



WORLD VETERANS FEDERATION

NEWSLETTER

*« None can speak more eloquently for peace than those who have fought in War »
Ralph Bunche, Nobel Peace Prize, 1950*

The World Veterans Federation (WVF) is an international non-profit, non-governmental organization. Established in Paris, France in 1950 by founding members from 8 countries, namely: Belgium, France, Italy, Luxembourg, Netherlands, Turkey, USA and Yugoslavia, the WVF is now a Federation of 172 veteran organizations from 121 countries representing some 45 million veterans worldwide.

The WVF maintains its consultative status with the United Nations since 1951 and was conferred the title of "Peace Messenger" in 1987.

Our **Vision** is to be at the forefront of promoting and defending international peace and security and to be proactive in ensuring the health and wellbeing of all veterans and victims of war worldwide.

Our **Mission** is to guide and advise our Member Associations so that they can take the lead in supporting initiatives that foster peace and security and to campaign for health and welfare initiatives that will enhance the wellbeing and independence of their members.

Our **Motto** is to encourage Member Associations to forcefully strive for international peace and security and to influence and promote a veterans health and welfare culture in their communities.

Our **Core Values** are to guide and inspire our members to be impartial, responsive, committed, accountable, collaborative, resourceful and act with respect, dignity, compassion and integrity.

IN THIS ISSUE



WVF Attends the Commemoration of the 75th Anniversary of D-Day in Normandy (Page 6-7)



The Deputy President attends the 8 May Commemoration in Paris (page 3)



Passing of Mr. Jacques Goujat, Honorary President of the WVF (Page 16)



EDITORIAL

Dear Members and Friends,

After hard work since the WVF General Assembly, we have achieved good activity in many areas. In particular, I would like to mention the focus on our two divisions Health and Welfare and Peace and Security. You can read more about them in this Newsletter. The Management (President, Treasurer General) with the support of the Secretariat has worked out a draft revised Strategic Plan for the next 5 years including the restructuring of the WVF for the future. This involves new communication with our members internally and also externally to society in general.

New methods of financing WVF operations are being established while increasing efficiency in the organization.

The Management has carried out thorough research concerning the possibility of relocating the Headquarters and will soon come up with a suggestion to the Executive Board.

The Chair of the Elections Committee, Mr. Bjarne Hesselberg also remains appointed to identify and present to the Executive Board new candidates for the post of Secretary General and other different posts in the operation base to fulfil our mission. He welcomes any proposals for candidates that you wish to make.

With regards to membership support, it is important to know that as an umbrella organization we can only assist organizations that want it. Therefore, we recommend that our members open up the dialogue and inform us of the different issues that we can support them with.

Members of the WVF Executive Board have participated in various anniversaries on the invitation of our members, many of which we have presented here.

The next WVF meeting should be the Standing Committee on European Affairs, which is planned to take place in Berlin (Germany). The SCEA and the secretariat are working to get an exact date, however it is tentatively scheduled to take place in October 2019.

I would particularly like to welcome our new members from Nigeria, Chad, France and the United Kingdom to us in this largest veteran community in the world. You can read more about our newest members on page 14.

After many years of dedicated service for veterans, our Honorary President, Mr. Jacques Goujat, passed away and is greatly missed. We thank him for his devotion to the veteran cause.

Finally, I would like to remind you that we are a worldwide, non-political organization for all types of veterans who shall have respect for each other and help to create a common bond, even among former enemies, for the care of our veterans and to advocate for peace and freedom.

With these words I would like to thank everyone who has spent time to support us in these challenging times and to thank you all for everything you do for your veterans and their relatives.

I wish you all a productive time until next time.

Dan-Viggo Bergtun
President



Ghanaian veterans commemorate the 74th anniversary of the Myohaung Battle (page 8)



6th General Assembly of the International Advisory Committee of Organisations of Reserve Officers (page 4-5)



President's visit to Russia and Crimea (Page 10-11)



Commemoration of the 74th anniversary of the Armistice of the Second World War Paris, 8 May, 2019

At the request of Mr. Dan-Viggo Bergtun, President of the WVF, the WVF Deputy President travelled to Paris in May 2019 to represent the WVF at the commemoration of the 74th anniversary of the armistice of the Second World War, held by the French Head of State, Mr. Emmanuel Macron.

On 7 May 2019 the Deputy President took part in the religious ceremony organized on this occasion, at the Mosque of Paris. This important religious event brought together a host of political and diplomatic figures, intellectuals and academics, veterans and religious figures representing Muslim, Jewish and Christian religious communities, many of whom came to attend the religious ceremony held in tribute to the brave fighters who died on the field of honor in the various heroic battles that enameled all European fronts during the Second World War, to defend the ideals of Peace, Freedom, Dignity and the rights of peoples existence and against the Nazi and fascist hegemony in Western Europe, Central and Nordic countries and on both shores of the Mediterranean.

Prayers, litanies and religious chants were pronounced by the representatives of the religious communities represented and by the numerous participants.

The religious preaching ceremony was held in an atmosphere of recollection, piety, tolerance and living together as well as a duty of remembrance and recognition to the veterans who sacrificed themselves and paid with their lives the price of peace and security in the post-war world, with all the generations that have succeeded one another.

On Wednesday 8 May 2019, a grand ceremony was held at the Arc de Triomphe memorial, in the presence of civil and military figures, former Presidents of the French Republic, the diplomatic corps accredited to Paris, parliamentarians and local councilors as well as representatives of political parties, various associations of the veteran community and civil society.

The President of the French Republic arrived at 11:00, went to the Arc de Triomphe where the national anthem was sung and bowed to the tomb of the unknown soldier and the flame of remembrance, under the Arc de Triomphe. He then greeted the flag bearing veterans lined up before inspecting the troops from army, air and navy units. He finally went to greet the guests in the tribunes.

The Deputy President was greeted by the French President, who welcomed him and thanked him for coming to represent the WVF at the official ceremony on May 8th.

In addition, the Deputy President had talks with some personalities present at the ceremony, including the President of the Association of Veterans of the Medical Corps and with the Vice-President of UNAC (National Union of Veterans Affairs of France).

Other contacts and exchanges of views were undertaken with some civil society and associative actors, representing both France and African countries on the same commemorative day of the historic event of May 8, 1945. In addition, souvenir photos were taken with many of them, including volunteers of the French Red Cross and young schoolchildren accompanied by their supervisors, present at the ceremony.



Dr. El Ktiri, Deputy President of the WVF



Left: The French Red Cross at the 8 May Comemoration; Right: Dr. El Ktiri meets with representatives of other Veterans Organisations



Report from the President's visit to Sofia (Bulgaria) 22nd May 2019

At the invitation of the International Advisory Committee of Organisations of Reserve Officers, the WVF President took part in the congress: "Mission of Peace and Friendship - 100 Years of End of First World War: Lessons and Present" held on 22nd May 2019 in Sofia, Bulgaria.

The committee now has over 5 million members from 22 countries. Other members of the WVF also participated. www.iacro.ru

REPORT FROM THE MEETING.

The Secretariat of International Advisory Committee of the Organization of Reserve Officers (IAC) together with the "Union of Officers and Sergeants of Reserve and Retired of Bulgaria" and with assistance of the Ministry of Defense of Bulgaria, held the International Humanitarian Action "Mission of Peace and Friendship - 100 Years of End of First World War: Lessons and Present" and the 6th General Assembly of IAC.

Representatives and delegations from different countries took part: heads of organizations of reserve officers, retired and veterans belonging to the IAC, and invited guests, representatives of the Ministry of Defense of Bulgaria, Municipality of Sofia, a number of veterans and youth organizations of Bulgaria, diplomatic corps, President of the World Veterans Federation D-V. Bergtun (Norway), Deputy Director of the Department of International Organizations of the Ministry of Foreign Affairs of Russia A. Evstigneeva.

The forum participants received greetings from the Minister of Defense of Bulgaria K. Karakachanov and the Chief of Defense A. Botsev.

In the speech of the Chairman of the Union of Officers and Sergeants of the Reserve and Retired of Bulgaria, General Zlatan Stoykov at the opening of the Mission and in the main report of the President of the International Confederation of Generals, Admirals and Reserve Officers, Alexander Kanshin "The role of veteran organizations in preventing military conflicts, ensuring peace and security", as well as speeches by other participants of the event from different countries sounded the need to actively use the experience and capabilities of veterans to counter modern threats to peace and security, to prevent wars and military conflicts.

The participants of the action adopted the Final Document entitled "Appeal to Heads of States, Governments, public, veteran, youth organizations, World Community".

It focuses on the fact that today, in the context of global political instability in the world and the growing interdependence of states, the only reliable insurance against the threat to plunge regions and continents into large-scale conflicts is to take into account the interests of all countries, adherence to universal principles of equal and indivisible security of states the world.

The consolidated efforts of all states, society, including military veterans and youth are needed to effectively counter the challenges of terrorism and extremism, to provide reliable protection against them. Effective work can only be achieved with the central coordinating role of the United Nations.

The program of the action also included the presentation of the Third International Amateur Photography Competition "Planet Earth - our common home. Beauty will save the World" and the Second International Film Festival of documentary films



Participants at the International Humanitarian Action "Mission of Peace and Friendship - 100 Years of End of First World War: Lessons and Present" and the 6th General Assembly of IAC.

and television programs "For a world without wars and military conflicts".

The International humanitarian action "Mission of Peace and Friendship - 100 Years of End of First World War: Lessons and Present" in Sofia ended with a memorial event - a solemn ceremony of laying wreaths and flowers at the Monument to the Unknown Soldier (Eternal Flame) with the participation of the military orchestra and the Honorary guard, consisting of representatives of the three types of Bulgarian Armed Forces.

At the 6th General Assembly of the IAC in Sofia, the "International Advisory Committee of the organizations of reserve officers" (IAC) was renamed the "International Confederation of Generals, Admirals and Reserve Officers" (ICO).

The Secretariat of the International Confederation of Generals, Admirals and Reserve Officers (ICO) expressed its appreciation and gratitude to the Union of Officers and Sergeants of the Reserve and Retired of Bulgaria, and the leadership of the Bulgarian Defense Ministry and Sofia Municipality for constructive cooperation in preparing and holding the event.

They also thanked the participants of the event in Sofia and wished all members of the organizations they headed further success in work, health and well-being.

THE MISSION OF PEACE AND FRIENDSHIP CONTINUES



A wreath laying ceremony was held at the memorial of the Unknown Soldier

APPEAL TO HEADS OF STATES, GOVERNMENTS, PUBLIC, VETERAN, YOUTH ORGANIZATIONS, WORLD COMMUNITY

Veterans of War and military service, academics, historians, philosophers from more than 20 countries-participants of the international Humanitarian Action «Mission of Peace and Friendship-100 years of the end of the First World War: Lessons and the Present» organized by the International advisory Committee of organization of Reserve officers' (IAC) together with the Union of Officers and Sergeants of reserve and stock of Bulgaria and with the assistance of the Ministry of Defense of Bulgaria, emphasize that the First World War which became a world tragedy has led to the multimillion of human casualties, immeasurable suffering and disastrous socio-economic consequences. It became a prologue to the even more terrible Second World War, followed by numerous local armed conflicts and civil wars that caused uncontrolled migratory processes and problems affecting progress.

We regard today's growing international tension and the propaga-

tion of extremist ideology and radical violent practices in many regions of the world as the most dangerous threats and challenges to peace and stability to every country.

Participants of the action «Mission of Peace and Friendship» call the attention of Heads of States, Governments, public, veteran, youth organizations, the world community on the need to adopt urgent, coordinated measures to prevent further escalation of tensions in a world that has reached an alarming level and impedes the realization of the "UN Sustainable development goals for peace and all countries". Lessons of the First and Second World wars, the evolving world situation obliges all peace-loving forces for the better future of children, youth and the elderly to work actively, with the coordinating role of the United Nations, to reduce Confrontation, to counteract violent extremism, to increase radicalization of the youth.

In the face of global political instability in the world and the growing interdependence of States, the only reliable insurance against the threat of plunging regions and continents into large-scale conflicts shall be respecting the interests of all countries, adherence to universal Principles of equal and indivisible security of States throughout the world.

The efforts of the world community should also focus on measures to eradicate poverty, increase economic growth and solve problems of education, health, migration, social protection and employment, as well as to combat Climate change and environmental protection.

We must do everything necessary to protect the world against any large-scale war in order to eliminate the possibility of repeating the horrors of the First and Second World wars."

Sofia, May 22, 2019

WVF PRESIDENT'S SPEECH TO THE IAC CONGRESS

On 11 November 1918, after a war lasting for more than four years, representatives of the German Empire, France and Britain signed a peace agreement in a railway carriage in the forest of France. The longed-for end of the First World War, which cost the lives of an estimated 17 million soldiers and civilians and caused major suffering throughout Europe and the rest of the world, had finally arrived. But the Peace agreement and the Treaty of Versailles brought only a very weak peace. Many warned already in 1920 "the hate of former enemies remains" and "latent hostility and hate among the nations are increasing". They had not succeeded in establishing a stable international order in Europe, and a little over twenty years later, the world found itself facing the next catastrophe, World War Two.

It was only after the Second World War, against a background of two wars, that it was possible to banish war in most areas of Europe. A genuine peace dawned and the nations of Europe, whose veterans, who had previously faced one another across the borders, grew ever closer into a mutual economic and cultural area. The World Veterans Federation has taken part in this process since 1946.

At that time the idea of European integration as a peace project was born: former enemies become close friends, as expressed in the exchange programmes and mutual agreements was established, many with good help of the WVF.

This peace, which has now lasted for decades, is often taken for granted by us, although numerous wars and conflicts rage even now throughout the world. There are ever fewer people still alive who experienced the last war in central Europe for themselves and can testify to the pain and suffering caused by armed conflict – suffering that far outstrips more or less all today's problems and causes of discontent. So, what can we do? Remembrance of the end of the War warns us not to be lulled into a false sense of security, not to play down the effects of armed conflict and to ensure that peace is always accorded the high value it deserves. It is for precisely these reasons that we should conduct our current debates with careful thought and consideration. While modernisation processes such as modern warfare like cyber wars, propaganda, sanctions, and globalisation put pressure on people to generate fear and a general loss of trust in the democratic institutions seems to be spreading; nationalism and populism are now flaring up once again, the enthusiasm for the European project is waning, the language used is becoming harsher. In many aspects of today's climate, peace is under threat once again today.

We, as veterans, need to constantly ensure that we achieve peace and preserve it; we need to stand up against exaggerated nationalism. This requires new thinking about what constitutes our way of living and our common good. It is only by prioritising the good of society as a whole over particular and special interests, by strengthening social solidarity, and by ensuring human dignity, justice and prosperity, that we can reinforce and maintain peace and security in the long term. Other major challenges such as climate change; migration and trade issues can also only be tackled with mutual cooperation. In the aftermath of the First World War, the World Veterans often intervened for peace and understanding. Today, too, we are faced on a daily basis with the task and opportunity of participating in the peace project in the world. This not only means campaigning for peace, but also preparing concrete ways for peace to exist. In times characterised by fear and despair, it is the task of the veterans to move forward with optimism and hope, and to speak up for peace and justice.

After all; "None can speak more eloquently for peace than those who have fought in war."



75th Anniversary of the D-Day Landings, Normandy (France) 6th June 2019

At the invitation of the Prime Minister of France the WVF President participated in the 75th Anniversary of the D-Day landings in Normandy on 6th June at Juno Beach. On 4th June a meeting was held with the Chair of V-Fonds, Judge Robert Croll. The WVF invited their delegation to participate in the event at Juno Beach. During the meeting the President gave a status report on the situation in the WVF and they discussed further cooperation based on the long historical relationship between the Netherlands and the WVF; The veterans from the Netherlands were a founding member and Mr. W.Ch.M. Van Lanschot of the Netherlands was President of the WVF from 1957 to 1994, having previously held the position of Treasurer General from 1952 to 1957. It was agreed that we should work together to find a solution for getting a more stable financial situation in the WVF and a meeting was scheduled for further discussion.



The WVF delegation from left to right: Mr. Van Hattem, Executive Director V-Fonds, Mrs. Catherine Marie Roline Barones van Verschuer, Judge Croll, Chairman of V-Fonds and Mr. Dan-Viggo Bergtun, President WVF



Left: The Canadian and French Prime Ministers lay wreaths on Juno Beach; Right: the WVF President meets with Laurent Attar Bayrou, President of Member Association SPIA and Vice Chair of the SCEA

6th June Commemorations

After a 2.5 hour train trip sponsored by the French Government we arrived at Juno Beach where we had plenty of time to meet veterans from many countries. Each country laid a wreath on the beach as their national anthem played. The Canadian Prime Minister, Justin Trudeau and French Prime Minister, Edouard Philippe took part in the wreath laying.

The WVF delegation consisted of Mr. Dan-Viggo Bergtun, President accompanied by the Chairman of V-Fonds Judge Robert Croll, the Executive Director of V-Fonds Mr. Michael Van Hattem and Mrs. Catherine Marie Roline Barones van Verschuer. The delegation had the opportunity to meet with the Dutch Minister of Defence, Mrs. Ank Bijleveld, the Norwegian Defence Minister and Chief of Defence and had many good talks concerning veterans affairs with other veterans. It was a long day with memories that will stay forever.



The WVF Delegation greets the Norwegian Defence Minister and Chief of Defence



There was also important youth participation at the ceremony, and a fantastic, eloquent speech was made by Mrs. Nora Cathrine Kleiven Barkvoll, aged 17, from Norway:

Dear state leaders, veterans, dear everyone. When I look beyond this great crowd today, two questions appear in my mind. One is: what makes us today come from all over the world to gather right here, in Courseulles-sur-Mer? We stand by the Normandy coast on Juno Beach.

Exactly 75 years ago, our allies fought for the ancestors of their lives on these beaches for our freedom. And that is when the second question emerges: What benefit does it have that we, 75 years later, mark this on June 6, 2019? The answer is simple, we are here to remember and honour those who fought and those who gave their lives for peace. We must also remember the Normandy civilian population who experienced major losses. Those who fought came from many countries - they had different backgrounds. The united forces and cooperation across nationalities, professions and family backgrounds here on these beaches.

My country, Norway, also contributed with soldiers, pilots and sailors. Some of them never came home. As a youth, I mean that my generation must also feel a clear commitment to promoting and maintaining this peace that cost so many soldiers and civilian lives.

Just as our ancestors landed on these beaches to fight for peace, we stand with our feet planted in the same sand to remember this particular peace. WE DO NOT FORGET. Thanks"



162nd Meeting of the WVF Executive Board

The WVF Executive Board held its 162nd meeting, the first since the election of new members at the 29th General Assembly, *out of committee* on 15 June 2019. Documents were circulated concerning activities since the General Assembly and the general situation at the WVF.

NEW MEMBERS

The WVF Executive voted on 4 applications for membership. All were approved. We therefore welcome the following new Member Association to the WVF, subject to ratification by the next General Assembly.:

- NIGERIA: Veterans of Hope Initiative
- CHAD: Future of Free France in Chad
- FRANCE: National Union of Veterans
- UNITED KINGDOM: Veterans Aid (See more on page 9)



Left to right: Mr. Dan(-)Viggo Bergtun, Ms. Inge Nedergaard, Dr. El Mostafa El Ktiri, Mr. Saif Khan, Mr. Birger Kjer Hansen, Lt. Gen. Chi Liang Wu. Col. Alfred Fuller is not pictured here



GHANAIAN VETERANS COMMEMORATE 74TH ANNIVERSARY OF THE MYOHAUNG BATTLE

By Ex WOI Bright Segbefia, (PRO, VAG)

Veterans Administration, Ghana (VAG), in collaboration with the Ghana Armed Forces, held a colourful parade at the Second Infantry Battalion, Apremde, in the Western Regional capital, Takoradi, to commemorate the 74th anniversary of the Battle of Myohaung.

It was attended by the Regional Minister, Dr Kweku Afriyie, Queen Mother of Apremde, Nana Mozu VIII, chairman of VAG Governing Board, Maj Gen Clayton Yaache (Rtd), the General Officer Commanding Southern Command, Brig Gen Nsiah Yeboah, the Executive Director of VAG, Capt Ben Duah (Rtd), 2nd Garrison Commander, Cmdre Osei-Kuffuor, Takoradi Air Force Base Commander, Gp Capt Eric Agyin-Frimpong, Regional Heads of the security services, some serving as well as retired military personnel and military widows. VAG's regional ceremonial contingent, a contingent each from Ghana Air Force, Army, Navy and the host unit's mascot, Cpl Charles ii, were all on parade.

Reading the abridged history of the battle, the regional chairman of VAG, Ex CPOI Augustine Osei-Bonsu, said the commemoration had been chosen as an annual Day of Remembrance for the whole Royal West African Frontier Force because on that day in 1945, the two largest Formations, which West Africa had put into the field, the 81st and 82nd Divisions, emerged victorious on the WWII battlefield of Myohaung.

He said the West African Force, whose ranks included major units from Nigeria, the Gold Coast, Sierra-Leone and Gambia, chalked up a huge success, but that was not without serious sacrifices including lives by the gallant soldiers. 'It is in this light that this significant battle,' he stressed, 'is being remembered in honour of the departed heroes.'

The Western Regional Minister, Hon Dr Kweku Afriyie, noted that it was important to recognize the contributions and sacrifices by the nation's gallant Ex-service men and women in attaining peace and stability not only in the nation but also the world at large.

The clergy, made up of Rev Fr (Capt) Twumasi –chaplain, Capt Mohammed Alhassan (Imam), and Fg Offr Ntiamoah Abankwah (Chaplain), conducted the joint Drum-Head religious service in memory of the Battle and souls of the departed soldiers.



VAG Contingent Commander, Ex-CPOI Way Abodakpi, asking permission from VAG Board Chairman, Maj Gen CB Yaache (Rtd), to march off the contingent.



Regional Minister, Dr Kweku Afriyie, (in middle), and other dignitaries on the dais at the parade



A picture of the mascot on the Myohaung day parade



NEW WVF MEMBER ASSOCIATIONS

At its 162nd meeting the WVF Executive Board admitted 4 new member associations, subject to ratification by the 30th General Assembly. We welcome them to the WVF!



Veterans Aid is the UK's frontline, operational charity for ex-servicemen and women in crisis. Founded in 1932, in the economic aftermath of the Great War, it has been providing immediate, practical support to veterans in adversity ever since - regardless of age, ethnicity, rank, gender or length of service.

The charity is distinguished by its unique and highly effective [Welfare to Wellbeing©](#) model. Veterans Aid operates nationally and internationally from a London HQ/Operations Centre; it also owns and operates a flagship residential facility, [New Belvedere House](#). A steady 90% of the homeless veterans who seeks help from the Charity each year go on to live sustainable, independent lives.

To find out more visit the website: <https://veterans-aid.net/>



The National Union of Combattants (UNC, France) welcomes all generations of the fighting world without distinction of opinion, race or religion to:

- Develop relations among comrades who have fought;
- Defend the moral, social and material interest of its members;
- Perpetuate the remembrance of those who died for France;
- Welcome those who share our values
- Spread the spirit of civism
- Participate in the links between defense and the nation
- Support the needs of national defense
- Develop self-help
- Defend its members in legal, social and humanitarian spheres.

Read more at <https://www.unc.fr/>



VrHi-Nigeria is a program that is a direct response to the growing number of veterans in the Army, Navy, Airforce and paramilitary organizations, the civil and public service, that are either falling through the cracks, physically challenged, sick or needs empowerment to startup business and become self-reliant with emphases on the women and families. With a goal to identify veterans with needs and work with them for the sustainability of their well being and families, support and train them in business skills and also help develop their already acquired capacity in their various areas of specialization for production purpose. the focus is slightly different at each level but the goal remains the same empower the veterans to make positive changes in his/her life. For more information visit: <https://vrhi.wordpress.com/about/>

The Association "Future of Free France in Chad" was founded to assist veterans and war victims who fought for France and to support memorial missions and citizenship. The principal aims of the organisation are :

- Assistance to former Members of the French Army
- Promoting memory missions and citizenship
- Promote the creation of the health center and education
- Encourage Franco-Chadian cooperation
- Defending the rights of its members
- Protecting the rights of its members
- Protect the right by inheritance
- Encourage partnership with National and International Associations



Visit to Russia and Crimea 24 - 29 April 2019

At the invitation of the President of the Russian Union of Veterans , Army General M. Mooiseev, the WVF President took part in the International Conference dedicated to the 75th Anniversary of the Liberation of Crimea and the Hero city of Sevastopol. The conference was arranged by the Russian Union of Veterans, member of the WVF since 1989. The Union has over 6 million members and is located in Moscow: <http://soyuzveteranov.ru/>.

After arriving in Moscow on 24 April the WVF President had meetings with delegations from other countries to brief them on the latest news in WVF. Later in the evening an unofficial dinner was held at the hotel in Moscow by the Secretary General of the Union, Gen. V. Ivanovich.

The next day, the delegates travel led from Moscow to Sevastopol and Crimea in the early morning. When they arrived at the hotel, they had a “get together dinner” with local veterans. The President had time for fruitful meetings with delegates from more than 20 countries.



On 26 April the Conference began with a wreath laying ceremony in the centre of Sevastopol to honour the victims from 1944. Delegates, members of the Black Sea Fleet and many local veterans, who also participated in the liberation of Crimea in 1944, attended the ceremony.

The International Conference dedicated to the 75th Anniversary of liberation of Crimea and the Hero city of Sevastopol included the history of the Battle of Crimea which took place from the 8th April to 14th May, 75 years ago. The President of the Russian Union of Veterans formed us that the battle took the lives of more than 95 000 men and injured more than 105 000.

Later, all delegates introduced their view of that battle and their concern over the spread of fascist movements in Europe. The WVF President presented the mission of WVF and stressed that we have to learn from history and that at the WVF we work with a non-political view for veterans.

The WVF was also regularly in the news and stated *“We, the veterans, must take on the responsibility in the name of creating peace and security across the borders. Communication and understanding are some of the best tools to get results!”*

The delegates agreed that we, the veterans, must take more responsibility to protect our freedom.

“We raise the alarm in defense of democracy and freedoms; well aware of our strength, we urge to support the forces that unambiguously oppose all neofascist, neo-nazi, racist and nationalist movements”.

The conference ended with a fantastic show from the Black Sea Ensemble. In the evening the President of the Union invited all delegates to a dinner with entertainment at the Officers Club.

The WVF President also decorated the President of the Russian Union of Veterans with the WVF Medallion for his long time service for veterans.





The following morning the delegates were invited to a wreath laying ceremony at sea where the first Nazi bomb was dropped in the battle. For the citizens of Sevastopol it is a very important place in their history.

After a guided tour in the harbour of Sevastopol, by invitation of the Admiral of the Black Sea Fleet, the delegates were invited to take a coffee break on the ship "MOSCOW".

In the afternoon the delegates were invited to a wreath laying ceremony on the hill where the battle of Sevastopol took place 75 years ago.

On Sevastopol Hill, they also visited the museum with pictures, film and sound from that battle. It was

very impressive.

In the evening a farewell dinner for all delegates and the local host was held at a Veterans Club. Every delegation was very satisfied and gifts were exchanged. Col. D. Babiychuk, also alternative member of the WVF Finance Committee, was awarded the WVF Veteran Support Medal in gold for his support to WVF.

The delegation then travelled back to Moscow where a meeting was held in the HQ Office of the Russian Union of Veterans.

After a presentation of the Union, their museum and their office, the union decided to give more support to the WVF, getting their membership dues in order, and to participate more actively in the world veterans community.

Thanks to Army General M. Mooiseev and his team from the Russian Union of Veterans for the invitation and for their hospitality.





HEALTH AND WELFARE DIVISION

POSSIBLE SIGNS OF PTSD: Why Do I Avoid....?

By [Nadia Khan](https://www.betterhelp.com/advice/ptsd/possible-signs-of-ptsd-why-do-i-avoid/) <https://www.betterhelp.com/advice/ptsd/possible-signs-of-ptsd-why-do-i-avoid/>

Most associate Post Traumatic Stress Disorder (PTSD) with war. In fact, the first known studies of PTSD were conducted on WWII veterans and the phenomenon was then called shell shock. To date most of the research conducted on PTSD has been on veterans ("Post Traumatic Stress Disorder," n.d.). However, trauma is something that can occur to anyone at any time. In fact, trauma itself can be very subjective and depending upon the individual and to what he or she is accustomed. For example, an individual who watches violent films may not be as traumatized by witnessing a shooting of a stranger, or even someone known. However, for some this might be an event that could bring on weeks or even months of not only nightmares, but also avoidance of the area in which the traumatic event occurred.

Post-Traumatic Stress Triggers and Avoidance

A post-traumatic reaction can be brought on by triggers that revive the experience through the senses. Colors, noises, words, phrases, each of these and more can take a person back to a traumatic event (Hopper, Frewen, van der Kolk, & Lanius, 2007). For some people the reaction to specific triggers is so severe they will avoid any possibility of trigger exposure. Although avoidance of re-experiencing or remembering an unpleasant or traumatic event may seem completely understandable, there is evidence that avoidance prolongs or completely prevents healing (Pineles et al., 2011a). Others propose that avoidance to a traumatic event is an early symptom of PTSD (Levin, 2012), other symptoms might include numbing, or a feeling of deadness. These are the mind's way of protecting itself (Pineles et al., 2011b), but prolonged avoidance could prevent the individual from dealing with the trauma and moving forward.

To delay thoughts, or dwelling as some might suggest of a traumatic event is a common psychological defense to protect the psyche from the trauma (Margolies & Read, 2016). For some, to think of an event means to fully re-experience it, and this can bring on crying, shaking, angry outbursts, and violence. While for others, there is only intense sadness or fear, with no extreme external reactions. The levels of discomfort range from the very intense to avoidance altogether of places, people, and dates that trigger emotional reactions.

To be clear, most people will react to a traumatic event with symptoms of shock, and these symptoms may remain or recur over a period of time; however, most often these reactions to discussions or memories of the event will dissipate over time. One key factor in normal shock is that it does not generalize, and cause reactions to the generalized objects.

For most, reactions to seeing something that is a reminder of a sad or traumatic event from childhood would not mean a great deal. We all have memories of our childhood, and many of them may be repressed or dormant memories. Repressed memories are typically those that are traumatic to a degree, while dormant memories are typically benign in nature and can be brought to the forefront of the mind by most anything, and then as quickly forgotten.

Sensory Details

PTSD is often associated with the **sensory experience of the trauma** (Stewart & White, 2008). Our cognition can generally handle the realization of a trauma; what is relived is re-hearing, re-seeing, re-smelling, etc., elements of the event. It is that connection with the sensory experiences that aids in the re-experiencing of the event. The senses revive the memories and put the individual back in the moment of the original occurrence. According to Stewart and White, it is due to the over stimulation of sensory detail that is at times unrelated to the trauma that can trigger a reaction. Some individuals who have avoided thoughts or feelings of an event for a long period of time may never wish to experience anything that brings about reminders. For example, a woman wearing a particular dress on the day she caught her husband cheating may throw the dress out, and never wish to even wear that particular color again. This is a form of generalization in which the individual associates related colors, sounds, or people with the trauma. This is quite different from the individual who may have been a victim or a witness to a gun shooting who has a post-traumatic reaction to a car backfiring. When this occurs, it is because the sounds are very similar and both are very sudden.

Someone injured in an automobile accident in which the automobile was totaled may go for weeks and even years avoiding that particular street or stretch of road. Women who have been victims of rape react to smells and sounds associated with the rape. The sensory reminder could be the smell of cologne, a particular alcohol on the breath, or any other odor present during the attack. These reminders can cause reactions to innocent people that leave them feeling confused, and sometimes frightened.

WHAT ARE SYMPTOMS OF PTSD?

Numbness	Guilt	Anger
Bad Memory	Hopelessness	Self-Destruction
Nightmares	No Focus	Shame
Insomnia	Hallucinations	Flashbacks
Violence	Substance Abuse	Irritability

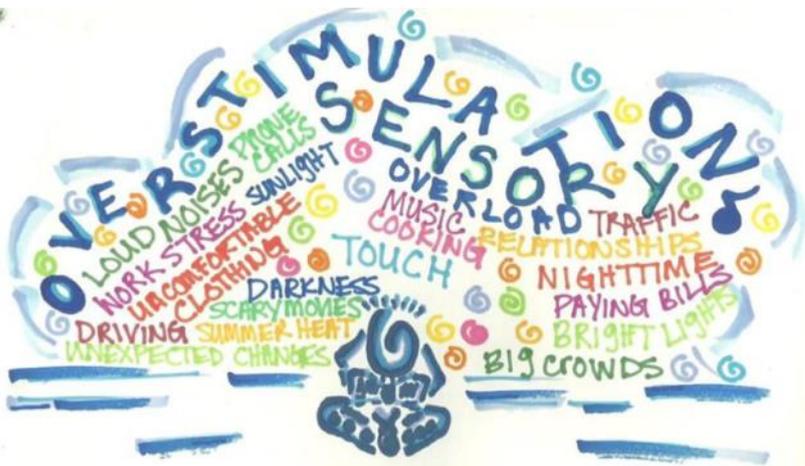
PHYSICAL SIGNS:

- Headaches
- Agitation
- Dizziness
- Increased Chest Pain
- Fainting

INTERESTING FACTS

- One of the first descriptions of PTSD was made in 490 BC when Herodotus described an Athenian Soldier going blind after witnessing the death of a fellow soldier.
- The events of September 11, 2001 caused one or more symptoms of PTSD as proved by the 44% adults surveyed who affirmed they experienced them.

Source: innlpacademy.com



Source: myptsd.com



Continued from page 12

The mind is quite complex, and avoidance is a means of self-preservation (Levin, 2012). We all use it, whether we recognize that fact or not. The individual with PTSD avoids people, places, and things that are reminders of a stressful or tragic event, even if facing any of these is necessary for closure. Avoiding situations and people related to the precipitating event, while it may seem protective, may prevent the individual dealing with inevitable, often painful, emotions (Margolies & Read, 2016).

If post-traumatic symptoms are severe, exposure to triggers should not be done alone, or without the advice of a physician. With individuals who have experienced severe trauma, there are sometimes extremely violent reactions (Margolies & Read, 2016), a reliving the experiences that is akin to a hallucination. When an individual is caught up in a post-traumatic stress delusion, he or she may become violent and anyone around could become a perceived antagonist.

For persons who experience mild or severe post-traumatic stress symptoms, reality-based therapy, systematic exposures to sensory triggers, and cognitive therapy have proven very effective (Pineles et al., 2011c). Medications can help in relieving the anxiety, but as with many mood-altering medications, these may simply mask the symptoms, and prove to be just another form of avoidance.



Source: thehindencentre.org

Friends and Family

The one thing for friends, co-workers, and family members of the victim of post-traumatic stress disorder to remember, is that trauma is a subjective experience. Seeing your spouse in bed with another person could induce deep psychological trauma. So could seeing a pet hit by an oncoming car. Some may feel these are events that should be easy to get over, but according to others (Pineles et al., 2011b) the ability to move beyond a traumatic shock to the brain has a great deal to do with personality and resiliency.

It is important to provide support, understanding, and when requested either silently or with words, an ear to listen. The individual experiencing post-traumatic stress may find it difficult to articulate his or her feelings. It does require a great deal of patience on the part of those in his or her support system. It is also important to realize that what the individual experiencing post-traumatic stress may be difficult to articulate, this does not always indicate a lack of trust.

Conclusions and Recommendations

Post-traumatic stress is psychologically uncomfortable, and can be overwhelming to the individual. This is the reason many will take great pains to avoid situations or stimuli that trigger memories or reactions (Greenspan, Stringer, Phillips, Hammond, & Goldstein, 2006). Research does support that repeated exposure to the stimuli will lessen the response over time (Badour, Blonigen, Boden, Feldner, & Bonn-Miller, 2012). There is no real measure of how much time; the key is to keep trying for as long as the symptoms last and until they begin to dissipate. However, this should not be done without guidance.

Recent research into the benefits of talk therapy with schizophrenic patients may provide insights into processing post-trauma reactions (Sue Holttum, 2014). By retelling the story, and having the story told back to the individual, it may prove an effective means of desensitizing the individual to the trauma. This may seem overly simplistic to anyone who has experienced the horrors of war; there is a reason that PTSD does not begin to manifest until individuals are away from the event- sometimes, as with military personnel, other side of the world.

Therapy can be very beneficial as the therapist only has one agenda, and that is to see the individual make progress at his or her own pace, unlike loved ones who are affected through living with or being with the post-traumatic sufferer. The individual experiencing PTSD may find it difficult to open up with family or friends, and sometimes they may become frustrated; again, because they are directly affected by behaviors. A therapist is skilled in the ways of therapeutic silence and sometimes that is what the person with post-traumatic stress needs - the space of silence in which to speak.

Therapy may not only be of benefit to the post-traumatic stress sufferer, but also the family of the individual. The family members may be grieving the way the individual or the family dynamic was prior to the trauma. They may also feel incredibly helpless and not know how to express this. Knowing just what to say to the individual experiencing post-traumatic stress can be, pardon the pun, like dodging landmines. Therapy can provide a forum in which each individual can feel safe to express his or her thoughts and feelings.

There may be times when schedules or other factors prevent individuals from seeking therapy. In these situations, there are online therapy options where qualified and licensed therapists are available to work with clients via email, video, or chat. This might be a very good option for those who are hesitant to begin counseling and could result in helping the client in ways meeting a therapist in an office cannot. As with any emotional or mental health issues, if there is a crisis situation, call the emergency services in your country.

For full references please see original article at: <https://www.betterhelp.com/advice/ptsd/possible-signs-of-ptsd-why-do-i-avoid/>



Source: khanacademy.org

12 Steps of PTSD

Randy J. Hartman, Ph.D

Acute Anxiety	Panic/anxiety episodes
Depression	Self-esteem in a downward spiral
Resentment	Distrusting others
Anger	Fight or flight developing
Fear	PTSD is now forming
Anxiety	Mixed episodes occur
Self-Worth Dissipating	Feeling worthless
Shame	Filled with shame; who else knows?
Guilt	Feeling guilty; how responsible am I?
Confusion	Trying to remember; can I trust my memory?
Pain	Emotional, spiritual & physical pain
Activating Event(s)	Any event that causes distress

Source: calgarycmmc.com



PEACE AND SECURITY DIVISION

VETERANS PEACE INITIATIVE

Increasingly, both governments and international organizations recognize that veterans deserve recognition and appreciation. Importantly, it is more and more recognized that veterans can be effective agents of change, drawing upon their experience, skills and extensive networks. **The provision of proper capacity development support in the field of *Peace and Security* can equip veterans, and their organizations, to become effective agents of change, and thus, contribute significantly to the solution of conflicts in their communities, countries and internationally. In addition, an increased set of skills could facilitate many of them to find meaningful jobs with positive social impact after their military career, something that remains challenging in many countries around the world.**

The Veterans Peace Initiative

To achieve this goal, WVF has developed, in close cooperation with Transition International (TI, www.transitioninternational.com), a Dutch international consultancy firm, a global capacity development program called the “Veterans Peace Initiative (VPI)”. The aim of the VPI is to foster the desired capacities of veterans and their organizations in the area of *Peace and Security* in its broadest sense. The VPI wishes to achieve this by organizing a series of trainings in 10 countries, in combination with coaching and support to local veterans’ organizations. The WVF and TI will organize these trainings in collaboration with the Barcelona International Peace Centre (BIPC, <http://www.bcnpeacecenter.org/>)

This Training of Trainers (ToT)

With the financial support of the Dutch “V-Fonds” (<https://www.vfonds.nl/>) the first phase of the VPI will be launched in the form of a “Training of Trainers (ToT)”. **This ToT aims at providing a selected group of veterans with up to date knowledge and tools in the field of peace and security, and the leadership and training skills to share this knowledge.** The goal is to create a pool of senior trainers (veterans) who could then provide the trainings and coaching in the 10 countries (based on availability), and with this group to design the 10 country program. During the ToT, selected participants will be both trainers in their area of expertise as well as students learning from each other, complemented by some external experts. For this initiative we are looking for candidates from various countries, while impact in the Kingdom of the Netherlands (with inclusion of the Caribbean territories) will be ensured by continuously making the link with Dutch veterans and their institutions. For example, veterans from abroad might be recommended by a Dutch veteran or veteran organization, and through NATO and similar international co-operations. The modules for the ToT are as follows:



Course participants at the Barcelona International Peace Centre

Module 1. Introduction to peace and security including sessions on: roots of conflict, stabilization and conflict transformation, human rights and international law, Sustainable Development Goals and the UN system, Rule of law in conflict, access to justice and transitional justice, migration and durable solutions, governance and decentralization in conflict, Local Economic Development, economic initiatives for peace and Gender in conflict.

Module 2. Strategies and tools to enhance security including sessions on: Disarmament, Demobilization and Reintegration (DDR), Security Sector Reform (SSR), Community Violence Reduction (CVR) and community security approaches, Community Based Reintegration and Security (CBRS), release and reintegration of children associated with armed forces and groups, and youth programming in conflict, peace and security.

Module 3. Violent extremism

Including sessions on: Introduction to Violent Extremism (VE), prevention of VE, counter terrorism and foreign fighters, rehabilitation in and after detention, reintegration of people being accused of belonging to a “terrorist organization”, and deradicalization.

Module 4. Competencies and communication

Including sessions on: research in conflict – design and interview techniques, resource mobilization, job and career paths in Peace and Security, veteran’s reintegration and organizations, mediation and dialogue, and communications and Public Relations (PR).

Module 5. Training skills

As this workshop is developed to be a ToT, much attention will be paid to soft skills such as training, leadership and presentation skills.

Veterans’ Training of Trainers (ToT) course on Peace and Security

Dates: October 2019 (date to be set)

Location: Doorn, The Netherlands

Costs: Course fees and full board accommodation will be covered by the organizers. Participants will only be requested to pay for their travel expenses and visa processing fees if applicable.

Language: English **Application deadline:** 29th August 2019 **Entry level:** Veterans at Officers’ level (exceptionally non-commissioned officers with extensive experience will be considered) **How to apply:** For applications and more information on this initiative please contact Ms. Eva Lopez at info@bcnpeacecenter.org with copy to VPI@transitioninternational.com and to wvf@wvf-fmac.org.



Transition
International



BARCELONA
INTERNATIONAL
PEACE CENTER



Soldiers of Peace International Association presents The International Peace Soldiers Gala



Barbara Hendricks, soprano
Denis Pascal, pianist
The Arnaga Quartet
The Republican Guard Orchestra
under the direction of François Boulanger,
Franck Ferrand, master of ceremonies

Tuesday, October 8 at 8 pm
UNESCO House - 125 avenue de Suffren - Paris 7th (France)

This evening is held in support of the civic education for Peace and Development of the International Academy of Peace, carried out by the Soldiers of Peace International Association, which is celebrating its 30 year anniversary .

The Gala will have two musical parts with a program of works by Wolfgang Amadeus Mozart (program not definitive, subject to modification):

Requiem K626 (excerpts, string quartet version)
The Marriage of Figaro K492 (Opening and Airs of the Opera)
Concerto for Piano and Orchestra No. 23 K488

with a tribute to the Peace Soldiers, a raffle of a Tombola for the benefit of the A.I.S.P. and a book signing session with the Artists. Before the concert, an aperitif cocktail will be served (see conditions). Program included. Evening dress required.

Tickets: 25 €, 40 €, 65 €, 90 € & Prestige 120 € (with cocktail) see floor plan: <http://www.aisp.fr/wp-content/uploads/2019/04/plan-de-la-salle..pdf>

Purchase tickets either by mail with the reply card (<http://www.aisp.fr/wp-content/uploads/2019/04/carton-r%C3%A9ponse.pdf>) or on the secure HelloAsso website (<https://www.helloasso.com/associations/association-internationale-des-soldats-de-la-paix/evenements/gala-international-des-soldats-de-la-paix>)

Registration deadline: October 7, 2019 (subject to availability).

IMPORTANT: Any booking of a seat entitles you to a tax receipt for the amount of your donation (tax exemption of 66%). It will be sent to you automatically by the HelloAsso website or sent by post before December 31, 2019 (*French tax residents only. Other conditions may apply in your country.*)

If you wish to be a patron or partner of this evening we invite you to consult our sponsorship information: http://www.aisp.fr/wp-content/uploads/2019/05/AISP_Gala_8oct2019_dossier-sponsoring.pdf

More information: direction@aisp.fr - 0643921774 To follow all the news of the event: https://www.facebook.com/events/2309679455941468/?active_tab=about

We hope to see you there!

In Memoriam

It is with profound sadness and emotion that we announce the passing of Mr. Jacques Goujat, Honorary President of the World Veterans Federation, on 19 May 2019, following a long illness. His parting is a great loss to the French Veteran Community, to whom he showed unfaltering commitment throughout his career, and to the International Veterans Community, who he served through his many years of service to the WVF. Born in 1935 in the Paris region, Jacques Goujat began his career in the insurance sector before becoming a major actor in the French veteran community, in which he has held the most eminent responsibilities: Head of the National Federation of Veterans and Prisoners of War (FNCP-CATM), President of the French Union of Associations of Combatants and Victims of War (UFAC), President of the Independent Veterans Pension Fund (CARAC) and Vice-Chair of the Board of Directors of the National Office of Veterans and Victims of War (ONACVG).

An expert in veterans issues, particularly concerning their recognition and the defense of their rights, Mr. Goujat was also a member of the High Council for Veterans' Memory, presided by the President of the French Republic. On an international level, Mr. Goujat's actions in favour of disarmament, conflict resolution, international security and peace have earned him recognition and respect. Within the WVF, Mr. Goujat was elected Vice President in 2003. He held this post until his election as Deputy President in 2006, and became Acting President in 2014, remaining in this function until 2015 when he decided to retire. He was named Honorary President of the WVF by the 28th General Assembly in 2015. Mr. Goujat, Honorary Captain, served in Algeria and Morocco (1957-1958) and was a Commander of the Legion of Honour. He was awarded many titles of honour in France and abroad. During his twelve years on the WVF Executive Board, Mr. Jacques

Goujat has made great contributions to the work of the Federation, perhaps most notably through the tremendous work he carried out for the organisation of the 7th International Conference on Legislation in 2010 as Chairman of the Preparatory Committee, where his expertise, knowledge and dedication contributed to the huge success of this event.

Jacques Goujat will be remembered for his rigor, his professionalism and his good humour. He will be greatly missed by all those who have had the pleasure of knowing him and working with him.

An honorable funeral ceremony was held on 24 May 2019 at the Cathedrale de Saint-Louis-des-Invalides in Paris. The Secretary of State for Veteran Affairs of France gave a speech. The WVF was represented by its President Mr. Bergtun.

We extend our deepest condolences to Mr. Jacques Goujat's family, his colleagues and his friends.



The late Mr. Jacques Goujat, Honorary President of the WVF



Left: At the funeral for Mr. Jacques Goujat, flag bearers from the many French veterans associations affiliated with UFAC lined the aisle of the Saint Louis des Invalides Cathedral, situated inside the Hotel National des Invalides (pictured centre) in Paris, France. Above, the WVF sent a floral tribute, and the President and Executive Director attended the ceremony

Keep in mind that whenever you would like to keep up with the WVF's activities, you can find us online at <http://www.wvf-fmac.org/> as well as on our Facebook page at <https://www.facebook.com/worldveteransfederation/>