the research findings on

PTSD and crime vary widely due to different methods used in the studies.

Three areas of functioning may be affected by PTSD: thoughts, level of arousal, and feelings. Below we present some ways that PTSD symptoms in each of these areas could set the stage for the survivor to act in an aggressive or even criminal

#### **Niemann Fencing Company**

"Quality Materials and Expert Installation"



DON NIEMANN, JR.

Office (580) 762-3300

Fax (580) 762-4440

P.O. Box 1188

Ponca City, OK 74602

way.

#### **Thoughts**

- **Flashbacks:** People with this symptom of PTSD believe that they are again going through the trauma. When having a flashback, survivors with PTSD might commit an aggressive or

**Continued:**

criminal act while thinking that they are in danger again.

- **Perceived Threat:** Even without being in an alt This way of seeing the world makes it more likely that they will be aggressive.
- **Beliefs about Justice:** Those with PTSD may hold extreme beliefs about justice based on their having been through trauma. Examples of such beliefs that might lead to crimes include:
  - Belief in the need for revenge or acting outside the law in order to right the perceived wrongs of others
  - Little respect for authority or the law because of

PTSD is more likely to respond aggressively.

- **Being Hyper-alert:** Many people with PTSD are always "on guard." This alertness may be extreme. It may lead the person to act out to try to protect him or herself or someone else, even if there is no real danger.
- **Startle Response:** Those with PTSD may react on instinct or impulse to any sudden threat. Their responses may be extreme. For example, a person with PTSD may on instinct push back aggressively when accidentally bumped in a crowd.

**Changes in feelings**

- **Distress:** When reminded of a trauma, those with PTSD have high levels of distress. This is likely to affect their judgment and make them less able to use reason in their responses.
- **Negative Feelings:** Those with PTSD often have high levels of fear, worry, guilt, anger, shame, or depression. These unpleasant feelings may lead them to use drugs and alcohol in an attempt to feel better. Substance use and abuse can in turn cloud judgment and cause them to do things they might not normally do. Also, guilt may lead survivors to commit acts that will likely result in their being punished, injured or killed.



**Fred Boettcher**  
**Fred Boettcher Law**  
 EASTMAN NATIONAL BANK BLDG.  
 222 E. GRAND AVE. MEZZANINE FLOOR  
 PONCA CITY, OK 74601  
 WWW.BOETTCHERLAWOFFICE.COM

- *Workers' Compensation*
- *Social Security Disability*
- *Personal Injury*
- *Insurance Bad Faith*
- *Wrongful Death*
- *Nursing Home Negligence*
- *Automobile Accident*

perceived and actual abuse by authority figures

**Changes in level of arousal**

- **Anger and Irritability:** High levels of arousal are based on the survival instinct to "fight" or "flee" when faced with danger. Triggering of the "fight" instinct may mean that someone with

**CONTINUED:**

- **Feeling Numb:** At the same time, another class of PTSD symptoms, emotional numbing, may lead to wrongful or criminal behavior because the sufferer has:

- Less empathy or feeling sorry for the victim
- Trouble feeling remorse or guilt for their acts
- Trouble sensing how severe and grave their criminal act is, or what the results may be

- Numbing could also lead some survivors to engage in "thrill-

seeking" behaviors as they try to feel some type of emotion.

**Summing it up**

Symptoms of PTSD can sometimes lead to a lifestyle that makes aggressive or criminal behavior or sudden outbursts of violence more likely to occur. Those with PTSD often suffer from bad memories of the trauma. They may be always tense and fearful. Feeling the need to be always "on guard" can cause survivors to see threat in normal situations. As a result, they may go to extremes to try to protect themselves. High levels of arousal may result in impulsive violent behavior that goes beyond what is needed to address the perceived threat.

Further research is needed to make clearer the complex relationship between PTSD and crime. Even with this much-needed research, the role that PTSD may play in criminal behavior should be studied with care on a case-by-case basis.

*DEAN'S HOME IMPROVEMENTS*



*Dean Townley  
Owner*

- *OVER 35 YEARS EXPERIENCE*
- *SPECIALIZING IN YOUR SATISFACTION*
- *Room Additions*
- *All types of repairs, Roofing*
- *Residential & Commercial*
- *Manufactured Homes*
- *Tile, Marble, Carpet, Linoleum*

900 South 5th street  
Ponca City OK 74601  
PHONE (580) 304-6026  
e-mail deantownley@yahoo.com

***Where to Get Help for PTSD***

If you are in crisis, please call 911, go to your nearest Emergency Room, or call 1-800-273-8255 (TALK)(Spanish/Español 1-888-628-9454). NOTE: Veterans, press "1" after you call -- or <http://www.suicidepreventionlifeline.org/Veterans/> at any time of day or night.

***"Bravery is the capacity to perform properly even when scared half to death." -- Omar Bradley***

## ***VA to Take Applications for New Family Caregiver Program***

WASHINGTON – Today, the Department of Veterans Affairs (VA) published the interim final rule for implementing the Family Caregiver Program of the Caregivers and Veterans Omnibus Health Services Act 2010. This new rule will provide additional support to eligible post-9/11 Veterans who elect to receive their care in a home setting from a primary Family Caregiver.

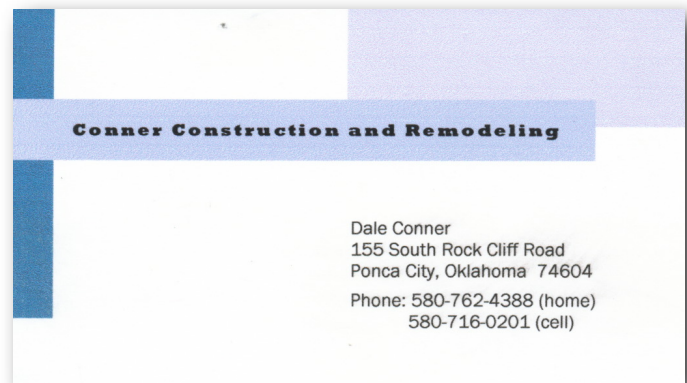
“We at VA know that every day is a challenge for our most seriously injured Veterans and their Family Caregivers,” said VA Secretary Eric K. Shinseki. “I know many Veterans and their Family Caregivers have been waiting anxiously for this day and I urge them to get their applications in as soon as possible so they can receive the additional support they have earned.”

On May 9, staff in VA’s Office of Care Management and Social Work will open the application process for eligible post-9/11 Veterans and Servicemembers to designate their Family Caregivers.

Additional services for primary Family Caregivers of eligible post-9/11 Veterans and Servicemembers include a stipend, mental health services, and access to health care insurance, if they are not already entitled to care or services under a health care plan. Comprehensive Caregiver training and

medical support are other key components of this program. The program builds on the foundation of Caregiver support now provided at VA and reflects what families and clinicians have long known; that Family Caregivers in a home environment can enhance the health and well-being of Veterans under VA care.

Starting May 9th, Veterans may download a copy of the Family Caregiver program application (VA CG 10-10) at [www.caregiver.va.gov](http://www.caregiver.va.gov). The application enables the Veteran to designate a primary Family Caregiver and secondary Family Caregivers if needed. Caregiver Support Coordinators are stationed at every VA medical center and via phone at 1-877-222 VETS (8387) to assist Veterans and their Family Caregivers with the application process.



“Providing support to Family Caregivers who sacrifice so much to allow Veterans to remain at home surrounded by their loved ones, is very important to us at VA. We offer a range of Caregiver support services

**Continued:**

including training, counseling and respite care to ensure that our caregivers have the tools and support they need to continue in their care giving role,” said Deborah Amdur, VA’s Chief Consultant for Care Management and Social Work. “We appreciate the patience, support and assistance we have received from Veterans, Veterans Service Organizations, and the greater Caregiver community in shaping this program and bringing this new VA program to our wounded warriors and their dedicated Family Caregivers.”



Caregivers for Veterans of all eras are eligible for respite care, education and training on what it means to be a caregiver, how to best meet the Veteran’s care needs, and the importance of self-care when in a care giving role. The full range of VA services already provided to Caregivers will continue, and local Caregiver Support Coordinators at each VA medical center are available to assist Family Caregivers in identifying benefits and services they may be eligible for. The Caregiver Support Coordinators are well versed

in VA programs and also have information about other local public, private and non-profit agency support services that are available to support Veterans and their Family Caregivers at home.

VA programs for Veterans and their Family Caregivers include:

- **In-Home and Community Based Care:** This includes skilled home health care, homemaker home health aide services, community adult day health care and Home Based Primary Care.
- **Respite Care:** Designed to relieve the Family Caregiver from the constant challenge of caring for a chronically ill or disabled Veteran at home, respite services can include in-home care, a short stay in one of VA’s community living centers or an environment designed for adult day health care.
- **Caregiver education and training programs:** VA currently provides multiple training opportunities which include pre-discharge care instruction and specialized caregiver programs in multiple severe traumas such as Traumatic Brain Injury (TBI), Spinal Cord Injury/Disorders, and Blind Rehabilitation. VA has a Family Caregiver assistance

**Continued:**

healthy living center on My Health e Vet , [www.myhealth.va.gov](http://www.myhealth.va.gov), as well as caregiver information on the VA's main Web page health site; both Websites include information on VA and community resources and Caregiver health and wellness.

- Caregiver support groups and other services: Family Caregiver support groups, offered in a face to face setting or on the telephone, provide emotional and peer support, and information.

Family Caregiver services include family counseling, spiritual and pastoral care, family leisure and recreational activities and temporary lodging in Fisher Houses.

- Other services: VA provides durable medical equipment and prosthetic and sensory aides to improve function, financial assistance with home modification to improve access and mobility, and transportation assistance for some Veterans to and from medical appointments.

**CLASSIFIEDS**

**THESE ADS ARE FREE FOR CHAPTER MEMBERS.  
CONTACT EDITOR TO GET YOUR ADS INCLUDED.**

Marlin 30-30 in good shape with slip case and lots of ammo. \$300. Call John Howe @ 580-304-5053

=====  
45 Cal. Black Powder Rifle. \$65. Call George White @ 580-716-0884  
=====

=====  
Capact Refrigerator \$75, 100 watt small Microwave \$25, 17cf Freezer \$125. Call David Harris @ 580-491-9836  
=====

=====  
Craftsman 1000 Lawn Tractor, 36 inch cut, 15.5 hp Briggs with only 1 season of use. \$550. Call John Howe @ 580-304-5053  
=====

=====  
Remington 1100 12 gauge shotgun in very good condition \$300. Call John Howe @ 580-304-5053

TODAY'S  
COLOR ALERT:  
RED, WHITE  
AND BLUE



IN MEMORY OF  
ALL WHO HAVE  
SACRIFICED



Number	Status	Expires Last	Member Name	
199747	ACTV	201103	Allen	Joseph L
295219	ACTV	201103	Bush	David
229816	ACTV	201109	Carroll Jr	Maurice J
169626	ACTV	201109	Coppock	Delmar A
194499	ACTV	201109	Fultz	Bradley C
273586	ACTV	201105	Hibbets	Gary J
280403	ACTV	201109	Lewis	Jim
316509	ACTV	201103	Nelson	Elton R
398029	ACTV	201109	Ritter	Al
280405	ACTV	201108	Roland	James M
390791	ACTV	201105	Sanders	William K
411939	ACTV	201106	Smith	Reagan
307682	ACTV	201108	Williams	Jon

Please support V.V.A. Chapter 750 by renewing you membership today. Thanks Rod Kutz, Membership

<b>Membership Renewal Options</b>		Make checks Payable to: <b>V.V.A. Chapter 750</b>  Please mail checks to: <b>V.V.A. Chapter 750</b> <b>Attn: Membership</b> <b>P.O. Box 1625</b> <b>Ponca City, OK 74602-1625</b>
1 Year	\$20	
3 Years	\$50	All Membership Applications must be accompanied with a DD-214.
<b>Life Membership Schedule</b>		
Age <= 49	\$250	
50 - 55	\$225	
56 - 60	\$200	
61 - 65	\$175	
= or >	\$150	



## MARCH LOCK & LOAD

VIETNAM VETERANS OF AMERICA  
CHAPTER 750  
P.O. BOX 1625  
PONCA CITY, OK 74602