

Newsletter for SGT Michael A. DiRaimondo Chapter 750 Military Order of the Purple Heart

moph-chapter-750.com

The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by our nation. George Washington.



From the Commander

December Meeting

The December 13th meeting will be in the Veterans Home of California, Ventura. MOPHA meets at the same time, same place as the Patriots. The Ladies will provide a light meal and drinks. If you have questions call Steve Maline 805 495-5042. Meetings are generally on the second Thursday of the month at 6:00 pm.

Congratulations Jon and Gloria

On November 17 Patriot Jon Williams, Finance Officer of Chap. 750 exchanged vows with his new bride Gloria. You can see Gloria in photos at the Seabee Museum food basket assembly. All the best wishes to you both from Chapter 750.

Thank you to our recent generous donors:

Jack Suzar and Mary Williams. You help us advance.

Thanksgiving Food Baskets Santa Barbara and Ventura Counties

David and Jane Hieter organized everything for food basket recipients at the Santa Barbara V.A. Clinic. Everything went smoothly with many grateful beneficiaries. The needy veterans were selected by the Clinic social worker and staff.

The Seabee Museum at Navy Base Ventura County delivery was organized by Jon Williams and former base C.O. and Chap. 750-member Bob Quinn. The current C.O.'s office selected needy veterans and their families. Jon coordinated with the base commissary for provisions.

Every family received a turkey with all the fixings, including pie and whipped cream, and all the food went into a reusable large plastic storage box. MOPHA Unit 750 a donated Trader Joes gift card to each family. I estimate we donated nearly 750-pounds of turkey and hundreds of pounds more in foodstuffs to complete a full turkey dinner. We donated about 10-12 meals for each family.

Chapter and Unit 750 should be very proud of what you did for needy veterans and active duty military and their families.

Santa Barbara V.A. Clinic



Seabee Museum Ventura



For all the photos: Ventura: <https://tinyurl.com/y8w4m>

Santa Barbara: <https://tinyurl.com/y7wxu868>

Thank you to Sally and Bill for contributing your photographs.

Unit 750 MOPH Auxiliary

Department of CA Auxiliary: Are you enrolling in higher education or your children or grandchildren? Applications are now being accepted for the Department's scholarship program, open to all members of MOPH/MOPHA and families. The Department Auxiliary chose to lower the bar to a 2.5 GPA with emphasis on community service. Essay topic is on PTSD and impact on family. Application at end of newsletter.

Our December meeting will be in Ventura. We'll review the Unit's support for 750's Thanksgiving basket program. To all of you who participated in the assembly of the baskets, you know directly how much this means to the recipients. We'll also be discussing ways in which we may support the Patriots and assist Veterans. Potluck dinner follows with our Patriots – we need volunteers. Be kind and let us know in advance that you will be there and whether you can help with food. Thank you for all you do in supporting our Patriots and caring for all Veterans. Questions or ideas you'd like to share – contacts: 805-565-3759 or ms@west.net. Sally Irving, Unit 750 President.

Ventura and L.A. Fires

We have members and friends of the chapter in the recent fire area. I made contact with all I could determine who were in the fire areas. Some were close and evacuated, but as far as I know, no one lost their home. One member, José Fonseca told me, "I have room to board horses if anyone needs it." How generous, but we know Chap. and Unit 750 members are generous. Thank you José.

California MOPH Midterm Meeting by Senior Vice Commander Steve Maline

The Mid Term, 2018, was held October 9, & 10 in Bakersfield. Welcome and introduction of guests. Also, it will be known as “The Year of the Unit”.

- Tax filings each Chapter responsible to file. Joe Petrini available to help.
- Working on Video Conferencing to improve communications.
- Jim Anderson, Chair National Bi Laws Committee present at meetings at the Mid Terms.
- Check to Auxiliary was presented to them in the amount of \$700.00.
- At National Convention new Commander stated “Change”
- One goal to have more Vietnam Vets join MOPH.
- National Adjutant Hernandez to get 50% reduction in salary.
- National Service. Recruiter to have a 35% reduction in salary to \$70 K year.
- At National Convention: Law Firm “Telly & Assoc” represents the Order. Neil Van Ness said not to talk about issues till they are resolved.
- Need to recruit more members.
- A.B. 2254, a bill in Cal. Assembly would make it possible for 100% disabled to be exempt from paying property taxes, it is in the Appropriations Committee.
- Discussion on location for Annual Convention. After discussion it is to be held again in Bakersfield. Dates to be May6,7,8.
- P/H Foundation in turmoil.
- Dept. Commanders to submit Patriot of the Year by April.
- Auxiliary Raffle took in \$652.00 plus \$100.00 for an Eagle Poster.
- Doc said all reports not received.
- Discussion on ROTC/JROTC presentations on dress and not to be given to Seniors.
- Lot of talking, but not much said.

PTSD: Basic Criteria, by Rachel Cheek, Attorney

Post-traumatic stress disorder (PTSD) is a recognized psychiatric disorder that a person may develop after exposure to a traumatic event. We know that veterans are disproportionately affected by PTSD when compared to average Americans.

This is a brief breakdown of the required criteria for a diagnosis of PTSD as defined by the fifth edition of the Diagnostic and Statistics Manual of Mental Disorders (DSM V), published by the American Psychiatric Association.

Criterion A: Stressor

The stressor is the traumatic event that leads to the development of PTSD. The precise definition of “traumatic event” is contested, but the DSM V requires exposure to death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence. This exposure must have occurred in one of the following ways: direct exposure; witnessing the trauma; learning that a relative or close friend was exposed to the trauma.

Criterion B: Intrusive symptoms

Not everyone who is exposed to a traumatic event will develop PTSD. In order for a person to receive a diagnosis of PTSD, the DSM-V requires the person to show at least one intrusive symptom. Intrusive symptoms can manifest in sudden upsetting memories; nightmares or bad dreams; flashbacks to the traumatic event; emotional distress after reminders of the traumatic event; or physical reactivity following reminders of the traumatic event.

Criterion C: Avoidance symptoms

The third criterion for a PTSD diagnosis is avoidance of reminders of the trauma. This could be an avoidance of thoughts or feelings about the event or avoidance of trauma-related reminders altogether. A person who suffered sexual assault may display avoidance of thoughts and feelings of the assault and do their best to never think about the event. Someone who witnessed a person drowning may avoid trauma-related reminders and stay away from pools or bodies of water. For a diagnosis of PTSD, the presence of at least one of these symptoms is required.

Criterion D: Negative alterations in cognition and mood

A person who receives a diagnosis of PTSD must display at least two of the following symptoms following the stressor: inability to recall key features of the stressor; overly negative thoughts or assumptions about oneself or the world; exaggerated blaming of self or of others for causing the trauma; negative affect (having a flat or depressed mood); decreased interest in regular activities; feelings of isolation; or difficulty experiencing a positive effect (having a hard time feeling happy).

Criterion E: Alterations in arousal and reactivity

For a diagnosis of PTSD, at least two of the following symptoms that began or worsened after the stressor must be present: irritability or aggression; risky or destructive behavior; hypervigilance; increased startle reaction; difficulty concentrating; or difficulty sleeping. Arousal and reactivity are a defense mechanism for preventing further trauma.

Criterion F: Duration of symptoms

If a person meets these criteria, a diagnosis of PTSD requires persistence of the symptoms for more than one month. A person may fulfill all criteria immediately following a traumatic event but two weeks after the event may display fewer or none of the required symptoms. Although the criteria were present for a time, the person would not meet the duration requirement.

Criterion G: Functional significance

The PTSD symptoms experienced by the person with the diagnosis must create distress or functional impairment in a person's life.

Criterion H: Exclusion

In order to meet the criteria for a PTSD diagnosis, the symptoms must not be caused by medication, substance abuse, or any other illness.

This is simplified discussion of PTSD intended to provide clearness to this condition.

<https://www.hillandponton.com/ptsd-basic-criteria>

Homeless Veterans (suggested by Patriot David Hieter)

HUD-VASH Eligibility Criteria: Veterans who are appropriate for this program must be VA health care eligible Veterans. VA eligibility makes this determination.

Veterans must also meet the definition of homelessness defined in The McKinney Homeless Assistance Act (<https://tinyurl.com/yc9fwvk4>) as amended by S. 896, The Homeless Emergency Assistance and Rapid Transition to Housing (HEARTH) Act of 2009. HUD-VASH prioritizes the chronically homeless

Veterans who are appropriate candidates for this program demonstrate the most need or vulnerability and must need case management services in order to obtain and sustain independent community housing. HUD-VASH targets the chronically homeless Veteran who is the most vulnerable and often has severe mental or physical health problems and/or substance use disorders, with frequent emergency room visits, multiple treatment attempts, and limited access to other social supports. However, other Veterans who are homeless with diminished functional capacity and resultant need for case management are also eligible for the program.

A key component of the program is VA's case management services. These services are designed to assist Veterans in obtaining and sustaining permanent housing and engage in needed treatment and other supportive services that improve Veterans' quality of life and end their homelessness. Case Management is the heart of this program and is a requirement for participation in the HUD-VASH voucher program.

VA determines clinical eligibility for the program. The public housing authority (PHA) determines if the Veteran participant meets HUD's regulations for this program. The PHA will determine eligibility based on income limits. Also, the PHA will determine if any member of the household is required to maintain Lifetime Sexual Offender Registry status — those who do are not eligible to participate in this program.

HUD-VASH provides permanent supportive housing for eligible homeless Veterans who are single or eligible homeless Veterans with families. The program is developed for the homeless Veteran, so eligible Veteran families must include the Veteran.

HUD-VASH provides for Veterans who may have medical, mental health and/or substance use disorders, eligible Veterans must be able to complete activities of daily living and live independently in the community with case management and supportive services.

To apply for HUD-VASH, please contact your local VA Homeless Program. Veterans can contact the HUD-VASH program directly, or obtain a referral from a case manager in another VA program, from a community program, or other referral sources. Veterans who are homeless or at risk of being homeless call or visit their local VA Medical Center where VA staff are ready to help. Veterans and their families may also call 1-877-424-3838 to access VA services.

WWII Marine Patriot Maury McGuire Goes to Washington D.C.

I spoke with Maury and we will get together for an interview and it will be in the newsletter with photos. Maury did say this, "The trip was so full of so many wonderful things in national capitol. I would hope that all veterans to make that trip. Something about that you fall in love with your fellow veterans."

Viewing the Parade of Lights in Santa Barbara Harbor

Sponsored by VFW, American Legion and the AMVETS Veterans and guests are welcome on Sunday December 9 at 5:00 P.M. \$1 donation at the door; there will be door prizes. Food and drink will be available with a donation. The Santa Barbara Veterans Memorial Building Foundation will have a display about the building.

Chap. 750 Next Meeting

The December 13th meeting will be at the Veterans Home of California, Ventura. MOPHA meets at the same time, same place as the Patriots.

Important note about the December meeting.

We are moving the Christmas Party to January. Patriot Jon Williams wants to again host the Christmas party, but he is in a major remodel of his home and will give us an update when the Christmas party will happen. So, come to meetings and watch the newsletter.

Chapter Meeting Schedule for 2018
December 13 – January TBA – February 14



DEPARTMENT OF CALIFORNIA
MILITARY ORDER of the PURPLE HEART
AUXILIARY SCHOLARSHIP

Amount: One Thousand Dollars (\$1,000.00)

To be eligible for a Department of California Military Order of the Purple Heart Auxiliary Scholarship, the student must be:

An MOPHA/MOPH, Department of California, member;

And

A full-time student with at least a 2.5 cumulative Grade Point Average (GPA) based on a 4.0 Grading system.

And

A graduate or upcoming graduate (Senior) of a High School; **AND/OR**, has been accepted or enrolled as a full-time student (12 or more semester credit hours, or as defined by the school) at an accredited Community College, State College, University or Trade School at the time the Scholarship is awarded

** The student is to complete and sign the upper part of the attached application, and submit a 350-450 word (approximately one page, double-spaced) typed essay titled:

“How does PTSD affect the daily lives of Veterans and their families?”

** The student’s Counselor or School Administrator is to complete and sign the bottom half of the attached application and return it to the Scholarship Chairman or direct the student to do so. The Scholarship Chairman address appears on the “Declaration of Scholarship Applicant” form.

NOTE: PREVIOUS MOPHA SCHOLARSHIP WINNERS ARE NOT ELIGIBLE

Member # _____



DEPARTMENT OF CALIFORNIA
MILITARY ORDER OF THE PURPLE HEART
AUXILIARY SCHOLARSHIP APPLICATION FORM

The purpose of this Scholarship is to reward academic achievement and community service that exhibits Americanism.

Top half is to be completed by the student.
Bottom half is to be completed by a school official (Counselor or Administrator).

STUDENT NAME: _____
Last First MI

ADDRESS: _____
Street City ZIP

PHONE: _____
Home Cell Other

SCHOOL OF ATTENDANCE: _____

EXTRACURRICULAR ACTIVITY/If YES (may attach a list): -----

STUDENT SIGNATURE: _____ DATE _____

Below is to be completed by a school official (Counselor or Administrator) who has knowledge of the students' academic standing at the time of application and can recommend said student as an appropriate candidate for this scholarship.

I confirm that the above-named student attends our school full time with a cumulative GPA of 2.5 or higher and has been, or will be accepted as a full-time student to a Community College, State College, University or Trade School; or is currently attending an Accredited Institution with a G.P.A., as stated above, at the time the scholarship is awarded,

COLLEGE ENROLLED TO: _____ CUMULATIVE GPA: _____

SIGNATURE: _____
(Counselor or Administrator) TITLE

PHONE # _____ DATE: _____



DEPARTMENT OF CALIFORNIA
MILITARY ORDER of the PURPLE HEART AUXILIARY
SCHOLARSHIP

DECLARATION OF SCHOLARSHIP APPLICANT

I have read and understand the enclosed information regarding the Department of California Military Order of the Purple Heart Auxiliary Scholarship Program.

During the 2019-2020 academic year, I plan to attend an accredited State Community College, State College, University or Trade School as a *Full-Time* student. I certify that the information included in my application and all supporting documents is, to the best of my knowledge, true, accurate and complete.

I authorize the Department of California Military Order of the Purple Heart Auxiliary, to request and receive information regarding my academic records and enrollment status at my designated State Community College, State College, University or Trade School. I agree to abide by the rules and criteria established by the Department of California Military Order of the Purple Heart Auxiliary Scholarship. The decisions of the Scholarship Committee are final.

Applicant Signature _____ **Date** _____

Parent or Guardian Signature _____ **Date** _____
(If the applicant is under the age of 18 years)

Mail or deliver the completed Application, signed Declaration, and all supporting materials to:

MOPHA, Department of California Scholarship Program
C/O Mary Lee Maline 292 Dryden St.
Thousand Oaks, CA
Phone: 805-405-7519 – EMAIL: mlmaline@hotmail.com

DEADLINE FOR SCHOLARSHIP APPLICATIONS IS April 6, 2019.

(This applies to all required documents and materials. Any required items received after the deadline date will disqualify the applicant. The postmark date is irrelevant.)

NO EXCEPTIONS WILL BE GRANTED

APPLICATION CHECKLIST

Please make sure that the following items are submitted by the due date of April 6, 2019, no exceptions. Incomplete applications will not be considered.

- **Completed Application and School information.**
- **Membership number, OR a copy of the Membership application.**
- **Extracurricular Activities**, list all your extracurricular activities in which you have participated or are participating in, as well as Honors you have received. **Please be specific. Include dates.**
- **Community Service**, list all community services that you have participated in or are participating in. **Please be specific. Include dates.**
- **Completed and signed Counselors', or School Administrators' verification form.**
- **Essay of not to be less than 350 words and not more than 450 words on the following subject:**

“How does PTSD affect the daily lives of Veterans and their families?”
- **Signed Declaration of Scholarship Application.**



PROCEDURES FOR THE SCHOLARSHIP

(Information for Units and Chapters only)

Applications for the Department of California MOPHA Scholarship will be sent to all MOPH Chapters and MOPHA Units in the State of California.

If the applicant is not a member, they **MUST** join, no exceptions (A Membership number OR a copy of the Membership application **MUST** be submitted at time of application). If the applicant is unable to pay the enrollment fee, then we encourage the Chapter and/or Units to consider covering the entire cost, or 50% of the \$50.00 membership fee (\$25), on a case-by-case basis. The application for membership can be done through the Chapter/Unit or if they are enrolling in MOPH they may apply online through the MOPH website: www.mophhq.org or by calling (703) 642-5360.

Also, the MOPHA membership application is now available on line at: <http://www.mophhq.org/auxiliary-home.html> - just click on the “Join” tab. The membership application may be filled out on line. The scholarship application will also be available on the same website.

A letter will be sent stating the final results to whether they did or did not win the scholarship. Applications that are not complete, or are not received by the deadline, **APRIL 6, 2019**, will be disqualified and will not be submitted to the Scholarship Committee for evaluation.

A Scholarship committee, who will be selected by the current President of the Department of California MOPHA, will read all the essays and verify that the applicant has fulfilled all the requirements. The Committee will consider the applicant's academic achievement, extracurricular activities, community service and finally the content of the essay when making their final determination on the winner of the Scholarship.

MOPHA Scholarships may not be applied to summer school, or to a special program or research projects.

If selected to receive the MOPHA Scholarship, the applicant will be notified in May 2019. At that time, the applicant may be asked to submit a color photo and biographical information, as well as information regarding the Community College, State College, University or Trade School he or she plans to attend. Once the information is received, a representative will present a check, made out to the winner, from the local Chapter or MOPHA Unit. At the discretion of the Chapter/Unit, if the Scholarship is awarded to a High School student, it may be presented at the High School. Arrangements must be made with the School Administrator to determine a date and time in which this might be done.

**The Department of California
Military Order of the Purple Heart Auxiliary
Debbie Sweet Memorial Scholarship**

Beginning in 2018, the Department of California, Military Order of the Purple Heart Auxiliary will award one (1) \$1,000.00 Scholarship each year in honor of Past Unit 106 President, Department of California President and Past Region VI President Debbie Sweet. Preference will be given to an Auxiliary member to receive this award.

Debbie Sweet was willing and able to tackle any job needed within the Unit, Department, National and her community in which she lived. She was a good role model to young people in how to live their lives. Debbie was a longtime supporter of the Auxiliary and volunteered many hours.