



*Maine VFW Service Office
No One Does More for Veterans*

Deputy Secretary of VA Thomas Bowman Visit



*"No one is useless in this world who lightens the burdens of another."
Charles Dickens*

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Department of Maine VFW Service Officers

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It was a very busy second week of December for Maine Veterans Affairs as the new Deputy Secretary of the VA took time to visit. Among his itinerary was a tour of VA Togus Campus and a meeting with the Service Officers of all the VSO Organizations.

Mr. Bowman served 30 years in the Marine Corps as an infantry and JAG officer. He retired as a colonel in October 1999, after serving as Senior Military Assistant to the Under Secretary of Defense for Personnel and Readiness. He worked three years as an attorney in private practice, concentrating on military and Veterans issues, before joining VA.



1st Annual Military Veteran Symposium: Suicide Prevention

It's a tough topic to address and can be full of myths and half-truths that tend to muddy the issue. Phrases such as "if you talk about it, they will do it" and "it's just talk, they would never do it" are thrown about and prevent the real picture of suicide among veterans being shown. On December 12, veterans, active duty service members and their caregivers gathered at the University of Southern Maine to shed some light on an all too real subject. Thanks to a collaboration between the Dept. of Veterans Affairs, The Vet Center and the Maine Bureau of Veterans Services, the audience was able to see the real faces of suicide. The stories were raw. ..heartbreaking. You truly saw the hard harsh depths the human spirit could sink and the journey the survivors took to get back. I encourage everyone to take advantage of these free events whenever they are available.

If you or someone you know are in danger of taking their own life please call the Veterans Crisis Line at: 1-800-273-8255. Please put this number in your own contacts as you never know when you may be able to save a life.





Post Service Officers

2599 Andrew J. Kinney
 6187 Donald A. Pelkey
 9389 Andre L. Dumas
 9609 Lester J. Dubois
 9699 Bruce R. Junkins
 1605 Brian T. Smith
 2299 James C. Brown
 4154 Eric E. Buckingham
 7529 Richard D. Burton
 558 Edward K. Browne
 9779 Stephen P. Dow
 11553 Charles A. Warden
 109 Daniel P. Sullivan
 1761 Dwight E. Cressy
 3381 Corey E. Carr
 4527 Shawn A. Jernigan
 4633 Curtis D. Slininger
 4298 Neil P. Clukey
 5723 Edward J. McCall
 6924 Stephen G. Dostie
 7865 Craig L. Jackson
 7866 Elwin A. Matthews
 10881 Clyde P. Penney
 11191 Nathan R. Harch
 3095 Robert T. Wilshire
 3108 Anthony R. Kimble
 4169 Larry M. Hopkins
 6131 Kent D. Woodward
 9437 Eugene R. Kirkpatrick
 2197 Stanley E. Harland
 4525 John S. Blodgett
 7738 Robert E. Joyce
 9 Earl C. Stevens
 887 Cornelius J. Ware
 1285 Jeremy J. Lockhart
 8835 JoAnn Bolduc
 9526 Frank D. Smimmo
 1603 Ralph J. Carter
 1641 David D. Williams
 3335 George B. Wyman
 9150 Bertrand A. Dutil
 9787 David C. Bradbury
 11032 Robert D. Hodgkins
 832 William N Shaw
 6783 Clifford R. Purinton
 6859 Bryan E. Noyes
 9328 Randall C. Withee
 10529 John S. Ames
 10643 Henry Whynot
 10879 Alan E. Reed
 11362 Catherine R. Merrill
 5744 Paul R. LaPierre
 6548 Kenneth Kingsley
 6977 Raymond W.
 Farnham
 7997 Michael A. McInnes
 9394 Paul R. LeBlanc
 9935 James E.N. Bachelder

Know Your SO:



Henry "Chuck" Whynot Post 10643

I'm Henry "Chuck" Whynot of Windham, Maine. I was born in 1952 and graduated from Portland High School in 1970. I joined the USMC in July of 1970. I was active until July 1974. I completed basic electronics and ground radar, mos 5931, after completion of training. I was stationed in Okinawa and spent most of the year on LPH's, The Tripoli, The Okinawa, and The Inchon. We stayed off the coast of Vietnam for quick response to ongoing operations.

I have been a member of the American Legion Field Allen Post 148 since 2008. I am a lifetime member of the VFW Post 10643. I am a member of the Marine Corp League, Southern Maine Detachment. 🇺🇸

I volunteer for Southern Maine Agency of Aging in their Vet to Vet program. I was a member of the first group of volunteers trained. I am paired with a Vet and visit on a weekly basis to provide personal contact and see if they need any further services.

I have been the Service Officer for the American Legion Post since 2015. I received the Legion Post Service Officer of the Year for the Department of Maine in 2016. As of December, I am the Service Officer for the VFW Post in Windham.

In April 2016, I initiated a Veteran Social on Wednesday mornings from 9-11:00 at the Windham Vet Center. It serves a need to provide a place for any Veteran to gather. It's a time to socialize, where stories are told, cards are played, and coffee is provided. A bonus is that we have signed up 15 new members.

I have been married to Pam for 42 years. She is the President and a charter member of ALA Field Allen Unit 148. We have 2 sons and 3 grandchildren.

Upcoming Events

December 22-Office closed at 12pm
December 25- Merry Christmas! Office Closed
January 1-Happy New Year! Office Closed
January 12-PSO Training at Bangor Post start at 8am
January 13-COA
January 15-MLK Jr. Office Closed
February 15-President's Day- Office Closed

FOUL WEATHER PROCEDURES

In the event the unpredictable Maine weather turns dangerous please be aware the service office follows along with VBA closures. Please call the office first before attempting to venture out as we may not even be open. Let's be safe out there .

Holiday Message

We have reached the end of another busy productive year here at the Service Office. As we go forward into the new year full of big changes and new moves, let us never forget the whole reason we exist in the first place: to help our brothers and sisters in need. The need can be as huge as keeping a roof over a head or as small as a kind word from someone. To quote post-Civil War political activist Charles Chestnutt: "We sometimes underestimate the influence of little things." It's a hard enough world out there and it can feel like all we have is ourselves. Those "little things" we do for others...those kind words...those small gestures of commiseration may mean the world to someone else. So maybe there are no such things as little things. Be well to each other and from this office to you and yours:

HAPPY HOLIDAYS!!!

Cornelius "James" Ware Jr. and JoAnn Bolduc



Service Officer Tips:

-Please don't wait to send in signed VA forms, especially if it is reaching the end of the month. It could cost the Veteran benefits.

-Refrain from emailing sensitive information (DD214s, SSNs etc.). The information is not able to be encrypted and is not a secure method of communication. FAXing or postal mail is the best choice.

Let's see who actually reads these. State leadership HAS to read these to make sure I'm not sneaking anything inappropriate in the mix. So the first person who finds the tiny anchor hidden in this newsletter and calls me up will get a 10\$ Dunkin Donut card. State leadership is disqualified-gotta be an average GI Jane/Joe. Sing "Anchors Aweigh" to me and you don't get anything extra but brownie points. J

Spotlight On: Vietnam Campaign Medal:



The Republic of Vietnam Campaign Medal was established by the Government of the Republic of Vietnam on May 12, 1964 and authorized for award to members of the United States Armed Forces by the Department of Defense on June 20, 1966. To qualify for award, personnel must meet one of the following requirements:

- (1) Have served in the Republic of Vietnam for 6 months during the period from March 1, 1961 to March 28, 1973.
- (2) Have served outside the geographical limits of the Republic of Vietnam and contributed direct combat support to the Republic of Vietnam and Armed Forces for six months. Such individuals must meet the criteria established for the Armed Forces Expeditionary Medal (Vietnam) or the Vietnam Service Medal, during the period of service required to qualify for the Republic of Vietnam Campaign Medal.
- (3) Have served for less than six months and have been wounded by hostile forces, captured by hostile forces, but later escaped, was rescued or released or killed in action.

Special eligibility rules for the Vietnam Campaign Medal were established for personnel assigned in the Republic of Vietnam on January 28, 1973. To be eligible for the medal, an individual must have served a minimum of 60 days in the Republic of Vietnam as of that date or have completed a minimum of 60 days service in the Republic of Vietnam during the period from January 28, 1973 to March 28, 1973, inclusive.

The Republic of Vietnam Campaign Military Medal is a white six-pointed star with cut lined, broad gold star points between and a central green disk with a map of Vietnam in silver surmounted with three painted flames in red, signifying the three regions of Vietnam. The reverse contains the inscription, "VIET-NAM" in a lined circle in the center with the name of the medal inscribed in Vietnamese text at the upper and lower edges separated by many short lines. The device, an integral part of the award, is a silver ribbon 28mm long on the suspension ribbon and 15mm long on the service bar inscribed, "1960-" and was evidently intended to include a terminal date for the hostilities. Many examples of this medal are found with devices inscribed with other dates but the only version authorized for U.S. personnel is the one described herein. (from Medals of America website: www.medalsofamerica.com)