



**The Veteran's Voice**  
**Newsletter**  
**December 2024**  
**Edition**



# THE VETERANS VOICE

508 Elm Street Biddeford, Maine 04005

Email: [president@vva1044maine.org](mailto:president@vva1044maine.org)



VOLUME 1 ISSUE 12 DECEMBER 2024

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## Here Is the 2025 Pay Raise for Disabled Veterans and Military Retirees



Vietnam veterans sing during a Vietnam Veterans Day celebration at the Veterans Association of North County, Oceanside, California, March 29, 2024. (Mhecaela J. Watts/U.S. Marine Corps)

Military.com | By [Amanda Miller](#)

Published October 10, 2024 at 10:26am ET

Military retirees and disabled veterans will receive 2.5% increases to their monthly paychecks for 2025, thanks to the annual [Cost of Living Adjustment](#), or COLA, tied to inflation.

While 2.5% may look low compared to recent years' COLA adjustments of 3.2% (2024), 8.7% (2023) and 5.9% (2022), it's still close to the average of about 2.6% for the past decade.

The Social Security Administration announced the COLA increase Thursday. Most government disability and retirement payments are required by law to increase annually by the same amount to account for the rate of inflation.

The Department of Labor determines the annual COLA by measuring the Consumer Price Index, or CPI, a measurement of a broad sampling of the cost of consumer goods and expenses. The CPI is compared to the previous year; if there is an increase, there is a COLA. If there is no increase, there is no COLA, and benefits remain the same -- they don't decrease.

## Military Retirees

For 2025, retired military members will receive a \$25 increase for each \$1,000 of [military retirement](#) pension they receive each month.

Retirees who entered military service on or after Aug. 1, 1986, and opted for the [Career Status Bonus \(CSB/Redux retirement plan\)](#) will have any COLA increases reduced by a percentage point, so they will receive a smaller increase of \$15 per \$1,000 in 2025.

Survivors receiving [Survivor Benefit Plan](#) payments will receive increases to their payments by the same amount as retirees.

Service members who retired in 2024 will receive a slightly reduced COLA in 2025. Their COLA is prorated based on which quarter they retired in (January-March, April-June, etc.). The prorated amount may also be adjusted based on when a member entered the service and which retirement plan they elected.

## Disabled Veterans and Survivors

Disabled veterans will also receive increases to their benefit payments in the upcoming year. [VA disability checks](#) will go up about \$4.28 per month for those with a 10% rating and \$93.45 for those rated at 100% who don't have dependents.

Military retirees and VA beneficiaries aren't the only ones who benefit from the COLA increase. Civil Service retirees and Social Security recipients will also receive the 2.5% bump in their monthly checks.

For Social Security recipients, the increase will mean about an extra \$50 per month for the average beneficiary, according to the administration.

**2025 VA disability pay rates, which are effective December 1, 2024, have a confirmed year over year increase of 2.5% based on the latest cost-of-living adjustment (COLA) announced by the social security administration on October 10, 2024. Use the charts provided on this page to determine your eligibility and expected monthly payout for your approved VA disability claim based on the 2.5% COLA increase. Official and final figures will be announced December 1, 2024.**

#### 10% - 20% (No Dependents)

Percentage	Rate
10%	\$175.51
20%	\$346.95

#### 30% - 60% Without Children

Dependent Status	30%	40%	50%	60%
Veteran Alone	\$537.42	\$774.16	\$1,102.04	\$1,395.93
Veteran with Spouse Only	\$600.97	\$859.24	\$1,208.64	\$1,524.05
Veteran with Spouse & One Parent	\$652.22	\$926.89	\$1,293.71	\$1,626.55
Veteran with Spouse and Two Parents	\$703.47	\$994.54	\$1,378.79	\$1,729.05
Veteran with One Parent	\$588.67	\$841.81	\$1,187.11	\$1,498.43
Veteran with Two Parents	\$639.92	\$909.46	\$1,272.19	\$1,600.93
<b>Additional</b> for A/A spouse	\$58.43	\$77.90	\$97.38	\$116.85

#### 70% - 100% Without Children

Dependent Status	70%	80%	90%	100%
Veteran Alone	\$1,759.19	\$2,044.89	\$2,297.96	\$3,831.30
Veteran with Spouse Only	\$1,907.81	\$2,215.04	\$2,489.63	\$4,044.91
Veteran with Spouse and One Parent	\$2,027.74	\$2,351.36	\$2,643.38	\$4,216.35
Veteran with Spouse and Two Parents	\$2,147.66	\$2,487.69	\$2,797.13	\$4,387.79
Veteran with One Parent	\$1,879.11	\$2,181.21	\$2,451.71	\$4,002.74
Veteran with Two Parents	\$1,999.04	\$2,317.54	\$2,605.46	\$4,174.18
<b>Additional</b> for A/A spouse	\$137.35	\$156.83	\$176.30	\$195.92

#### 30% - 60% With Children

Dependent Status	30%	40%	50%	60%
Veteran with Child OnlyVeteran with Spouse and Child	\$579.44	\$830.54	\$1,172.76	\$1,481.00



**30% - 60% With Children**

Veteran with Spouse and Child	\$648.12	\$921.76	\$1,286.54	\$1,617.33
Veteran with Spouse, One Parent and Child	\$699.37	\$989.41	\$1,371.61	\$1,719.83
Veteran with Spouse, Two Parents and Child	\$750.62	\$1,057.06	\$1,456.69	\$1,822.33
Veteran with One Parent and Child	\$630.69	\$898.19	\$1,257.84	\$1,583.50
Veteran with Two Parents and Child	\$681.94	\$965.84	\$1,342.91	\$1,686.00
Add for <b>Each Additional</b> Child Under Age 18	\$31.78	\$42.03	\$52.28	\$63.55
<b>Each Additional</b> Schoolchild Over Age 18	\$102.50	\$136.33	\$171.18	\$205.00
<b>Additional</b> for A/A spouse	\$58.43	\$77.90	\$97.38	\$116.85

**70% - 100% With Children**

<b>Dependent Status</b>	<b>70%</b>	<b>80%</b>	<b>90%</b>	<b>100%</b>
Veteran with one Child (no spouse and no parents)	\$1,858.61	\$2,158.66	\$2,426.08	\$3,974.15
Veteran with Spouse and Child (no parents)	\$2,017.49	\$2,340.09	\$2,630.06	\$4,201.34
Veteran with Spouse, One Parent and One Child	\$2,137.41	\$2,476.41	\$2,783.81	\$4,372.78
Veteran with Spouse, Two Parents and Child	\$2,257.34	\$2,612.74	\$2,937.56	\$4,544.22
Veteran with One Parent and Child	\$1,978.54	\$2,294.99	\$2,579.83	\$4,145.59
Veteran with Two Parents and Child	\$2,098.46	\$2,431.31	\$2,733.58	\$4,317.03
Add for <b>Each Additional</b> Child Under Age 18	\$73.80	\$84.05	\$95.33	\$106.14
<b>Each Additional</b> Schoolchild Over Age 18	\$239.85	\$273.68	\$308.53	\$342.85
<b>Additional</b> for A/A spouse	\$137.35	\$156.83	\$176.30	\$195.92



## Women Veterans Call Center

The Women Veterans Call Center will help you navigate VA, point you in the right direction, and connect you with the Women Veterans Program Manager at your local VA medical center.

**This service is free and confidential, and you can call as many times as you need.** If you are a woman Veteran you may call for yourself, or a friend, relative, or caregiver may call for you.

Call or text the Women Veterans Call Center at 1-855-VA-WOMEN ([1-855-829-6636](tel:1-855-829-6636)) or use the online chat feature. Women Veterans Call Center representatives are available Monday through Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 6:30 p.m. ET, excluding federal holidays. If you contact the Women Veterans Call Center after hours and leave a message, you will receive a return call the next day the call center is open.

The Women Veterans Call Center is your resource for information about a variety of services and benefits that you have earned and deserve through your military service. The Women Veterans Call Center can be your first call to find out how VA can help you. No question is too big or too small, and every question is important. Examples of questions the Women Veterans Call Center can help with are:

- How to reconnect with VA health care if you applied a long time ago but never used your benefits
- How to connect with your local women's health contacts including your local Maternity Care Coordinator or Women Veterans Program Manager, who will assist in coordinating all the services you need
- How to find out what you are eligible for (including general questions about disability ratings) and other VA benefits like employment, education, and home loans
- How to refill your prescription or make an appointment



# President's Corner

**Hello Everyone**

**This month we celebrate Christmas, a time of joy for many of us, but not for all. For some veterans the holidays and especially Christmas can be and is a very tough time for various reasons.**

**If you are able, and know of a veteran struggling with the holidays please take a moment and contact them. Spend a few minutes talking with them. It will mean the world to them.**

**If need be get their contact information to us and we will try to help the veteran by contact what ever agency it will take to help them.**

**MERRY CHRISTMAS**

**Respectfully  
Joseph Armstrong  
President**

**On the next page is an article that I came across that I think is very informative. Please take a moment and read it.**

## HOLIDAY BLUES

It's no accident that the song "If We Make It Through December" was a big hit. Every year a number of people get the "blues" around holidays. There are many reasons people may go through what is known as the "**Holiday Blues**".

Beyond "normal" stress, low energy, money concerns, and demands of the season, veterans often have added pressures. Parties and large family gatherings can cause stress for those veterans suffering with (P.T.S.D) Post Traumatic Stress Disorder.

Many veterans are diabetic, and events centered of food can add to the feelings of loss. Hospitalization or illness can also lead to feelings of isolation.

### **SIMPLE THINGS YOU CAN DO TO HELP MANAGE HOLIDAY BLUES!**

- Be realistic about what you can and cannot do.
- Don't be afraid to ask for help. Let others share in planning for events.
- Make a list. Organize your time. Save time for yourself!
- Get enough rest. It is difficult to cope when you are tired.
- Look toward the future. Do not dwell on the past. Each holiday season is unique and should be enjoyed.
- Enjoy free holiday activities. Look at the holiday lights, go window shopping, or take in a community or church program.
- Spend time with people you care about. Reach out and make new friends. Contact someone you have not heard from in awhile.
- Acknowledge your feelings. Recognize and accept that both good and bad feelings may occur during the holidays. **THIS IS NORMAL.**
- Set limits, It is easy to overindulge around holidays. Maintain a balanced diet. Do not drink too much alcohol. Drinking alcohol may increase your feelings of depression.
- Consider volunteering. Remember the spirit of giving for the holidays. You can help at a non-profit organization. You can visit a shut-in. Your VA Voluntary Service has many opportunities to touch the lives of Veterans.

While holiday blues are common, it is important to prevent these blues from becoming Clinical Depressions.

In both holiday blues and Clinical Depression, you feel tired, sad, and have difficulty sleeping (insomnia).

The holiday blues seldom last beyond the holidays or longer than two weeks. If these feelings are severe or long lasting, please call your healthcare provider.

At every VA hospital there is a chaplain available to talk. If you have feelings of despair, or afraid you might hurt yourself or someone else please call the Veterans Suicide Prevention Hotline at 1-800-273-TALK, and press 1.

Remember it is common for some people to be blue during the holidays. The VA has people who know how to manage these feelings.



***From the Desk***  
***Of***  
**Conrad Letellier**  
**1st<sup>st</sup> Vice-President**

**Merry Christmas Brother & Sisters**

**As a chapter we need to work together on getting more members involved with our chapter.**

**In 2025 we are in the process of putting together events such as setting up information tables letting the general public of who we are and what we do as well as veterans benefits that are available to them and their families. Some of these events will be outside and some will be hopefully inside.**

**By now you all know that we have started a FREE COFFE FOR VETERANS WEDNESDAYS. So far we have had some response but we would like to see those numbers increase. If your in the area of the post on Wednesday from 09:00 - 11:00 stop by say hello and enjoy a FREE cup of coffee.**

**Starting in January we will be expanding the FREE COFFEE program to include a cup of home made soup as well.**

**The officers of our chapter have been working very hard to get our chapter up and running again, but e need your help to do so. Remember United we Stand, De vided We Fall.**

**Respectfully**  
**Conrad Letellier**  
**1<sup>st</sup> vice-president**



# Chaplain's Corner

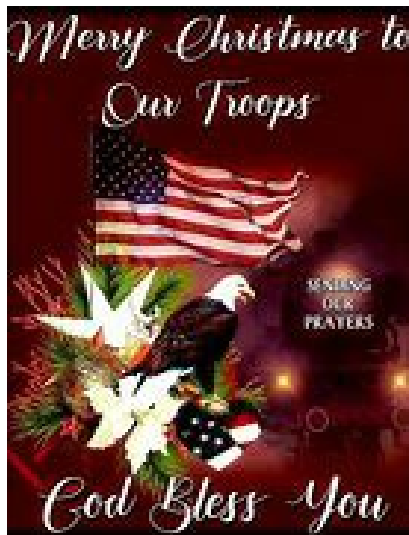
**Hello Brothers & Sisters**

**Being thankful isn't just at Thanksgiving.**

**We need to each day have a spirit of peace and give thanks to the Lord for all the bountiful harvest He has bestowed on us.**

**When we celebrate the birth of Jesus we give gifts just as the Three Wise men giving Myrrh, Gold, and Francincense**

**The Virgin birth of Jesus began a whole new belief by Catholic believers. Just pick up a Bible and read the New Testament.**



**GOD BLESS**

**Chaplain Jim Currier**

# Membership Corner

By  
Conrad Letellier Membership Chairman

Both holidays (Veterans Day and Memorial Day) were established to recognize and honor the men and women who have worn the uniform of the United States Armed Forces.

Memorial Day, which is observed on the last Monday in May, was originally set aside as

a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle.

Veterans Day is intended to thank and honor all those who served honorably in the military—living and dead—whether in wartime or peace. In fact, Veterans Day is largely intended to thank living Veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served—not only those who died—have sacrificed and done their duty.

To ensure the sacrifices of America's fallen heroes are never forgotten, in December 2000 the U.S. Congress passed and the president signed into law "The National Moment of Remembrance Act," P.L. 106-579, creating the White House Commission on the National Moment of Remembrance. The commission's charter is to "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity" by encouraging and coordinating commemorations in the United States of Memorial Day and the National Moment of Remembrance.

The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a two minute of silence to remember and honor those who have died in service to the nation.

On Oct. 7, 2016, President Obama signed the Veterans Day Moment of Silence Act.

The law requires that the President issue a proclamation calling on the people of the United States to observe a two-minute national moment of silence on Veterans Day at 3:11 p.m. Atlantic standard time, 2:11 p.m. Eastern standard time, 1:11 p.m. Central standard time, 12:11 p.m. Mountain standard time, 11:11 a.m. Pacific standard time, 10:11 a.m. Alaska standard time, and 9:11 a.m. Hawaii-Aleutian standard time.



# VETERANS SERVICE OFFICER

## Conrad Letellier

### **Veterans Nationwide Can Now Use Their Phones to Get Emergency Care from VA**

[Affairs](#) hospital by telephone or video under a new program that links patients experiencing medical distress with a VA provider.

The VA announced Thursday that its tele-emergency care program, called tele-EC, is now available across the country, following a gradual rollout this year that has helped 61,182 veterans get care.

According to the VA, nearly 60% of callers who contacted the department through the program had their health needs solved at home without requiring a visit to urgent care or an emergency room.

"It might seem a little strange that we can treat a medical emergency through a telephone call. ... But we've all been there -- we have a cut and don't know if we need stitches. We may have fallen and don't know if we broke our wrist. ... For many of these concerns, simply talking to an emergency care provider can help determine if you need emergency care," said Dr. Neil Patel,

VA National Emergency Medicine Office acting director, during a press conference in Washington, D.C., on Thursday.

The benefit works like this: Veterans enrolled in VA health care contact VA Health Connect, which links them with a triage nurse who, in turn, connects

The provider, who has access to a veteran's VA medical records, assesses the patient over the phone or by video and recommends treatment, follow-up or, in the case of a life-threatening emergency, calls 911 and stays on the line until emergency medical services arrive.

"Veterans can simply pick [up] the phone, call VA, and we can give them advice on what to do and where to go for care. ... Now, every veteran can feel like they have a doctor in the family," Patel said.

From 2016 through 2022, 3.9 million veterans made nearly 20 million visits to an emergency room, with roughly 73% going to the VA and the remainder landing in a civilian emergency department, [according to research published earlier this year in JAMA Network Open](#).

The study found that, from 2016 to 2022, the cost to the VA of visits by veterans to a civilian emergency room rose from \$1.18 billion to \$6.14 billion.

The program should reduce the VA's emergency medical budget and also lower wait times in VA facilities as more veterans learn about it and use it.

Patel said that, as an example, he handled a call from an 80-year-old veteran who was feeling lightheaded but lived more than an hour away from an emergency department. During the tele-EC call, Patel learned that the veteran had recently changed medications, with dizziness being a common side effect of the new regimen.

Patel was able to advise the veteran to drink fluids, change his dose, and take it at a different time to reduce side effects. Then, Patel followed up with the patient a few days later.

"He was feeling great and was so, so thankful that he didn't need to go to the ER and spend hours in a waiting room," Patel said.

The program, now available in all 18 VA network regions, has been gradually introduced this year. With the emergency provider's access to VA medical records and the ability to prescribe medications and order lab tests and imaging, the program is able to provide "whole health" services to veterans that become integrated into their record and follow-on care.

"There are health care systems out there that are doing virtual care options. What we are doing at VA is, to my knowledge, unique in that we get to do it in an integrated health care system ... as opposed to treating the acute issue and hoping they get care later on," Patel said.

VA Secretary Denis McDonough said at the press conference that tele-EC will benefit veterans in rural areas, especially "extremely remote locales."

He added that he was meeting with Indian Health Service Director Roselyn Tso to discuss the new capability for Native American veterans.

"This is how we are thinking about this, not only as a geographic expansion, but also with a particular target of veterans ... in highly remote areas," McDonough added.

To access tele-emergency care, veterans should reach out to [VA Health Connect](#) or the [VA Health Chat](#) app. Veterans also can find their local VA Health Connect number by [searching for their facility](#).

Patel said if vets are experiencing a life-threatening emergency, they should call 911 or go to an "emergency room right away."



# **PUBLIC SERVICE ANNOUNCEMENT**

Vietnam Veterans of America Chapter 1044 Maine

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## **Launches FREE COFFEE FOR VETERANS WEDNESDAYS**

Vietnam Veterans of America Chapter 1044 is located at 508 Elm Street Biddeford, Maine (basement of the American Legion Post 26). Our founding principle is "Never Again Will One Generation of Veterans Abandon Another".

Meetings are held on the first Sunday of each month. Meetings start at 1:30 pm (13:30).

To honor and appreciate our veterans, we're offering **FREE COFFEE EVERY WEDNESDAY** to all veterans!

Whether you served in the past or are currently serving, this is our small way of saying thank you for your service and dedication.

**WHEN:** Every Wednesday from 09:00 – 11:00 hrs.

**WHERE:** Vietnam Veterans of America  
508 Elm Street Biddeford, Maine (Downstairs American Legion Post 26)

**WHO:** All veterans are welcome

Simply show your military ID or wear something that identifies your service, and your coffee is on us!

Help us spread the word and bring a fellow veteran along for a cup of gratitude. We look forward to serving you!

We offer to the veterans a place to sit and enjoy a cup of fresh coffee and a pastry or donut, read a book or magazine or just talk with fellow veterans. We also have several tables set up with board games such as chess, checkers.

A veteran's service officer will be available to answer any questions on veterans' benefits or to help file a claim for disability thru the VA system. This service is available to spouses of veterans as well.

Also available will be a veterans assistance officer to help those veterans and or families in need of assistance with heating fuel or other issues.

We will add additional days that we will be open as the demand increases

For more information contact our chapter president Joseph Armstrong at (207) 494 – 9287 or visit us at <http://www.vva1044maine.org>

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# POW MIA INFORMATION

*Conrad Letellier*

TRUDEAU, ALBERT RAYMOND

Remains Identified, 09/11/2024

Name: Albert Raymond Trudeau

Rank/Branch: W1/US Army

Unit: 68th Aviation Company, 52nd Aviation Battalion, 17th Aviation Group,  
1st Aviation Brigade, Camp Holloway, Pleiku RV

Date of Birth: 18 September 1949 (Teaneck NJ)

Home City of Record: Milwaukee WI

Date of Loss: 26 October 1971

Country of Loss: South Vietnam/Over Water

Loss Coordinates: 121301N 1091847E (CP165510)

Status (in 1973): Killed/Body Not Recovered

Category: 5

Refno: 1775

Other Personnel In Incident: Michael Lautzenheiser; Mickey Eveland; Thomas Green; Sanford I. Finger; Robert A. Nickol (all missing); Leonard Maquiling (aircraft commander-remains recovered); three other non-crew aboard-bodies recovered.

Source: Compiled from one or more of the following: raw data from U.S. Government agency sources, correspondence with POW/MIA families, published sources, interviews. Updated by the P.O.W. NETWORK in 2024.

REMARKS: CRASHES-4 REMS FND-NOT SUBJS

SYNOPSIS: Before dawn on the morning of October 26, 1971, Mickey Eveland was awakened by his assistant platoon leader, G.J. Curry and told that he was needed as crew chief for a resupply flight from Camp Holloway at Pleiku to Cha Rang Valley and An Son. SP4 Walia, the crew's usual crew chief had to be present at a promotion board that day, so Mickey Eveland was selected to fill in for him. Pvt. Green, gunner; WO Albert Trudeau, pilot; CWO Leonard Maquiling, aircraft commander; SP5 Michael Lautzenheiser, the flight engineer; were also awakened. The crew flew from the 52nd Aviation Battalion, "Flying Dragons". Mickey had a hard time waking up, and Curry had

The CH47B, serial #66-19143, call sign Warrior 143, departed Camp Holloway at 0750 that morning and arrived at An Son at 0900 hours after a stop at Cha Rang Valley. While at An Son, the aircraft received further orders to fly to Cam Ranh Bay with a stop at Tuy Hoa. The helicopter arrived at Tuy Hoa at 1115 hours and departed there at 1350 hours. Shortly after departure from Tuy Hoa, Trudeau radioed that he had 10 people aboard and expected to arrive at Cam Ranh Bay at 1420 hours. He had taken on 6 passengers for the flight, Finger, Nickol, and three others. The weather was expected to worsen south of Tuy Hoa, and the pilot was cautioned to contact Coastal Center for weather conditions.

The last time anyone saw Warrior 143, it was near Nha Trang, headed south into bad weather. Search and Rescue was initiated at 1555 hours. Between October 27 and November 1, debris identified as being from 143 was found washed ashore on Hon Tre island, just offshore from Nha Trang. The condition of the debris recovered indicated that the aircraft had struck the water at high speed. In all, four crew members' remains were found during the search period. However, there was no sign of Eveland, Trudeau, Nickol, Green, Finger or Lautzenheiser. An extensive search continued through November 9, without success. In 1972, the missing crew members were declared Killed in Action, Body Not Recovered.

An additional recovery attempt was made based on the possible sighting of the wreckage of the aircraft on October 9, 1974. Two South Vietnamese scuba divers spent 1 hour and 30 minutes each in an underwater search, but did not locate the wreckage.

Hon Tre island was definitely Viet Cong territory and their junks plyed the waters surrounding it at night. Veteran fighter pilots told the Lautzenheiser family that, in spite of the seemingly dismal facts surrounding the loss of 123, the presence of so many Viet Cong made it possible that the crew of the helicopter could have been taken captive.

As the years passed, anguish for the families of the men missing on Warrior 143 only grew as thousands of reports flowed in relating to Americans still held captive in Southeast Asia. The Vietnamese appear, to many authorities, to be holding the men against the day the U.S. will pay their promised reconstruction aid. The U.S. firmly holds that it will not pay. Meanwhile, nearly 2500 American families wait in limbo, and American heroes die in the hands of a long-ago enemy, victims of a political war that, for them, will not end.



**From The Desk of the Events Coordinator  
Jim Davis**



**MEETING  
NOTICE!**

**NEXT CHAPTER MEETING WILL BE SUNDAY 05 JANUARY  
2025. MEETING WILL START AT 1:30 PM 13:30 HRS.  
THERE WILL BE A BOARD DIRECTORS MEETING PRIOR TO  
OUR REGULAR MEETING. BOD MEETING WILL START AT  
12:00 NOON.**

# *Membership in VVA is the Right Choice*

First I want to say "WELCOME HOME "

The goals of Vietnam Veterans of America are to promote and support the full range of issues important to Vietnam veterans. To create a new identity for this generation of veterans and to change public perception of Vietnam veterans.

VVA is a "home of our own" - a community of fellowship with people who share our experiences, needs, and hopes for the future.

Be as active as your time, talents, and interests allow. Or, simply be a proud member of VVA, knowing that your membership helps VVA work for you and your fellow Vietnam veterans.

Membership includes a subscription to our award-winning newspaper, The VVA Veteran, bringing you updates on issues and legislation affecting veterans, as well as unique articles on the people, places, and history of the Vietnam experience.

Membership is open to U.S. armed force veterans who served on active duty (for other than training purposes) in the Republic of Vietnam between February 28, 1961 and May 7, 1975, OR in any duty location between August 5, 1964 and May 7, 1975.

Our chapter is working very hard to help our brothers and sisters, their families and veterans of today.

We meet once a month at the American Legion Post 26 located at 508 Elm Street Biddeford. Meetings start at 1:30 (13:30)

If you would like further information on joining our chapter please email me your mailing address at **[cwomaine@metrocast.net](mailto:cwomaine@metrocast.net)** I will send the information to you.