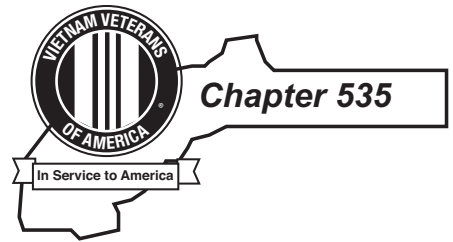




INCOMING

VIETNAM VETERANS OF AMERICA



CHAPTER 535

"It Feels Good to Get Involved"

Volume 22 Issue 11

In Service To America and the Gold Country

November 2012

President's Message

November Speaker – NCCFD Chief David Ray
Chief David Ray will speak at our chapter meeting on November 1st. Born and raised in Nevada County, Chief Ray served with the Nevada City and 49er Fire Districts. He is currently acting chief of Nevada County Consolidated Fire District. During his career Chief Ray has worked on many fires and other emergency incidents in our county including the 49'er Fire and more recently the fire at FriarTucks Restaurant in Nevada City. He has also served as a strike team leader and safety officer for major fires and other incidents throughout California. Chief Ray will speak about his experiences in the fire service over the past forty years.

Veteran's Day Parade – Auburn

For the third year in a row Chapter 535 will participate in the Auburn Veteran's Day Parade on November 11. For those living in the Grass Valley, Nevada City and Penn Valley areas I suggest we car pool. Let's meet at the Grass Valley Safeway parking lot at 9:00AM. Those living in South County and Auburn will probably prefer to meet us in Auburn.

Bill Slade, with his deuce and a half, will join us in Auburn to provide transportation for those who prefer to ride.

The parade will begin at 10:50 AM at the Auburn Chamber of Commerce building and proceed down Lincoln Way onto High Street and end at the National Guard Armory in the Gold Country Fairgrounds. Slade will give us a ride back to the start point near the Chamber of Commerce where our vehicles will be parked.

The first 500 veterans will be awarded a commemorative Lapel Pin honoring all veterans who have defended our country every day since the Battles of Lexington and Concord in 1775.

Continued on page 4

Veterans Dinner

BBQ Tri Tip and Fixings

Grass Valley Elks Lodge

Sunday November 11th

Bar at 5 pm Dinner 6 pm

Veterans FREE • Non Vets \$10.00

RSVP Elks Lodge 273-9228

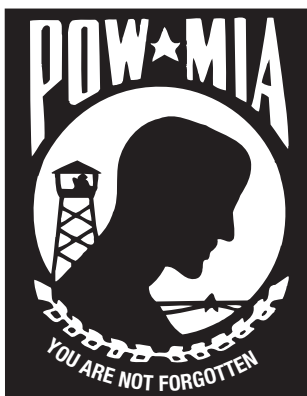


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PTSD and Loss of Sleep

The greatest danger to the veteran with post-traumatic stress disorder is Loss of Sleep. "There is nothing more fundamental to the successful recovery of a combat veteran after war than the ability to get adequate, good quality sleep," says Dr. Jonathan Shay, a psychiatrist. He says sleep loss causes irritability and propensity to anger, which are classic symptoms of combat veterans suffering psychological injury. Shay says Prazocin, a 50-year-old medicine for high blood pressure, has been shown to be very effective in tiny doses in alleviating combat nightmares. "About half of the veterans who take it say that their nightmares are gone, and another quarter will say, 'Well doc, I'm still having the dreams, but at least I can get back to sleep,'" he says. The VA has begun conducting clinical trials of Prazocin at 13 of its medical centers and expects to complete its study sometime in 2012.

Shay says sleep is fuel for the frontal lobes of the brain, which is where the capacity for emotional and ethical self-restraint lies. "Sleep is crucial. When you're totally out of gas in your frontal lobes, you become a moral moron and a lot of the misconduct of combat veterans, I believe, is driven by this measure of frontal lobe function due to sleep loss," he says. He says one of the complications of sleep loss is that veterans will drink alcohol to put themselves to sleep. "It is a very common way that the veteran's feet get placed on the icy stairway to alcohol abuse and dependency when they try to use alcohol to get to sleep," he says. Shay says alcohol is a poor choice as a sedative because the body metabolizes it rapidly and tolerance develops quickly. Veterans who use it to induce sleep will wake up unrested and more wired than before, he says. "I've no religious scruples against alcohol, but I can tell you its pharmacology is satanic," he says.



Nevada County Consolidated Veterans Council

The NCCVC collected a full bin of E-waste on October 13, 2012 at the Rood Center Parking Lot. Although all five of the Veterans Organization were represented, the E-Waste Event would not have been as successful without the Super collection efforts of VVA member Jerry and Susan Molloy. The coffee, furnished by Frank and Diane Stanovich of the American Legion, and the donuts provided by Margie and Fred were greeted with enthusiasm by the volunteers. But the greatest enthusiasm was when Jerry and Susan arrived with a mountain of E-waste in their truck and trailer. Jerry had previously arranged for delivery of two main frame computer elements, about the size of a 42inch television, which weighed in at approximately 1,000 pounds each. Their efforts filled at least half of the bin; others who individually donated their e-waste were equally important in filling the other half of the bin. Each donation adds to the total weight of the collection; small items fill in between the televisions, computer towers, monitors and microwaves. No electrical item is too small. All items are needed and welcomed! We can always call for a second truck when necessary.

In addition to Frank and Diane, Jodi Woodard of the AL; Jim Goepel, DAV and Vice Chair of NCCVC; Dick Corn, VFW representative and VVA member and John Bynes, Commandant of Marine Corps League, were there with donations and as volunteers. Rob and the County volunteers were there unloading cars and storing the E-Waste. Michael and Hardy from CEAR worked with the Nevada County contingent in filling the bin. Harold Graves motorcycled in and Pete Burelle with his two year old Great Dane dropped by with a donation. For those of you who donated and dropped off E-Waste and aren't mentioned, thank you so very much.

All funds received from the collection will be used for improvements to the Remembrance Room; principally in replacing the leaded windows. It usually takes about six weeks to get the final results. As soon as the information is available, the results will be passed on to you.

Margie Buhler
VVA Representative
NCCVC Secretary/Treasurer

Chapter 535 Information Center

Chapter 535 Officers & Board of Directors

Officers-Phone

President	
Fred Buhler	265-4878
Vice-President	
Pete Burelle	274-3787
Secretary	
Dave Johnson	885-1230
Treasurer	
Harold Graves haroldgraves@sbcglobal.net.....	470-8507

Past President

Kent Hawley.....	432-3551
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Jerry Molloy petem1947@sbcglobal.net	273-4804
Bill Holman bholman@succeed.nett	265-8387
Fred Buhler	265-4878
Kent Hawley.....	432-3551
Dave Johnson	885-1230
Jose Gonzales.....	274-3559

CA State Council Delegates

Pete Burelle, Fred Buhler (alternate)	265-4878
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Chapter 535 Committees Chairs

Finance	Jose Gonzales (Chair)	Ric Sheridan
Parade and Honor Guard.....	Pete Burelle	
Product Sales	Pete Burelle	
Food Sales.....	Jose Gonzales (Chair),	Jerry Molloy, Dan Davis
Membership Affairs	Margie Buhler	
Newsletter ...	bholman@succeed.net,	265-8387 Bill Holman
Nominations	Dick Corn	
Christmas Year Round	Harold Graves	
Chapter Events	Jose Gonzales	
Shredding Program.....	Dan Davis	
NCCVC	Margie Buhler, Pete Burelle	
Web Master.....	Ralph Remick	

Nevada County Veterans Affairs Rep.

Eric	(530) 273-3396
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Network Real Estate

167 S. Auburn Street
Grass Valley, CA 95945

Dick Corn

Broker Associate
CA Lic. # 13235009
Certified Residential Specialist

(530) 271-3858 Office
(530) 272-8703 Fax
(800) 421-5130 Toll Free
dick@dickcorn.com
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Chapter 535 Web Page

www.vva535.org

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Bill Holman 265-8387

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Roads Graded
Land Clearing
Berry Bushes Removed



Not licensed by the contractors state license board

Membership Facts Chapter 535

VVA	
Individual members	30
Applications waiting for (DD214)	
Life members	37
AVVA	
Individual members	1
Life member	2
Total	70



The Vinh Son Orphanage, has a new web site

www.friendsofvso.org

Veterans Directory

Congress

Senate - Veterans Affairs Committee202-224-9126
House - Veterans Affairs Committee.....202-225-3527

Department of Veterans Affairs

Board of Veterans Appeals202-233-3001
Central Office202-233-4000
Freedom of Information/Privacy Act202-233-3616
Personnel Locator.....202-233-4000
Public Information202-233-3056
Veterans Health Administration202-535-7010
VA Telephone Care Program800-733-0502
Cemetery, Burial, & Headstone Info.....800-697-6947

Agencies

Department of Defense703-545-6700
DEERS Information (California).....800-334-4162
CHAMPUS (California).....800-741-5048
Office of Management and Budget Veterans Affairs.202-395-4500
Small Business Administration Office of Veterans
Affairs202-205-6773

Locator & Reunion Services

Army Worldwide Locator.....317-542-4211
Navy Times Locator Services703-750-8636
Service Reunions703-998-7035
Vietnam Veterans Locator.....319-388-9023
Veteran's Locator Service 800-449-VETS

Miscellaneous

Vietnam Women's Memorial Project202-328-7253
Sons & Daughters In Touch CA805-872-4035
Retired Pay - Cleveland DFAS.....800-321-1080
Navy Lodging..... 800-NAVY INN
Army Lodging 800-GO ARMY

Presidents Message Continued

Christmas Pot Luck – December 6

As in past years we will have a gala pot luck dinner for our December chapter meeting. Peter Burelle is organizing the event. Please speak to Pete at our November meeting, or send him an email at howling_wolf28@yahoo.com, or give him a call 274-3787 if you plan to attend. Special guests include VVA North District Director Dean Gotham and the VVA's California State Lobbyist Pete Conaty. I hope you can join us to celebrate the Christmas season and share a great meal!

Victorian Christmas

This year we will once again have a booth at Victorian Christmas in Nevada City to sell hot apple cider and the VVA's world famous brownies. Victorian Christmas this year will be on Wednesdays, December 5th, 12th & 19th from 5 PM to 9 PM and on Sundays, December 16th & 23rd from 1:30 PM to 6 PM.

Newsletter Submissions

Please ensure that submissions for the newsletter reach us no-later-than the 15th of the month before the meeting. They may be mailed to:

VVA Chapter 535

Attn: Newsletter Editor
18455 Augustine Rd, Nevada City, CA 95959
e-mail to bholman@succeed.net or
call Bill Holman at (530) 265-8387

The opinions expressed in this newsletter are not necessarily the views of Vietnam Veterans of America National, State Council, or Chapter 535 or the newsletter editor, but those of the author of the comments.

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Has Your Address Changed?

Please let us know before the Post office quits forwarding your newsletters. If you find your not receiving your newsletters or hearing from us, please contact Bill Holman at 265-8387.



Our booth at Victorian Christmas is the center piece of our fund raising efforts for the year. Over 60% of the funds we raise to support our activities come from this event.

Harold Graves is chairing this event this year. Harold will be contacting you for your help in the next couple of weeks. Margie Buhler and Patricia Graves have volunteered to bake the brownies. We did a sample last week, using the recipe the Chapter used a decade ago, and they were outstanding. Pete Burelle has volunteered to run the kitchen, making the cider prior to the event. Both Harold and Pete will need all of our help.

Fred Buhler, President 265-4878

Veterans Groups Have Trouble Signing Up Younger Members

When they came home from serving their country, huge numbers of the 16 million Americans who served in World War II joined veterans organizations: the American Legion or Veterans of Foreign Wars, maybe, or various groups dedicated to keeping members of a particular service branch or division in touch with one another.

For Dan Sokol and Harold Arkoff – both of whom are VFW members as well as national officers of the 41st Infantry Division Association – remembering their long-ago military service is a key part of their lives. The infantry association's 63rd annual reunion takes place in Sacramento starting Thursday.

"I think it's important to us," said Arkoff, 87, a retired broadcaster who lives in Calabasas. "When we look back, if we did anything for humanity, serving in World War II is what we did."

Some of the wars in the decades since don't have the same hold on the American consciousness. Some have, as Arkoff put it, been more controversial: less widely accepted by the public at home, late to become a source of pride for those who fought. The resulting isolation and trauma are in direct conflict with the dynamic of organizations celebrating veterans' service. And that's affected membership numbers. With those numbers inevitably dropping as the World War II cohort disappears – this generation of citizen-soldiers, in which everyone in their age group was called to serve – veterans organizations are finding limited success at attracting younger replacements.

Many younger service members, who include the 2.4 million men and women who have fought in Iraq and Afghanistan in the past 11 years, simply have little interest.

"I know only one guy who served in Iraq and joined the VFW back home," said Josh Klein, 29, a West Sacramento security expert who served with the Army in Iraq in 2005 and 2006. "Maybe we don't have the same connection." Or maybe established veterans organizations need an image change.

Membership in the American Legion peaked at 3.3 million in 1946 and has dropped to 2.3 million today, while VFW membership has fallen to 1.5 million from a high of 2.2 million two decades ago. Thousands of American Legion and VFW posts, long a mainstay of life in many communities, have closed around the nation.

The average age of a VFW member today is 61.

"Younger veterans don't want to join an organization with a bunch of older guys," said Bob Patrick, a retired military officer who is director of the Library of Congress' Veterans History Project.

"But the central point with military service is that for anybody who serves, it's a formative part of your life. Maybe when you recognize that, you want to reassociate yourself with other people who served." Younger vets may try to move on

For now, established veterans groups that have prided themselves on a legacy of advocating for their members – the VFW, for example, played a vital role in the passage and updating of the GI Bill – find themselves struggling for relevancy with a new generation of returning warriors. Just as the nation's 2.7 million Vietnam veterans found that the men and women who served in previous wars weren't conversant in the side effects of Agent Orange exposure, so do younger returning veterans find that the reverberations of traumatic brain disorder – the signature wound of the Iraq war – aren't a priority for older veterans. The Iraq and Afghanistan Veterans Association, founded in 2004, advocates specifically for younger veterans and their needs.

For many younger veterans, the issue is mainly one of timing. They're in their 20s and 30s. Like their counterparts in the late 1940s, today's returning vets are trying to move forward with their lives: attending college, reconnecting with spouses and families and trying to make a living. "We don't have time to sit in three meetings every month," said Jonathan Gehweiler, 29, who served in Iraq with the California National Guard.

Rather than hanging out on bar stools to drink with their buddies and reminisce, younger veterans prefer family-friendly amenities, an emphasis on community service and, these days, help finding work. Free Wi-Fi at the halls might help, too. Even so, there are smaller groups and smaller posts that manage to attract a core of younger members. Gehweiler – who was wounded twice in improvised explosive device attacks in Iraq – joined the Folsom chapter of the Military Order of the Purple Heart after briefly belonging to another veterans association in suburban Sacramento, which, he said, "seemed to hoard its money." "Why would I want to be part of an organization that raises money when they don't give the money out? With Purple Heart, the money goes to help people."

The Purple Heart organization gives him a sense of camaraderie that older veterans can understand: He sees great value in connecting with other wounded service members – whether from World War II, Korea or Vietnam – because of the common ground they share.

"You want to talk to people who've shared what you went through," said Gehweiler, who lives outside Grass Valley and owns a technology firm. "It's a different war, but when you're wounded, the things you go through are the same. "I'm trying to bring in other younger guys to the chapter, because the more I talk about what happened, the better I get."

VVA Chapter 535 Victorian Christmas Booth Schedule
 To Sign-up Contact Harold Graves haroldgraves@sbcglobal.net (470-8507)

Wed 12/5	Cider Startup	Booth
	* _____	* _____
	* _____	* _____
	* _____	* _____
		* _____

Wed 12/12	Cider Startup	Booth
	* _____	* _____
	* _____	* _____
	* _____	* _____
		* _____

Sun 12/16	Cider Startup	Booth
	* _____	* _____
	* _____	* _____
	* _____	* _____
		* _____

Wed 12/19	Cider Startup	Booth
	* _____	* _____
	* _____	* _____
	* _____	* _____
		* _____

Sun 12/23	Cider Startup	Booth
	* _____	* _____
	* _____	* _____
	* _____	* _____
		* _____

* _____ = A need for someone to sign Up and Volunteer

Volunteers to Help Pete with Cider for Wednesday nights at 2:30pm sharp at the GV Vets Hall Kitchen






Volunteers to Help Pete with Cider for Sunday at 11.00am sharp at the GV Vets Hall Kitchen

Booth workers for Wednesday nights in Nevada City at 4:30 pm sharp to help with the booth set up. The Shift is from 4:30 pm to 9:00 pm.

Booth workers for Sunday in Nevada City at 12:30 pm sharp to help with the booth set up. The Shift is from 1:30 pm to 6:00 pm.

November - 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				General Membership Meeting 6 pm 1		
Daylight Savings Time Ends 						
VETERANS' DAY						
	 Bill Baird			 THANKSGIVING		
				 William Buckley		

Application For Membership
VIETNAM VETERANS OF AMERICA, INC., CHAPTER 535
P.O. Box 37, Grass Valley, CA 95945

Individual membership is open to all Vietnam-era veterans who served on active duty for other than training purposes between August 5, 1964 – May 7, 1975 and In-Country Veterans: February 28, 1961 – May 7, 1975.

Name _____ Sex _____ Date of Birth _____
Address _____ Apt. _____
City _____ State _____ Zip _____
Home Phone () _____ Work Phone () _____ Email _____
Marital Status _____ Spouse's Name _____
Chapter No. **535** Sponsor _____ ID No. _____

- ◆ **Membership Type:** Individual – 1 year @ \$20 annual Individual – 3 years @ \$50
(select one) Life Member **Payment Plan** \$50 down, 8 monthly payments of \$25
Select Age Group Ages 49 and under \$250 Ages 50-55 \$225
 Ages 56-60 \$200 Ages 61-65 \$175 Ages 66 and over \$150

- ◆ **Payment Method:** Check Money Order Visa MasterCard
(select one)

◆ **Card Number** _____ Exp. Date _____
Signature _____

Individual members **must** submit a copy of their DD-214 along with this application and dues payment. Associate participation is open to family, friends, all veterans, and other interested persons.

In Service To America

Address Correction Requested

