



## Introducing Veterans For Peace

Yes. We capitalize the “F.” We are FOR peace! Veterans For Peace (VFP) was incorporated in 1985 as an educational and humanitarian, not-for-profit corporation. Since then it has become an international organization with members in all 50 states as well as chapters in Ireland, London, and Vietnam. VFP is the only veteran organization to hold a permanent NGO seat at the United Nations and it is the first military veterans’ organization invited to be a member of the International Peace Bureau based in Geneva, Switzerland.

### Statement of Purpose

We, having dutifully served our nation, do hereby affirm our greater responsibility to serve the cause of world peace. To this end we will work, with others:

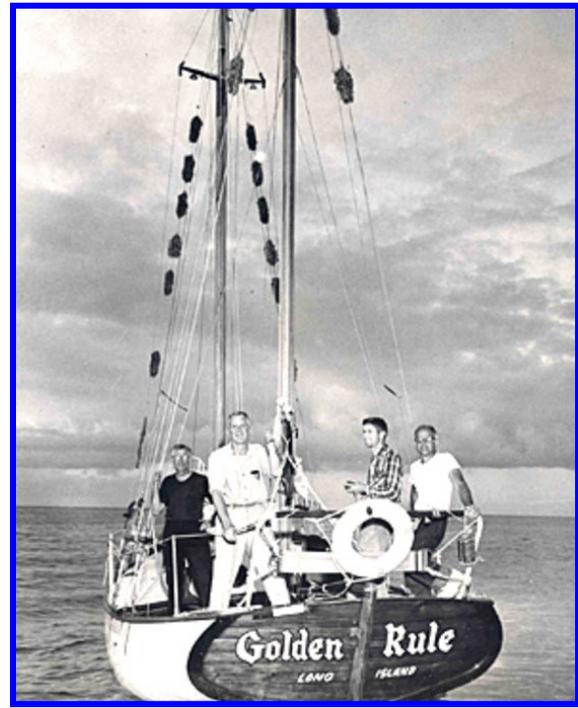
- To increase public awareness of the costs of war
- To restrain our government from intervening, overtly and covertly, in the internal affairs of other nations
- To end the arms race and to reduce and eventually eliminate nuclear weapons
- To seek justice for veterans and victims of war
- To abolish war as an instrument of national policy.

Continued

To achieve these goals, members of Veterans For Peace pledge to use non-violent means and to maintain an organization that is both democratic and open with the understanding that all members are trusted to act in the best interests of the group for the larger purpose of world peace.

There are two chapters in Humboldt County: Chapter 22 in Garberville, and Humboldt Bay Chapter 56. These two chapters have been jointly instrumental in undertaking some rather significant projects. One was the creation of the ongoing Iraq Water Project, that was devised in response to the destruction of water treatment plants during the ‘first Gulf War.’ Another project is the rebuilding of the historic—and first anti-nuclear—sailing vessel, *Golden Rule*. Over a period of five years, VFP members worked to restore the damaged vessel found submerged in Humboldt Bay. Now they endeavor to carry on the mission of the original crew of Quakers who set sail in 1958 to halt the atmospheric testing of nuclear bombs and abolish nuclear weapons. These represent just two of many undertakings by local VFP members.

Continued



Participation in VFP is open to veterans and non-veterans. Veteran “Members” are those with proof of military service.

For additional information visit the parent organization’s web site at, [www.veteransforpeace.org](http://www.veteransforpeace.org). For local chapter information, including date and location of meetings, visit, [www.vfp56.org](http://www.vfp56.org).

(Author: Nate Lomba, copyright 2016)



**Note:** To obtain previous copies of the Eureka CA Clinic Newsletters, please visit: <http://www.sanfrancisco.va.gov/>



# Eureka VA Clinic Newsletter

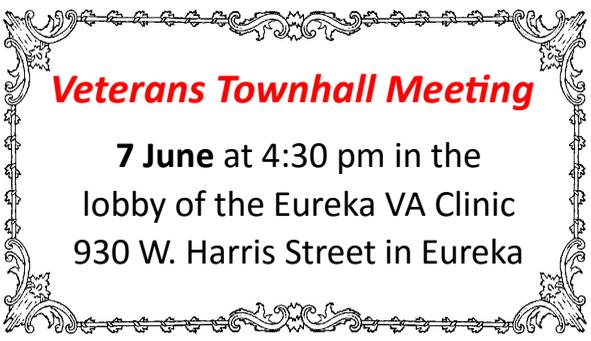
ICARE—Department of Veteran Affairs

## April 2016



### Important Contact Numbers

- Primary Medical Care (707) 269-7500
- Pharmacy (707) 269-7546
- Pharmacy (**Auto Fill**) (415)-750-2233
- Member Services (707) 269-7549
- Audiology (707) 269-7534
- Nutrition (707) 269-7529
- Optician (707) 269-7574
- SFVAMC (415) 222-4810
- MyHealthVet 1-877-327-0022
- TLC Advice Nurse 1-800-733-0502
- Veterans Choice Card 1-866-606-8198
- Home Based Primary Care (**by referral**) (707)269-2800
- Veteran Service Office (707) 445-7611
- Vet Center (707) 444-8271



## Veterans Townhall Meeting

7 June at 4:30 pm in the lobby of the Eureka VA Clinic  
930 W. Harris Street in Eureka

### CURRENT EVENTS

In order to improve security within the Eureka VA Clinic, there will be ongoing police presence in addition to current security guards. Your safety and well-being are top priorities and the VA is doing all it can to ensure them.



Employment Development Department (EDD/Job Market) will be hosting a Job Fair on May 20<sup>th</sup>, 2016 from 10 am-2 pm at the Sequoia Conference Center, 901 Myrtle Ave Eureka. In addition to the Job Fair, EDD will also be hosting a multitude of Career Prep Academy Classes starting Wednesday May 4<sup>th</sup>, 2016. To be part of the Career Prep Academy, call (707) 441-JOBS or drop by the Job Market reserve your stop as soon as possible.



## HELP WANTED!

No bay seals need apply

Veteran with a desire to make a difference in our community. Needs to be available for one hour approximately every two weeks, starting immediately upon hiring. Skill set will include: good communication, ideas for improvements and willingness to achieve same. Pay starts at candy and goes as far as lively conversations. We have a terrific healthplan. Apply at the front desk, reference job #930, "Communications Council".



### Change of staff

It is with great regret that we must report the loss of two of the Clinic's staff doctors, Dr. Kangeth and Dr. Pai, effective the middle of April. Eureka staff is working with patients to minimize the effect of this loss and to ensure that all healthcare needs are met. It will take about 6 weeks to have temporary staffing in place. The clinic is also working to hire permanent providers to replace those leaving.



### HOPTEL

Hoptel has not finished their re-do; only 15 beds are available, so it will be filled very quickly, at least 4-6 weeks ahead.

### Nutrition Corner:

#### Ch-Ch-Ch-Chia Pear Pudding

Yes, the seeds that were once known for growing the illustrious chia pet are not only edible but also delectable. Plus, they are loaded with fiber, protein and omega-3 fatty acids. My favorite way to enjoy chia seeds is to make a simple pudding to enjoy for breakfast or dessert.

**Ingredients:** One 13.66 fl. oz. can lite coconut milk, 1/3 cup chia seeds, 1/2 teaspoon vanilla, 1/4 teaspoon cinnamon, and a dash of nutmeg

**Directions:** Combine all ingredients in a jar. Shake vigorously, or stir with a whisk until well combined. Wait five minutes. Shake or stir once more. Cover it and refrigerate for at least 15 minutes. Top with pear slices (or any other fruit) and/or toasted nuts to serve.

Nutrition Facts (for 1/3 of recipe):  
Calories: 170, Total Fat: 13g, Cholesterol: 0mg, Sodium: 12mg, Total Carb: 10g (fiber: 7g, sugar: 0g), Protein: 3g

Recipe Created By Tessa Thralls, Dietitian. Call her if you are interested in learning more in one of her nutrition or cooking classes! 707-269-7529.



### Chia Quick Facts

- ◆ A total protein AND high in fiber (blend of both soluble & insoluble fiber)
- ◆ Slows the process of converting foods to sugars leading to more stable blood sugars
- ◆ Rich in omega-3s (higher than salmon); high in calcium and antioxidants
- ◆ An easy addition to a healthy daily diet--sprinkled on salads, bagels, pizza, or mixed in drinks, yogurt or cereal
- ◆ Aid with feelings of hunger - they expand in liquids, creating a feeling of fullness as well as adding structure to gluten-free products
- ◆ Chia may have diabetes benefits -- a white-seeded variant of chia, called Salba, helped diabetic volunteers control their blood sugar, as well as their blood pressure and new markers of cardiac risk, such as C-reactive protein.