

## Vietnam Combat Lessons Apply Today, Mullen Says

WASHINGTON, June 1, 2010 – The military's top officer yesterday called on Vietnam Veterans to stay connected with today's service members, saying their lessons learned, especially with post-traumatic stress disorder, can help veterans of combat in Iraq and Afghanistan.

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, made the comments as he led a Memorial Day observance at the Vietnam War Memorial here just before six names of fallen Vietnam veterans were added to the iconic, black marble wall.

"The Vietnam conflict was a life-defining experience for every American who lived during that era, and it continues to impact us all: the pain, the conflict, the healing," Mullen said, noting that Vietnam was his first war experience. "The lessons we learned in Vietnam were bought at a very great price. Acting on them is the best tribute we can pay to honor those who died."

Mullen noted that he and his wife, Deborah, came to The Wall after touring Arlington National Cemetery's Section 60 where many Vietnam veterans are buried near those fallen in Iraq and Afghanistan. "As we come to this very hallowed ground, in ways it is like coming home," he said. "I, too, have friends on The Wall. I have classmates on The Wall."

When the Afghanistan and Iraq wars began after Sept. 11, 2001, Mullen said, he vowed to do everything possible to prevent the disconnect that happened between the American public and the military during the Vietnam war. To his relief, he said, Americans "are so incredibly supportive of our military men and women now."

Mullen said he attributes the changed attitudes to the lessons learned from the Vietnam war era about supporting troops unconditionally. "During that time, as a country, we were unable to separate the politics from the people," he said. "We must never allow America to become disconnected from her military. Never."

"That's why this site, this wall, is so special," he continued. "Rather than separating us, this wall binds us together as nation. It has become, in the words of General [Barry] McCaffrey, a national place of healing."

The memorial on the National Mall memorializes more than three million Americans who served during the Vietnam war and more than 58,000 who died from combat-related injuries and illnesses.

The six names added yesterday are: Marine Lance Cpl. John E. Granville of Los Angeles, Marine Lance Cpl. Clayton K. Hough Jr. of Massachusetts, Army Capt. Edward F. Miles of New York, Army Sgt. Michael J. Morehouse of Kentucky, Army Lt. Col. William Taylor of Florida, and Marine Cpl. Ronald M. Vivona of New York.

"As your loved ones now join their brothers and sisters, we hope this day helps to bring you closure and peace," Mullen told the families of the six veterans' families.


Mullen asked surviving Vietnam veterans to reach out to today's veterans, especially in reducing the stigma of mental health treatment. Whether coping with anxiety, depression or suicidal thoughts, he said, "having an experienced battle buddy you can turn to makes all the difference."

**He encouraged the veterans to share their experiences.**

"We know we stand on the shoulders of the Vietnam generation as our young Americans in uniform give all they have to provide our children and grandchildren a safer world," Mullen said. "Let us honor their legacy by learning from them, listening to one another, and staying connected in the future."

By Lisa Daniel  
American Forces Press Service

## PTSD & TBI

<http://www.semperifund.org/resources.html> Semper Fi Fund. Learn more about "combat operational stress" by watching "Cover Me" superb video explaining PTSD. Geared to Marines but open to all. Calling on Angels. ★★★ 

<http://www.vetcenter.va.gov/> If you have served in any combat zone over 300 Vet Centers across the country to help you and your family with readjustment counseling and outreach services. Was the main link to coming home for a majority of Vietnam veterans back in the 80's. The majority of our staff are Veterans, with more than 50% having served in combat. Over 1/3 of their staff are combat Veterans who served in Iraq and/or Afghanistan. ★★★

<http://www.americasheroesatwork.gov/> The US Department of Labor (DOL) America's Heroes at Work project addressed the employment challenges of returning service members living with Traumatic Brain Injury (TBI) and/or Post-Traumatic Stress Disorder (PTSD). The project equips employers and the workforce development system with the tools they need to help returning services members affected by TBI and/or PTSD succeed in the workplace. Self-help guides & more ★★★

<http://www.ptsd.va.gov/> Post Traumatic Stress Disorder. Fact sheets, video's, discussion forums, where to get help, newsletter, professional information, largest PTSD database. ★★★

<http://healingveteransptsd.blogspot.com/> Listing of articles, forums and volunteers helping with the healing of re-entry.

[http://www.ncetsnet.org/nccts/nav.do?pid=ctr\\_top\\_military](http://www.ncetsnet.org/nccts/nav.do?pid=ctr_top_military) National Child Traumatic Stress Network. Resources & series of articles, for educators, families and medical providers.

<http://www.biausa.org/> Brain Injury Association of America. Active sponsor of webinars, awareness and media events to educate the public and professional health care providers. Provides information, education and support to assist the 5.3 million Americans currently living with Traumatic Brain Injury (TBI) and their families. Call toll-free 1-800-444-6443 for brain injury information.

<http://iava.org/index.php> Iraq & Afghanistan Veterans of America. Getting back to civilian life isn't as easy as just hanging up the uniform. Insights in navigating the VA, invisible injuries, counseling & help. Various blogs, articles and how to's. They've got your back.

<http://www1.va.gov/HOMELESS/NationalCallCenter.asp> Homeless Veteran in need of help? Call 1-877-4AID VET (1-877-424-3838)

<http://www.suicidepreventionlifeline.org/> Are you in crisis? Please call 1-800-273-8255. free, 24 hour Hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

If you are in immediate medical crisis, please call 911.

## Thank You for Your Service!

VVA—"Never again shall one generation of veterans abandon another."

You people speak so lightly of war;  
you don't know what you're talking about.



## "War Is Hell"

General William Tecumseh Sherman, who made famous the phrase "War is hell." You cannot qualify war in harsher terms than I will. War is cruelty, and you cannot refine it,.. September 1864

**DISCLOSURE:** Information contained within is not an endorsement of any organization, non-profit or governmental agency, nor can we attest to the legitimacy of their efforts or competency in their services. It is being provided as a

**VETERANS RESOURCE GUIDE** to assist any and all veterans in need of these services and information. It was put together by two combat Vietnam Veterans and the resources of the

Military Order of the Purple Heart, Dayton, OH. Chapter 31

# Veterans Helping Veterans

Welcome home and Thanks for your service!  
As combat Veterans we often find that our fellow veterans may have never heard those few words of gratitude. Additionally, we find many of our brothers and sisters in arms, may face new life challenges and are not sure where to go for information. We hope this **Veterans Resource Guide**, although not comprehensive, may be a place for you to start your search for the type of information or services you may need. We have collected a number of helpful links that we hope will be the gate to help YOU start that search.

## General Info: Veteran-Related

<http://store.usgs.gov/pass/index.html> Information on obtaining passes to all National Parks and Federal Recreations land. (Free pass for disabled veterans.)

<http://www.nps.gov/index.htm> Whole host of activities, events and detailed information on the National Park Service with web cams, photos and links.

<http://www.nchv.org/page.cfm?id=288> Resource Library on the needs of and resources available for women veterans – the fastest-growing subgroup of homeless veterans.

<http://www.veteransforamerica.org/category/uncategorized/> Superb list of pertinent links for Vet's. Plus can download the Veterans Survival Guide. Good archives.

<http://www.va.gov/> wide & varied selection of basic information on VA benefits, well-being, resources and help available. From returning vets to homelessness.

<https://www.myhealth.va.gov> Health information from A to Z plus medical dictionaries, an encyclopedia, journals, e-learning, streaming video's, podcasts and more.

<http://www.vawatchdog.com/> The American Veteran's #1 Information Source. Keeping an eye on the VA because somebody has to! The full Monty here, uncensored! ★★★★★

<http://www.veteranstoday.com> News and views from around the world written by veterans. Top 10 daily news stories. Updates on Government contracts & awards. Comprehensive reporting on PTSD, TBI, VA and anything that affects vet's.

<http://www.arlingtoncemetery.org/> Burial Guide for use by veterans and their dependents or personal representatives to determine burial eligibility. Listing of those buried.

<http://remind.org/> Resources and support to injured service members, veterans and their families -- building a movement to empower communities nationwide to take action to successfully reintegrate our nation's injured heroes—especially those who have sustained the *Hidden Injuries of War*—back into their communities so they may thrive physically, psychologically, socially and economically.

<http://www.dcoe.health.mil/> Defense Centers of Excellence assesses, validates, oversees and facilitates prevention, resilience, identification, treatment, outreach, rehabilitation, and reintegration programs for psychological health and traumatic brain injury to ensure the Department of Defense meets the needs of the nation's military communities, warriors and families. Good articles.

<http://www.veteransforcommonsense.org> Veteran articles & news, Congressional testimony, advocacy, entrepreneurship for vets.

## Special Guidance & Assistance

[www.asymca.org](http://www.asymca.org) **Armed Services YMCA.** Supplies vets with access to rehabilitation facilities, job training, and other services.

[www.fallenheroesfund.org](http://www.fallenheroesfund.org) **The Intrepid Fallen Heroes Fund.** Dedicated to helping severely injured American veterans and their families.

[www.vetdogs.org](http://www.vetdogs.org) **America's VetDogs.** Helping those who have served our country honorably to live with dignity & independence whether they are visually impaired or have other special needs.

[www.woundedwarriorproject.org](http://www.woundedwarriorproject.org) **Wounded Warrior Project** Raises awareness and enlists the public's aid for the needs of severely injured service men and women. Full compliment of services for Iraqi & Afghani vet's to include; advocacy, benefits counseling, coping & family services, warriors to work, peer mentoring, soldier ride and much more.

<http://www.avbi.org/> **American Veterans Brain Injury.** Dedicated to all the American veterans who have suffered a brain injury and the family members who love and care for them. Blogs, chats & forums for reaching out. Excellent list of pertinent links.

<http://www.cominghomeproject.net/> **The Coming Home Project** is a non-profit organization devoted to providing compassionate expert care, support, education, and stress management tools for Iraq and Afghanistan veterans, service members, their families, and their service providers. Offers a continuum of care, education and consultation. Counseling, retreats, training.

<http://challengeamerica.com/> **Challenge America** is an out-growth of Challenge Aspen, a nonprofit organization that has provided adaptive recreation for people with disabilities. In recent years, programs have been implemented specifically to offer hope and a new way of life to newly injured service men and women returning from current areas of conflict.

<http://www.soldiersangels.org/> **Soldiers' Angels** is a volunteer-led 501(c)(3) non-profit with 100,000's of volunteers providing aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, veterans and their families.

<http://www.nationalresourcedirectory.gov/> An online partnership for wounded, ill and injured service members, Veterans and their families and those that support them. Extensive list of articles, self-help guides, homeless assistance and active military resources. ★★☆☆

<http://www.nchv.org/veterans.cfm> **National Coalition of Homeless Veterans** – If you are a homeless veteran or a veteran at risk of becoming homeless, these pages provide information that you can use to seek help. They include addresses, phone numbers, and websites to find out about services, programs, and other help that is available. Toll-free phone: **800-VET-HELP**

<http://www.fallenheroesfund.org/Home.aspx> **Center for the Intrepid**, A \$55 million world-class state-of-the-art **physical rehabilitation center at Brooke Army Medical Center** in San Antonio, Texas. This Center serves military personnel who have been catastrophically disabled in operations in Iraq and Afghanistan, and veterans severely injured in other operations and in the normal performance of their duty. The 60,000 square foot Center provides ample space and facilities for the rehabilitation needs of the patients and their caregivers. It includes state-of-the-art physical equipment and extensive indoor and outdoor facilities. The Center is co-located with two 21-room Fisher Houses that house the families of patients.

## Employment Opportunities

<http://www.hireveterans.com/> Job seeker support and job placement services. Features jobs and employers who support hiring Vet's.

<http://www.theveteransbusinessdirectory.com/> Business to Business for U.S. Military Veterans. Veteran Job News. Business Guide for loans, SBA Grants, Government Contracts, Service Disabled Owned Small Business (SDVOSB), Doing Business with the Military.

<http://www.defense.gov/Contracts/> U.S. Department of Defense Announces Latest Contract Awards. Valuable links and listing of job opportunities for veteran owned businesses.

<http://www.vetsuccess.gov/> This program's primary function is to help veterans who have service-connected disabilities become suitably employed, maintain employment, or achieve independence in daily living.

<http://www.military.com/myjobs> Veteran job search, benefits, buddy finder, employment guide, free tools & tips.

<http://acpol.army.mil/employment/> **Civilian Personnel On Line.** Job search, opportunities, build a resume and other links.

<http://www.usa.gov/> List of government agencies, information, consumer guides, job leads and applications. National Park passes.

<https://www.fbo.gov/> **Federal Business Opportunities.** Veterans may search, monitor, and retrieve opportunities. How to video's.

<http://www.govbenefits.gov/govbenefits> GovBenefits.gov is the official benefits website of the U.S. government, with information on over 1,000 benefit and assistance programs.

[http://www.acq.osd.mil/osbp/doing\\_business/DoD\\_Contracting\\_Guide.htm](http://www.acq.osd.mil/osbp/doing_business/DoD_Contracting_Guide.htm) **GUIDE TO DoD CONTRACTING OPPORTUNITIES** "A Step-by-Step Approach to the DoD Marketplace" Good resources and advice.

<http://hap.usace.army.mil/> The American Recovery and Reinvestment Act of 2009 (ARRA) temporarily expands the HAP to assist service members and DOD employees who are wounded, injured or become ill when deployed, surviving spouses of service members or DOD employees killed or died of wounds while deployed, service member and civilian employees assigned to BRAC 05 organizations, and service members required to permanently relocate during the home mortgage crisis.

<http://www.warriorgateway.org/> **The Warrior Gateway** serves as the bridge that lets veterans and their families easily search and find needed services near them – free of charge. Includes Job searches, lists & rates service providers. *The Warrior Gateway connects all veterans and their families and caretakers with services and programs they need as they return to local communities - free of charge.*

<http://www.veteran.com/> Blog for Veterans. Active database of veterans trying to re-connect..

<http://whitman.syr.edu/ebv/> The **Entrepreneurship Bootcamp for Veterans with Disabilities (EBV)** offers cutting edge, experiential training in entrepreneurship and small business management

