



MONTI-LY NEWSLETTIER

May/June/July 2023

ACCORDING TO A VETERANS AFFAIRS REPORT

Veterans aged 18–34 have the highest suicide rate.



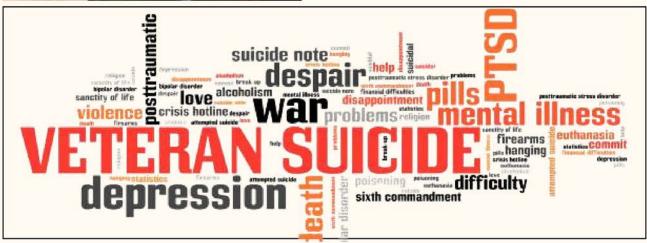
VA News

Suicide in younger Veterans

Veterans aged 18-34 have the highest suicide rate. They also happen to use social media at extremely high rates. According to Refuel Agency's Military Explorer Series 2020, about 9 in 10 post-9/11 Veterans use some kind of social media. This could include Facebook, Instagram, TikTok, Twitch and Twitter.

Knowing this, we want to encourage everyone to learn what to do if you spot a social media post or comment that makes you concerned for a Veteran. Reaching out to a Veteran in your life before they hit a crisis point decreases their overall suicide risk.

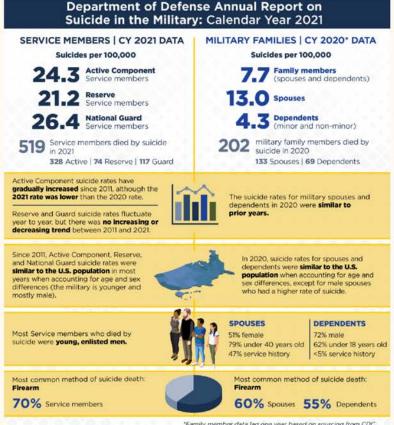
LEARN MORE



ABOUT MELITARY SUKCEDE

A Department of Defense (DOD) report released in April 2022 shows that suicide among service members is at its highest rate since 1938. The numbers are increasing among women especially. Around one in six service members is female and in 2020, servicewomen accounted for 7% of military suicides — up from 4% a decade earlier.

American War Partnership has performed "Operation Deep Dive" into the statistics surrounding veteran military health and their research paints a picture far worse than government reports. "Focusing on those between the ages of 18-64, the OpDD study looked at 850,000 death records over a five-year period starting in 2017. It concluded that states undercount veterans' deaths at a combined error rate of 25% and that at least **40-44 veterans are taking their lives each day** — a drastic difference from the VA's <u>estimate</u> of around 17 per day. "





Mental health-related symptoms and issues that disproportionately impact veterans include:

- Suicide
- Depression
- Post-traumatic stress (PTS)
- Substance abuse disorders (SUDs)
- Symptom of traumatic brain injury (TBI)
- Anxietý
- Insomnia

Brown University's Costs of War Project, released in 2021, took a look at suicide rates for veterans of the GWOT (or what the project refers to as the "post-9/11 wars"). The study found that while suicide rates among non-veterans have been increasing for the past 20 years, the suicide rate among active service members and veterans of the GWOT (Global War on Terror) is outpacing average Americans. Among **GWOT** veterans between 18-35 years old, the rate is 2.5 times that of all civilians and double that of civilians the same age.

In 2020, the Veteran Crisis Line (VCL) system was incorporated into 988, the National Suicide Prevention Lifeline, and Congress has pushed for bipartisan legislation that would devote more funding to improving veterans' health care and other services.

KNOW THE SKINS



VETERAN SUICIDE PREVENTION

If you're a Veteran in a mental health crisis and you're thinking about hurting yourself—or you know a Veteran who's considering this—get help right away. You're not alone.

Know the warning signs

- \cdot Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like "I wish I wasn't here" but can become more overt and dangerous
- · Increased alcohol and drug use
- · Aggressive behavior
- · Social withdrawal from friends, family and the community
- Dramatic mood swings
- · Talking, writing or thinking about death
- · Impulsive or reckless behavior

What can you do?

If you think your friend or family member will hurt herself or someone else, call 911 immediately. There are a few ways to approach this situation.

- Remove means such as guns, knives or stockpiled pills
- · Calmly ask simple and direct questions, such as "Can I help you call your psychiatrist?" rather than, "Would you rather I call your psychiatrist, your therapist or your case manager?"
- Talk openly and honestly about suicide. Don't be afraid to ask questions such as "Are you having thoughts of suicide?" or "Do you have a plan for how you would kill yourself?"
- · Ask what you can do to help
- · Don't argue, threaten or raise your voice
- · Don't debate whether suicide is right or wrong

2023 MISSION: 20 STATES/40 LOCATIONS/100 CITIES 1 MILLION IMPRESSIONS, 5,000 VETERANS



An annual event, Angel Force USA kicked off the year with a Valentine's Day celebration. It is our way to bring together the Board, donors and veterans for a home-cooked meal (Love, Time and Butter), spontaneous music and, as always, someone who opens up about their experience with suicide. It was an evening filled with open hearts, some tears, love of country, family and those who serve.

March and April proved to be all about "March": March Air Reserve Base, March Air Museum, and the March Veterans Village in Riverside!

It was also the beginning of our relationship with the DOD and the 50th Anniverary Commemorative events. This was the first event where we pinned Vietnam Veterans for their service. We previewed By My Side, an award winning documentary about military service dogs. Veterans featured in the film were in attendance and participated in our panel discussion afterwards. Then, of course, we had great food and great music. We then visited our friends at Vets Village for some more music and food.

*EVERY Angel Force event produces at least one person who speaks of their suicide experience - for the first time.



Sponsors were later treated to a special dinner hosted by Board Memberand Vietnam Veteran, Dennis Cardwell.



MED-YEAR ACTIVITY REPORT





VIETNAM WAR
COMMEMORATION

preparation for the May Commemorative events in DC, we initiated a zoom call featuring US Representative Mike Chairman of the Veterans Affairs Committee, as well as Todd Burton, Chief of Personnel for the USA Vietnam War Commemoration to make sure that as organizations, donors and members of Congress knew our plans.

It was an important information sharing opportunity as well as an effort to make sure SuiSilence was at the top of the agenda. Over 50 people joined the call from across the USA.

Agenda: Veteran Suicide Epidemic

- What we know and what we don't know
- Importance of awareness
- What government is doing
- How you can help



Vietnam War 50th Commemorative Events

- Commemorative events will be held thru 2025
 - May 11-13 Official Welcome Home Tribute on National Mall
- Engagement and empowerment of local communities key in completing tribute by awarding official lapel pins to:
 - · Living veterans,
 - Former/Living American Military POWs.
 - "Unaccounted For" immmediate family members,
 - "In Memory Of" for immediate family members, and
 - "Deceased Vietnam Veteran's" surviving spouse.



US Representative Mike Bost Illinois (IL) – 12th, Republican

- House Committee on Veterans' Affairs (Chairman)
- Congressional Addiction, Treatment, and Recovery Caucus
- Congressional Air Force Caucus
- Congressional Defense Communities
 Caucus
- Congressional Long Range Strike Caucus
- Congressional National Guard & Reserve Components Caucus
- · Congressional Pilots Caucus
- Congressional Veterans Job Caucus



Todd Burton, Lt. Col., US Army (ret.)
Chief of Personnel,
Finance, & Administration
USA Vietnam War Commemoration
Office of the Secretary of Defense



Anne Hyde Dunsmore Founder/Chair Angel Force USA

THE UNITED STATES OF AMERICA

COMMEMORATION



MAY 11 THRU 13 THREE DAYS OF HONORING THOSE WHO SERVED



Anne Dunsmore MC'd the opening ceremonies on Thursday - and the band knocked it outa the park! We had signers for the hearing impaired too. It was a precious experience.







PINNING CEREMONIES - VIETNAM VETERANS

These pinning ceremonies were happening every day at different Vietnam memorials on the mall. Lt. Colonel Tres Smith, USMC and Distinguished Flying Cross recipient, led the ceremony right by the wall. These men and women could NOT have been more proud and our team could not have felt more honored to shake their hands and give them a hug.



A few of us started the final day with a "Walk to Remember" those who were killed in action. The weather was NOT cooperative but then it actually seemed to be heaven sent. We had gone to Costco and picked up a big supply of snacks, and basically took over the main Pavilion tent (at the request of the organizers of course) after we finished the walk.

Vets and their famlies hung out, one sang (nicknamed - "Bad Knee"), called out tunes, danced, talked about their experiences, cried, hugged and exchanged cards.

The band played "Who Brought the Rain"...

Major General Crystal had his family there, and was able to spend some time with us after the closing events. He gave us all challenge coins, and patiently took a lot of pictures with us! Vets and their families danced, tourists had no idea what they were walking into! We were the only game in town at that point. We handed out almost 1000 free RED t-shirts. People were dry, dancing, laughing, sharing stories and becoming part of the force!

FRIDAY, JUNE 9TH SAN DIEGO, CA GENERAL ATOMICS FAMILY PICNIC

Over 5000 employees and family members of a company that employs thousands of veterans and a GREAT Day to Promote Red T-Shirt Friday and our STOP SUISILENCE CAMPAIGN.





We were well-received but it also helps when the Chairman of the company likes the music...and the cause...and when one of your board members is a Brigadier General(ret.) who works at the company! THANK YOU Dana Hessheimer!

It took less than 15 minutes to hand out 100 t-shirts...and it always helps when the band members mix it up with the audience. New fans and new messengers!









U.S. Navy veteran Emily Sanford smiles as she is the celebrated patriot for the Surf City Salute to Veterans at Pier Plaza in Huntington Beach on Sunday. (James



Huntington Beach Mayor Tony Strickland, left, stands with U.S. Veterans during a prayer for veterans who have died by suicide during the Surf City Salute to Veterans event on Sunday. (James Carbone)



Bernard Thurman, a U.S. Marine who served in three combat tours and is part of American Legion Post 295, stands and salutes during the Surf City Salute to Veterans on Sunday. (James Carbone)



Huntington Beach Mayor Tony Strickland, right gives out pins and a certificate to U.S. Armed Forces Veterans for their military service on Sunday.(James Carbone)



Guests place their hands over their hearts for the Pledge of Allegiance for the start of the Surf City Salute to Veterans on Sunday in Huntington Beach. (James Carbone)

Daily Pilot

Huntington Beach ceremony, concert bring awareness to U.S. armed forces veteran suicides

BY MATT SZABOSTAFF WRITER

JUNE 12, 2023 6:37 PM PT

Anne Dunsmore knows the statistics, and they're staggering.

Suicide is the leading cause of death in the United States military. And about one veteran an hour dies via suicide.

"Since 9/11, more than 30,000 veterans have died by suicide, compared to 7,000 in combat," Dunsmore said. "That's a big ratio and an unnecessary one. One is not OK."

Dunsmore is the founder and president of Angel Force USA, a nonprofit whose mission to raise awareness about veteran suicides and stop what it calls "suisilence" — the avoidance of discussion about suicide.

Angel Force USA and the city of Huntington Beach co-hosted the inaugural Surf City Salute to the Flag and Women Veterans on Sunday at Pier Plaza.

The event also served as a welcome home tribute to Vietnam War veterans. This year marks the 50th anniversary of the end of the United States' involvement in the war, which claimed the lives of more than 58,000 U.S. military members.

Angel Force USA has encouraged supporters to wear a red T-shirt on Fridays, to observe Remember Everyone Deployed (RED). "We want to show not only the Vietnam veterans but future generations that we as Americans know how to honor and pay tribute to those who put themselves in harm's way," Dunsmore said.

The guest of honor at Sunday's event, which featured dozens of Vietnam War veterans, was Huntington Beach resident Emily Sanford. Born in 1935, she served in the U.S. Navy for 27 years before retiring in the 1980s, after overcoming many challenges and obstacles she faced serving as a Black woman.

Orange County Supervisor Don Wagner, a member of the Angel Force USA board, presented Sanford with a proclamation from the Board of Supervisors recognizing her for her many years of service.

"The scourge of veteran suicide is real, but the opportunity every one of us has to make a difference is equally real," Wagner said. "If you see a veteran, see someone struggling, it's real easy to ask a question. It's real easy to offer a helping hand. It's real easy to perhaps be the person who saves the life of someone who put their life on the line for you."

Mike Ali, another Vietnam War veteran and owner of nearby Zack's by the Beach, also shared some words. Ali is a member of American Legion Post 133; other members of the post presented the colors to open the ceremony. Mayor Tony Strickland and Mayor Pro Tem Gracey Van Der Mark and Councilman Casey McKeon were on hand at Sunday's event.

Strickland, a member of the Angel Force USA board, said he wants to make it an annual event.

"What we hope to get out of this is awareness, so we bring it up in our families when we know veterans and see some of the signs," Strickland said. "But also, from a policy standpoint, to hopefully lobby Sacramento for more funding for mental health issues to hopefully come down to the county and to the city level. I do believe a lot of our homeless are PTSD veterans, and I think we need to work on how to be effective with that funding. I think we need to help with a lot of these silent scars that a lot of our veterans have."

The event concluded Sunday afternoon with music from Grammy-winning artists including Frank Simes, Dick Bright, Steve Distanislao and others.





Wednesday, June 14th, FLAG DAY -- Chairman of the Orange County Board of Supervisors, and Angel Force Board Member, Don Wagner, hosted this Flag Day event at the Richard Nixon Presidential Library and Museum.

We started with a viewing of the documentary, *By My Side*, which always opens everyone's hearts and minds to the realities of PTSD, along with the struggles of our veterans and their famlies, and the vital support they receive from their service dogs. Then we had a one hour panel discussion, aka STOP SUISILENCE SYMPOSIUM, with a suicide attempt survivor, a female veteran, a brigadier general (ret.), a former congresswoman and, for the first time, we included comments from a first responder.

Many service members go on to serve as first responders, and members of the OC Fire Department spoke of how they work to support those who bring home the burden of the invisible wounds of war.

The pinning ceremony of our Vietnam Veterans took place in a replica of the East Room of the White House during the time of Richard Nixon, who ended the war. Attendees were treated to a private tour of the Presidential Museum and then cut loose with a concert and reception.



Sunday, June 18th American Gold Star Mothers Annual Convention, Churchill Downs

Louisville, Kentucky



200 plus Gold Star Mothers convened in Louisville to pay tribute to the service of Sarah Taylor for her service on their national board, ending her term as National President.

Sarah, a member of the Angel Force Board, will continue her work on behalf of our veterans and especially those with invisible wounds.



After a grueling week of events, band members Danny Beissel, Steve DiStanislao and Frank Simes travelled to Louisville where we teamed up with Frank's talented daughter Audrey, a gifted musical talent and Frank look-alike, and her partner Drew (bass and vocals) for a blow-out performance for the dancing Moms!



It was a long a long three days for them but I think we provided some fun and laughter!











STOP SUISILENCE Campaign

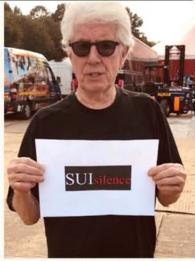
2023 MISSION: 50 CELEBRITIES TO SPREAD THE "WORD"



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RONNIE WOOD ROLLING STONES, FACES ROD STEWART, THE BIRDS, JEFF BECK



GRAHAM NASH CROSBY, STILLS, NASH & YOUNG, THE HOLLIES



BILLY CRYSTAL



JEFF "SKUNK" BAXTER DOOBIE BROTHERS, STEELY DAN



SCOTT UNDERWOOD TRAIN



KENNY JONES SMALL FACES, THE WHO



JOSH PHILLIPS PROCOL HARUM DIAMOND HEAD



ROBERT HART JONES GANG BAD COMPANY



MARK ZUNINO FASHION DESIGNER

Red T-Shirt Friday Campaign



Remember Everyone Deployed Campaign Raising awareness about military suicide and

commemorating the

50th Anniversary of the Vietnam War. 2000 have aready been donated by Cohen Veteran Bioscience. OVER 1000 t-shirts distributed nationally. Our goal is to have 10,000 t-shirts sponsored and distributed by the end of 2023.



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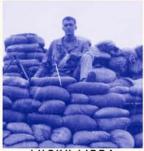
JONATHAN INGRAM FORMER MAYOR MURRIETA, CA



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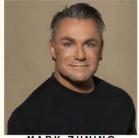
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STOP SUISILENCE PANELISTS AND PARTNERS







FOR MILITARY AND VETERANS SERVICES

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VETERAN CAREER READINESS























ANGEL FORCE

ANGEL FORCE BAND

Members





JIM CREGAN
CHAIRMAN, ANGEL FORCE BAND
MULTI-PLATINUM, AWARD WINNING WRITER,
PRODUCER AND GUITARIST
FORMER MUSIC DIRECTOR, GUITARIST AND
SONG WRITING COLLABORATOR WITH
THE ROD STEWART BAND
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SEPTEMBER SUICIDE PREVENTION MONTH TOUR



SUMMIT 2023 DECEMBER 6 - 9

SEPTEMBER 20-30 TOUR CA. DC. MD. VA



NEWPORT BEACH

HUNTINGTON BEACH

BAINE

YORBA LINDA

FEATURING:

DEC 6 "NEVER FORGET GALA" DEC 7 VETERANS FREE CONCERT **DEC 7 & 8 STOP SUISILENCE SYPOSIUMS** VIETNAM WAR 50TH ANNIVERSARY TRIBUTE CELEBRITY GOLF TOURNAMENT





For more information regarding sponsorships and schedule please contact Anne Hyde Dunsmore at (949)474-0123 or anne@angelforceusa.com



CONTRIBUTION FORM

ANGEL FORCE USA'S MISSION IS TO RAISE AWARENESS ABOUT THE VETERAN SUICIDE PANDEMIC BY ENTERTAINING, ENGAGING AND THEN EDUCATING. OUR GOAL IS TO

STOP SUISILENCE:

the avoidance of discussion about suicide

HOW YOU CAN HELP

(Circle/check one or more)

Organize Volunteer

Get on our mailing list so we can "keep you posted"!

Make a tax deductible contribution

Support local organizations that have veteran suicide in their mission statement
Wear a red t-shirt every Friday and post it on our Facebook page
Get someone famous to hold up a STOP SUISILENCE sign and email it to us
Recognize the signs of suicide

Call/email Anne Hyde Dunsmore to discuss your interest #StopSuiSilence #AngelForceUSA #AngelForceBand

Angel Force USA is a 50I(c)(3) organization.

I/We would like to contribute \$

Your contribution is tax deductible as a charitable donation. FEIN #83-1323840 Please make checks payable to: Angel Force USA, 1451 Quail Street, Suite 100, Newport Beach, CA 92660 Credit card contributions are accepted by fax at: 949-229-6285 or email to anne@angelforceusa.com For more information, please call Anne Hyde Dunsmore at 949-474-0123.	
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Please charge \$ to my: (circle one)	Master Cana DISC VER
Credit Card #	Exp SCC
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Hope is being able to see that there is light despite all of the darkness.

Desmond Tutu



1451 Quail Street, Suite 100, Newport Beach, CA 92660 (949)474-0123 (f)(949)229-6285 Anne Hyde Dunsmore anne@angelforceusa.com