



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 60 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 strive for international peace and security and to influence and promote a veteran’s 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 delegation visit to Morocco



AVU General Assembly, Beirut



SCEA meeting in Berlin



New Membership Scale, 2020



Editorial

Dear Members and Friends,

As we are nearing the end of a very hectic year in the WVF, I would like to give you a summary of the status of our activities. The year kicked off with a very successful World Veterans Congress in Paris that included our 28th General Assembly. This year the SCEA has also had a meeting with a new and more efficient procedure that received a good response.

After this year celebrating 75 years since the end of WWII, we are also ready to continue the celebration next year together with the WVF's own 70th anniversary.

I am also very proud of the completed Veteran Peace Initiative (VPI) course which focused specifically on veterans' power in peace processes, which you can read more about in this newsletter. The activity has been very high with follow-up of our member organizations as well as ensuring the operation of the secretariat for the future. We have reduced costs to a minimum but have nevertheless managed to keep operations and activities at a good level. From January 1, 2020, we move to new fresh premises in Paris. A new computer system has been installed and a new drive in our information work has been established. At the same time, we have created a dues scale that should suit all our members, and which opens up for those who want to take more responsibility for supporting veterans all over the world.

We have worked hard to bring in new sponsors and the result of this has helped to secure operations for us in the future. I would like to thank our sponsors such as Vfonds, Transition International, Sensori and Wilson Group who have supported us tremendously in the past year and are willing to support us further. I would also like to welcome the new members who have joined us and other partners who have worked with us with a common goal, namely to create a better everyday life for all of us. I would like to thank the many trustees who are working hard for their members, our Executive Board members, our secretariat for a good year during this transition period for organizing, simplifying and strengthening the WVF to do an even better job in the future.

Finally, I wish all of you Season's greetings and a good start to 2020.

Dan-Viggo Bergtun
President, WVF



WVF President Dan-Viggo Bergtun



WVF delegation visit to Morocco

8th - 11th August,
2019

At the invitation of our Deputy President, a delegation from the WVF took part in the National Colloquium and Moroccan-Europe Observatory for Migration including a lunch with all the delegates, followed by a visit to The Royal Palace, the Mechouar, Hassan II Park in Rabat, the Historic site of Chellah, the Museum of the Resistance Movement and the liberation Army of Temara before we had working sessions for preparing the WVF for the future.



Working session with H.E. the High Commissioner for Former Members of the Resistance Movement and the Liberation, Deputy President of the WVF, El Ktiri to plan future activity in the African veterans affairs!

We were very impressed by the organisation that now have over 90 local branches to put forward the history of Morocco and the caretaking of veterans and victims of war.

Thanks to all our friends in Morocco for their outstanding hospitality during our visit. A lot of good work has been done and the future looks good for all members of the World Veterans Federation. Special thanks to Dr. El Ktiri, Deputy President, for his backup and his ideas for the betterment of the WVF.





WVF President visit to Spain

19th-20th November,
2019

This year marks the 30th anniversary of the founding of WVF member association 'Association of Invalid Militaries of Spain' (ACIME) and on the occasion of such a special event they held the Sixth International Seminar on Military Disability in Madrid where conferences on the subject took place concerning military disability.

The WVF President was invited to hold a briefing on "Military disability in the surrounding countries."

The events took place on 19th and 20th November 2019. Here together with President D. Manuel Molinero Ruano and National Treasurer Marcos Zorrilla. WVF President had also a nice meeting with the Spanish Minister of the Defence, Sna. Dna. Margarita Robles.

You can read more of the organisation here:
www.acime.es — in Madrid, Spain.

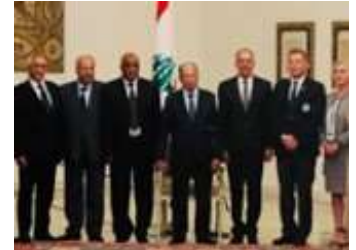




Report from the General Assembly of the Arab Union of veterans and war victims in Beirut, Lebanon.

16th-19th September, 2019

At the invitation of the President of the Arab Union of veterans and war victims (AVU) and the association of the former Lebanese armed forces, the President and Deputy President participated in the event. It was the 28th session of the General Assembly and the board of directors of the AVU in the Lebanese Capital Beirut, under the patronage of the General Michel Aoun, President of Lebanon and Commander of the Lebanese army from the 16th to the 19th of September 2019.



The President of the World Veterans Federation, Mr. Dan-Viggo Bergtun said that the veterans are an effective peace force that can reduce the level of conflicts in the world, through their experiences, values and concepts it must be transferred to the new generations.

Especially as new generations live in a different world under the Internet, social media and others, which can cause them many risks and further engage them in activities that threaten our societies. Communications and efforts to avoid these risks should be done on their arena.

The delegates were also invited to the Royal Palace for a visit to the Lebanese President Michel Aoun.

The WVF President announced that the decisions made by delegates to the GA are in line with WVF constitution and supported these issues.

1. On supporting Syria`s stance in confronting the surrounding conspiracies.
2. On the need to provide a just, comprehensive and final solution to the Palestinian cause for the promotion of peace and security in the Middle East.
3. On freeing the Middle East from Weapons of Mass Destruction.
4. On lifting the siege on the Syrian Arab people.
5. On supporting the brother Libyan people.
6. On supporting the brother Yemeni people.

We are very pleased to announce that The AVU has joined the World Veterans Federation (WVF) as Companion Member. Their some 13 million veterans and relatives will be very welcomed in the international veteran society!

The signing of the agreement was done between the President of the AVU and the President of WVF and witnessed by WVF Deputy President and WVF Ambassador to the Middle East. Thanks to all who worked hard in this process to get success!





WORLD VETERANS FEDERATION

24TH MEETING OF
THE STANDING COMMITTEE ON EUROPEAN AFFAIRS
BERLIN, GERMANY
25TH - 27TH OCTOBER 2019



The 24th Standing Committee on European Affairs meeting in Berlin, Germany from the 24rd to 26th of October 2019

The 24th Standing Committee on European Affairs was opened by the Chairman of SCEA, Mr. Birger Kjer-Hansen. The delegates discussed many issues regards to the future of SCEA. Report from the meeting can be obtained from the secretariat.



**DELEGATES TO THE 24TH STANDING COMMITTEE ON EUROPEAN AFFAIRS
BERLIN, GERMANY**





World Veterans Federation visits
the DBwV in Berlin:
"Germany needs a Veterans Day".



"Strong in its commitment to veterans, the German Armed Forces Association is also international: With a delegation of about 40 participants, the World Veterans Federation (WVF) was at the DBwV in Berlin and exchanged views on work for veterans. WVF President Dan-Viggo Bergtun had a clear message: "Germany needs a Veterans Day." For a long time there has been close contact between the international organization for veterans and the DBwV. Under the leadership of Albrecht Kiesner, chairman alumni, reservists and survivors of the DBwV Federal Board, representatives from various nations came to the German capital.

Included in the programme was a visit to the Bundestag to meet Fritz Felgentreu (SPD, Chairman of the Defence Committee), as well as a visit of the Reichstag. The exchange places the organization at the top of the list of priorities, working together to bring something to lives of veterans around the world and to address their concerns more intensively. Veterans work in Germany is already exemplary for other states. "It's about learning from each other," said the WVF President from Norway. Especially in one thing Germany could learn from others: "It is time for Germany to get a Veterans Day," emphasized Bergtun emphatically.

Such a day would increase the visibility of veterans in society, in the memory of the citizens, and is an expression of recognition. They have earned this. "In some regions, including Germany, people do not have to lock up their homes at night before going to bed. And why not? Because soldiers – veterans - fought for their safety. "In some countries there is a campaign "Thanks and Hugs for Veterans", which is also an expression of appreciation. People need to recollect what peace and freedom mean. "Many believe it's for free. That is not so. People risk their health and their lives worldwide to ensure peace. That's why veterans are also peace ambassadors, because they know what peace means. Already eight times, the WVF, consisting of 121 member states and some 60 million members, had been nominated for the Nobel Peace Prize", Bergtun said."



The following recommendation presented by the Russian delegation was adopted by the meeting:

75th ANNIVERSARY OF THE END OF WWII.

"The 24th Standing Committee on European Affairs, referring to the noble missions of the World Veterans Federation (WVF), which aims to "promote and maintain the sacred duty of historical remembrance, both national and shared, and to spread its values and its profound significance among all sectors of society so as to establish understanding, rapprochement and solidarity amongst peoples. We calls upon all governmental and nongovernmental organizations (veterans, youths, religious and so on) to take part in preparatory activities and commemorations at national and international levels."



The Standing Committee on European Affairs thanks our German member and host Deutscher BundeswehrVerband for excellent organizing and great hospitality. The delegations ended the meeting by visiting Checkpoint Charlie.

"The World Veterans Federation is committed to minimise our environmental footprints, which is reflected in the way we operate. We are further convinced that our Veterans Peace Initiative will help to prevent further armed conflict, and the negative effects armed conflicts and wars have on the environment."

—In the Bundestag in Berlin! Let's go green!





Health and Welfare Division.

Life together with a PTSD veteran. Some ideas!

When someone has PTSD it can change their family life. The person with PTSD may act differently and easily get angry. Maybe they do not seem to do things which were previously together to do.

You may feel scared and frustrated by the changes you see in your loved ones. You may also feel angry about what is happening with your family or wonder if things will ever be as they once were. These feelings and concerns are common in people who have a family member with PTSD. It is important to learn about PTSD so you can understand why it happened, how it can be treated, and what you can do to help. But it is also necessary that you take care of yourself. Changes in family life is stressful, and to take care of yourself will make it easier to cope.

How can I take care of myself?

Helping someone with PTSD may be hard for you. You can have your own feelings of fear and anger about the trauma. You may feel guilty because you want your family just want to forget his problems and get on with life. To help, you need to take care of yourself. You may feel confused and frustrated because your loved ones have changed, and it worries you might about whether your family's life will be as it was before the trauma.

All this can drain you. It can affect your health and make it hard for you to help your loved ones. If you are not careful, you may even get sick, become depressed, or burn out and stop to help your loved ones.

To help your nearest, you need to take care of yourself and let other people help you.





Provide care for yourself

Feel either guilty or that it is necessary that you know everything. Remind yourself that there is someone who has all the answers. It is normal to feel helpless in between.

Do not feel uneasy, and if things change slowly. You cannot change anyone. People only change if they want to.

Take care of your physical and mental health. They have to change. If you feel that you are ill, or often feel sad and hopeless, go to the doctor.

Do not give your extroverted life from you. Clock time to pursue activities and hobbies that you enjoy. Continue to see your friends.

Take the time to be yourself. Find a place where you can collect your thoughts and "recharge". Get regular exercise, even if it is just a few minutes each day. Exercise is a healthy way to deal with stress. Eat healthy foods. When you are busy, it may seem easier to eat fast food than to prepare a healthy meal. But healthy food provides more energy that you can tide you through the day. Remember the good stuff. It's easy to be weighed down by worry and stress. But do not forget to celebrate the good things that happen to you and your family.

Get Help

In difficult times it is good to have people around you that you can count on. These people are your support network. They can help you with everyday things, such as taking a child to school, or by giving you love or understanding. You might get support from neighbors, friends, colleagues, support groups, doctors and other healthcare professionals.





How can I help?

You may feel helpless, but there are many things you can do to help your family. No one expects you to have all the answers. Here are ways you can help:

Learn as much as you can about PTSD. Knowing how PTSD affects people can help you to understand what your family is going through. The more you know, the more you and your family cope with PTSD.

Offer to go to the doctor with your family. You can help keep track of medications and therapy, and you can be there to support. Tell your loved ones that you want to listen, and you can also understand if she does not want to talk.

Plan family activities together, such as eating together or go in and watch a movie.

Go for a walk, take a bike ride, or make some other physical activity together. Exercise is important for health and helps make your brain clear. Above touch with family and close friends. A network will help your family get through difficult changes and stressful periods. You may want your family not your help. If this happens, it is worth having in mind that retirement can be a symptom of PTSD. A person who retires, may not want to talk, be a part of group

activities, or be around other people. Give your loved ones space but tell her that you will always be ready to help her.

How can I handle anger and violent behaviour?

Your family member may feel angry about many things. Anger is a normal response to trauma, but it can harm relationships and make it hard to think clearly. Anger can also be daunting.

If anger leads to violent behaviour or abuse, it is dangerous. Make sure to get to a safe place and call for help immediately. Also make sure that the children get to a safe place. It's hard to talk with someone who is angry. One thing you can do is to set a time-out system. It helps you to find a way to talk to yourself when you are angry. Here is one way to do it:

Be agreed that both of you can call timeout at any time.

Be agree that if there is one that will have a timeout, then the discussion stop immediately.

Decide on a signal that you want to use to show that you will have a timeout. The signal may be a word that you say, or a signal with his hand. Be agree that you tell each other where to be and what you will do during the timeout. Also tell when in'll be back. While in taking a timeout focus when not on how angry you feel. Think instead of how you want to talk things through and fix the problem. When you come back Take turns to talk about solutions. Listen without interrupting. Use statements that start with "I", such as "I think," or "I feel". Using "«you»r" statements may sound accusatory. Be open to each other's ideas. Do not criticize each other. Focus on things that both thinks will work. It is likely that you both will have good ideas. Be together agree on the solutions that you want touse.

How can I communicate better?

You and your family may find it difficult to talk about feelings, worries and everyday problems. Here are some ways to communicate better:

Be clear and came to the point. Be positive. Reproaches and negative talk will not help the situation.

Be a good listener. Do not argue or interrupt. Repeat what you hear to be sure that you understand and ask questions if you want to know more. Voice your feelings. Your loved ones may not know that you are upset or frustrated unless you are clear about your feelings. Help your family to put emotions in words. Ask; "Are you angry? Sorry? Worried?"

Ask how you can help. Do not give advice unless you are asked about it. If your family has many problems to talk things through, consider trying family therapy. Family therapy is a form of counselling that involves your whole family. A therapist helps you and your family to communicate, maintain good relations and clear hard feelings.

During the therapy, each person talk about how an issue affects the whole family. Family therapy can help families understand and cope with PTSD. It is important in this context that the family therapist specializes in PTSD.

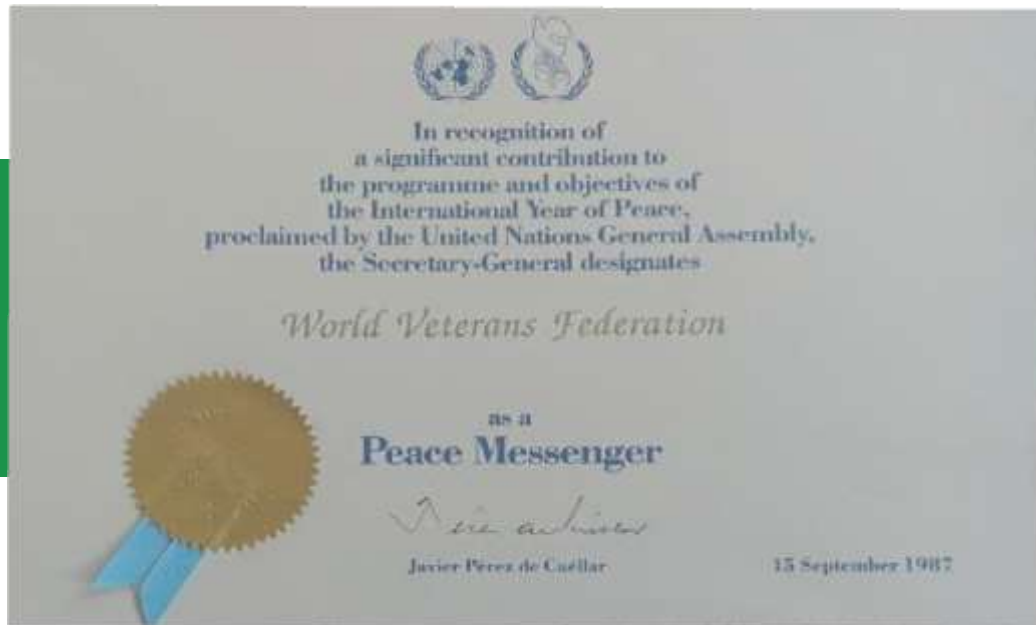
Source:

US Department of Veterans Affairs. National Centre for PTSD. "Helping the family member who has PTSD." www.ptsd.va.gov





Peace and Security Division



The Veterans Peace Initiative (VPI) Training of trainers' expert pool, launched a two week training program in Doorn, Netherlands the 14th of October 2019. It is a collaboration between the World Veterans Federation, Transition International, Barcelona International Peace Centre. Sponsored by the VFonds.

The Veterans Peace Initiative (VPI) is a form of a "Training of Trainers" (TOT). This 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 10 countries (subject to availability), and with this group to design the 10 country programmes. The WVF congratulates the team for a great effort and we look forward to the next action from the team.



The Veterans Peace Initiative (VPI) Training of trainers' expert pool



THE TELEGRAAF IN THE NETHERLANDS (the biggest newspaper in the Netherlands with more than 500 000 newspaper daily and up to 60 million viewers per month) published an article on the Veterans Peace Initiative.

"Veterans from all parts of the world are trained to be peace advisers".

Former soldiers: making the world a safer place.

On behalf of the World Veterans Federation, a unique group of former combatants is being trained in our country this week. They were sometimes literally opposite each other at the front, but together they are now going to try to make the world a safer place for peace."

Northern Irishman Jon McCourt tells his story to the group. At 68, he is a kind-looking grandfather, but in a previous life, McCourt was with the IRA. The terror movement that fought a bloody battle in Ulster for separation from the United Kingdom and a united Ireland. "I tried to get my way through the use of my weapon," McCourt summarized.

He learned that it is not the way, as he says, in the gutter between the corpses. McCourt decided to take a different approach and has been committed to peace and healing old wounds for 36 years. Something that is difficult to this day. According to him, the feelings of hostility smoulder, especially among young people, still close to the surface. "What I am trying to do is make it clear to them that you can disagree with each other, but that the power of discourse, of words, is always stronger than any weapon."

In the eyes of the Dutch Irma Specht, McCourt is the prime example of the positive role that veterans can play in (former) conflict areas. Because they know the horrors of war, they are more motivated, according to Specht, to put an end to it. In addition, they understand the organization and culture of the armed forces and they often have a good network.

Peace processes

Specht is training twenty former fighters these weeks who are going to help worldwide with peace processes, but also, for example, with the re-establishment of an army or police force when the battle is stopped. Lieutenant Colonel BD Marines Rudolf Keijzer is one of them. He saw with his own eyes the consequences of war in Bosnia, Iraq and Afghanistan. His retirement is no reason to never go back there.

"No, on the contrary", Keijzer responds. "Not because I am such a thrill seeker or something, but I would like to commit myself to countries like this. I do have a list of countries I would like to go to: Ukraine, Georgia and Syria. "



Benjamin

At the age of 34, Andrii Kozinchuk from Ukraine is the youngest of the group. He was one of the first volunteers to report for the front line when the war with separatist rebels broke out in the country. As an army psychologist, he had to watch over the well-being of his colleagues. After his resignation from service, Kozinchuk does the same, but now for an umbrella organization for veteran organizations.

Especially after the training, he is convinced of the role that former fighters in Ukraine should play now that peace seems close. At the same time, people in their thirties realize how hard the job will be. "We are talking about peace, but we still have no idea what to do next. How do we get a dialogue with those people," he says, referring to the separatists "I don't yet understand how we should live together again. But as veterans, we must become an example. No one wants peace more than we who fought in the war. "

The WVF will now focus on two new courses in the coming year to train more trainers. "





New membership scale for 2020

At the 28th WVF General Assembly the EB was tasked to introduce an adjusted dues scale and in the 164th meeting of the EB a new scale was adopted.

The dues scale has for many years not been aligned with the constitution but has now been corrected. The scale has been adjusted to ensure that all can be member, however, to become full member with all rights members must pay their membership dues. We have already seen some members who are willing to become Honorary Lifetime member and we welcome all to study these terms and upgrade your membership. After all, we are a worldwide veteran organisation and next year WVF will celebrate the 70th Anniversary in the service for veterans.

NEW MEMBERSHIP SCALE FROM 2020, 70 YEARS ANNIVERSARY IN THE SERVICE FOR VETERANS



1. Honorary Lifetime Member; Honorary, Ordinary and Associated Members can become an Honorary Lifetime Member and member of the Board of the Honorary Members Club for a total fee of 50 000 Euro.



2. Honorary Member; Ordinary and Associated members can become an Honorary member and member of the Honorary Members Club for a 5 000 Euro yearly fee.



3. Ordinary member (every member organization); Yearly fee of 1 800 Euro to be paid by 1st of January of the year in question at the latest. If they fail to pay this later than 1 month after due date, they will be reduced to Associated Member.



4. Associated Member (non-paying members); This category is open to new applicants who are not able to contribute financially to the Federation. Other members who have outstanding membership dues will also see their status reduced to Associate Member, with membership rights revoked, until their outstanding dues for the membership dues are up to date. They have no rights to vote and can only participate in meeting as observers for a set fee.

Affiliated Member:

Legally instituted organizations and corporate bodies who support the aims and objectives of the WVF can become Affiliate members. They would have no rights to vote and can only participate in meeting as observers.

Companion:

International Organizations, companies and private persons who support or sponsor the WVF will have companion agreements, the terms of which will be drawn up on a case-by-case basis. They would have no rights to vote and can only participate in meeting as observers.





The Norwegian Veterans Association for International Operations (NVIO) member of the WVF



WVF congratulates Mr. Odd Helge Olsen who received the "Veterans Award for 2019". He is an active member of NVIO, WVF member association in Norway, and has helped to develop the veteran work in a very professional manner over a long time nationally. He has also been a co player in the international work of the WVF. He has served in four contingents in international operations for the UN, all in Lebanon, in the 1980s and 1990s. Then he saw with his own eyes that the follow-up that the soldiers received upon returning home was not good enough. He has included these experiences in what has since become a long-standing effort and commitment for the veterans.

Congratulations and thank you for your service.

WVF New Offices



WVF HQ has now moved to a suburb of Paris to modern and practical offices. The office is now close to the two airports, Orly and Charles de Gaulle. A presentation of the new HQ will be done in the next newsletter.

World Veterans Federation
Stop & Work Alfortville
CS 60027
5 rue Charles de Gaulle
94146 Alfortville CEDEX
France

The telephone number is +33173438303
wvf@wvf-fmac.org