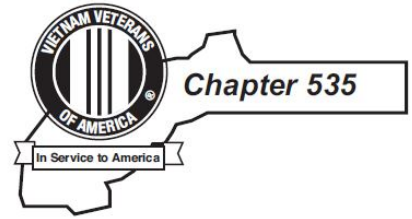




# INCOMING

VIETNAM VETERANS OF AMERICA  
**CHAPTER 535**

Website: [www.vva535.org](http://www.vva535.org)



Volume 26 Issue 9

December 2016

## President's Message

Merry Christmas to everyone!! We made it through another year and I hope to see you all at the Christmas party on Dec. 1. Now that everyone will be kept warm with their new jackets, it looks like we are going to have a great time. Thanks are extended to Ric Sheridan for coordinating the event.

Victorian Christmas is all set to go on December 4<sup>th</sup>. We have had a great response to our request for workers, the best I have seen. We have a few spots left that I expect to fill quickly. We would like to have everyone try to be on time for his shift. We have free parking at the Vet's hall in Nevada City. The Parking Attendant will be very helpful. Set-up is like a fire drill, but we get it done every time.

Harold Graves

## Matters of interest as outlined at Board Meeting of November 17, 2016:

VVA – 535 Christmas Dinner: 5:30 p.m., Thursday, Dec. 1, Veteran's Hall, downstairs. Family members welcome. Ham and turkey provided by VVA-535. Bring an entrée, salad or dessert to share. BYOB. Kindly respond to EVITE invitation or contact Ric Sheridan with a RSVP. 530-274-1413.

## Upcoming Events

Christmas Dinner Thursday, Dec. 1, 2016.

Victorian Christmas, Nevada City. Sundays Dec. 4, 11, 18 1:30 – 6:00 p.m. Weds. Dec. 14, 21 – 5:00 – 9:00 p.m. Harold Graves shared at the conclusion of the 2015 Project that it was time to pass the torch and that new leadership was needed. Thanks are extended to Chuck Holmes, who stepped up. Planning for this event is upon us. Dale Epps will manage the kitchen. Gaps remain in the schedule. Contact Chuck at 530-263-6969.

## Chapter 535 Officers

President  
Harold Graves ..... 470-8507

Vice-President  
Al Hernandez ..... 864-2480

Treasurer  
Ralph Remick ..... 559-7716

Secretary  
Dave Johnson ..... 887-8297

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Dave Chaix ..... 269-1431  
Bill Holman ..... 265-8387

Kent Hawley .....432-3551  
 Bart Ruud ..... 823-1368  
 Dale Epps ..... 368-6156  
 Harold Graves ..... 470-8507  
 Dick Corn ..... 272-5922

**Committee Chairs**

Finance .....Ralph Remick & Dave Johnson  
 Parade and Honor Guard ..... (vacant)  
 Membership Affairs .....Ric Sheridan  
 Newsletter ..... Interim editor Bart Ruud  
 Nominations ..... Dick Corn  
 Christmas Year Round ..... Harold Graves  
 NCCVC ..... Ken Farmer  
 Web Master ..... Ralph Remick

Quartermaster ..... Kent Hawley

**Nevada County Veterans Affairs Rep.**

Kevin Edwards ..... (530) 273-3396  
 ncvso@co.nevada,ca.us

**VVA 535 Jackets Available**

President Harold Graves distributed jackets for which VVA members had submitted unit patches at the general meeting of Nov. 3, 2016. Completed price of each jacket is \$100, and due before the jacket is released.

**Overcoming Life’s Challenges A Free Online or CD VA Self-Help Program**

The VA has announced access to a free, anonymous, online educational and life coaching program that teaches problem-solving skills that enable us to better handle life’s challenges.

While the program is available online, it is also available in a CD version that can be used without internet access. To obtain a CD, one can send an email to [MovingForward@va.gov](mailto:MovingForward@va.gov)

to request a copy. One does not have to be a veteran to use the program.

The online course can be found at [www.VeteranTraining.va.gov/MovingForward/](http://www.VeteranTraining.va.gov/MovingForward/)

The course is free and open to the public and is said to be especially useful to veterans and service members having difficulties such as: balancing school and family life; financial difficulties; relationship problems; difficult career decisions; coping with physical injuries; and, managing stress.

The goals of Moving Forward: teach skills for thoughtful problem solving; improving optimism; reducing stress; improve ability to better manage negative emotions; and, to reduce avoidance.

Individuals can use the program anonymously and at the time and location of their choosing. They can also select the frequency of sessions and can re-visit sections as many times as they wish. Eight modules are designed to build on one another. Users can complete as little or as much as they wish during a session.

**Private Beetle Bailey**

Mort Walker, Creator of “Beetle Bailey,” was born in in El Dorado, Kansas in 1923. He published his first comic when he was eleven years old, but did not begin to write and draw the comic adventures of Beetle Bailey until 1950.

In 1943 Mort Walker was drafted into the U.S. Army. He served in Italy as an intelligence and investigating officer and was also in charge of a German POW camp. He was discharged as a 1<sup>st</sup> Lieutenant in 1947. He graduated from the University of Missouri in 1948 and went to New York City to pursue a career in cartooning.

Walker’s experiences in the U.S. Army during WW II were the main inspiration for Beetle Bailey. As a matter of fact, Camp Swampy was

based on Camp Crowder where Mort Walker was stationed after completing basic training.

Beetle was originally called “Spider,” and began as a college cutup. His transition to Beetle occurred when he stumbled into an Army recruiting post in 1951 during the Korean War. Today, “Beetle Bailey” appears in roughly 1,800 newspapers distributed in over 50 countries and has a combined readership of over 200 million every day.

Beetle Bailey may be the world’s most famous work-shirking Army private. Today, he is still up to his legendary tricks and is likely trying to find a place to take a nap and avoid the wrath of Sergeant Snorkel. Walker has shared that he has always tried to use his experiences to shape the characters and to show readers the challenges of military life. His desire has been to communicate to the American people the sacrifices undertaken by members of the U.S. Army in a humorous way.

In May 2000 Mort Walker was honored at the Pentagon with the presentation of The Decoration for Distinguished Civilian Service, the highest award the Secretary of the Army can bestow on a civilian.



## A Tribute to Nick de Zaparkanszky

**Compiled by Lake Wildwood Friends of Nick - Fred Huberty, Dave Frank and Joe D’Angelo)** Courtesy of Ric Sheridan

The 2016 Fourth of July Celebration at Nevada County’s community of Lake Wildwood honored an unusual immigrant turned U.S. citizen, Nick de Zaparkanszky, for his service as a United States Marine.

Born Nicolay de Zaparkanszky in Eastern Europe at the beginning of WW II, Nick spent his early life being raised without his father, who was a POW held by the Germans and later by the Russians. In the 1950s he escaped the Iron Curtain with his grandparents. They moved around Europe from Norway to Switzerland, finally immigrating to Canada with his mother.

Following his mother’s death from cancer, he pursued his dream of moving to the United States. He was advised to enlist in the military, so in 1963 he bought a bus ticket that took him to Plattsburg, NY. He knocked on three recruiter doors without response. When he knocked on the US Marine Corps office he found all of the recruiters playing cards. Needless to say, a 6’4” young man was invited to enlist and become a Marine. It took several months before he received his orders for basic training, but they did come and Nick was off to Parris Island, the Marine Corps Recruit Depot located near Beaufort, South Carolina. Having been hazed in school because of his hardship background and accent, boot camp came easy for Nick. His first tour of duty was onboard a Navy ship as a seaborne Marine, but it did not last long because his security clearance was not granted. He soon left the ship and was transferred to Camp Pendleton where he trained and joined a Marine Recon Detachment. After that it wasn’t long before he was deployed to Vietnam for a year.

Upon returning to southern California, Nick applied and was granted US citizenship before heading off to a second tour in Vietnam. He returned to the US in 1967, having served with the 3<sup>rd</sup> and 5<sup>th</sup> Marine Recon Detachments that was tasked to operate behind enemy lines and report back. He joked that it was hard for a man his size to hid. While he easily talked about the hardships in his life, his experiences “in country” were closely guarded. He was the recipient of two Purple Hearts which provided insight as to the level of combat he experienced. The war had a profound impact on him, as it did with many others.

Being in his mid-twenties, he was older than most of his fellow Marines and was referred to as “old man” and “the mad Russian.” In reality, they were his family. When he left the Marines in 1968, he tried to find a home, but nothing seemed to fit. He then returned to Europe and settled in Switzerland in the hotel industry. There, he met his wife, Eve.

In 1987, Nick and Eve found Lake Wildwood and bought a home. For many years, Eve would travel to and from Switzerland for employment while Nick working on improving their house. Finding serenity looking out over Lake Wildwood, the two watched the community grow and mature.

In the 1990s, Nick became very involved with the Marine Corps League and served two roles that included Commandant, Treasurer, and Honor Guard member. Most notable was his initiative to start the Nevada County Veteran Stand Down. After helping with the Sacramento Stand Down for many years, he and Eve joined with two other veteran couples to start the Nevada County Stand Down. They led the annual event for more than ten years. Nick was also instrumental in getting the Yuba County Stand Down started. He held life membership with the VFW, VVA, American Legion, Am Vets, and the DAV. Also close to his heart was the Museum of the Forgotten

Warrior, located in Marysville, CA. In addition to his involvement with veteran organizations, Nick worked since 1993 as a once a week volunteer for the Nevada County Food Bank.

Nick was just one of many veterans in the Nevada County area who had an extraordinary background that residents rarely learn about. The 2016 Fourth of July celebration at Lake Wildwood was the community’s means to celebrate his contributions to our way of life while we remembered and cherished all those that have served or are serving our country’s military to preserve our freedom.

Editor’s note: Nick de Zaparkanszky passed away August 14, 2016.

## **Can Terstosterone Boost Combat Performance?**

BY: [PATRICIA KIME, SEPTEMBER 23, 2016](#)

The Defense Department is studying whether a boost of testosterone can keep military muscle and brains operating in top form during long periods of combat.

When troops are engaged in prolonged physical activity like war and contingency operations, they are unable to consume the calories needed to sustain high physical and mental function, according to medical researchers.

The calorie deficit -- sometimes as much as 50 percent to 60 percent below the needed amount -- can result in muscle loss, fatigue, cognitive decline and, in men, a drop in testosterone, leaving them vulnerable to injury, illness, wounds or death.

Scientists at Louisiana State University’s Pennington Biomedical Research Facility and the Army Research Institute of Environmental Medicine are conducting a study to see if maintaining normal testosterone levels during

periods of calorie restriction will improve performance, or at least minimize negative consequences.

The results will provide insight into the role of testosterone in maintaining strength, agility and brain function, according to Stefan Pasiakos, a research physiologist at USARIEM.

“We are truly trying to understand the mechanism of the hormone in terms of operations,” Pasiakos said.

The research, known as the Optimizing Performance in Soldiers Study, is underway in Baton Rouge, Louisiana. It will involve 50 men, ages 18 to 39 who, in the study’s first phase, will be provided food and monitored on an outpatient basis. During Phase Two, participants will live at the research facility, consuming the same amount of calories as a soldier would ingest in the field. They also will be put through rigorous physical activity mimicking the rigor of combat, creating a calorie deficit of 55 percent below energy expenditure.

During this phase, half the participants will receive weekly testosterone shots to maintain normal levels of the hormone while the rest will receive a placebo.

After the 28-day Phase Two, participants will be returned to normal levels of food and exercise, and monitored for weight gain.

“The idea is to see if you can stop a soldier from breaking down muscle during calorie restriction and whether they will be better able to perform a repeat mission,” Pasiakos said. “What we are trying to look at is if we are not keeping up the right hormonal levels, are they going to be worse off in the next mission or next training exercise.”

The study is not aimed at seeing whether all soldiers could be made into super warriors from testosterone injections, the researchers

said. Instead, the \$5 million research is geared toward “high-intensity stressful conditions” endured by special operations personnel and combat arms troops engaged in prolonged warfare, explained Dr. Jennifer Rood, the study’s lead investigator.

“This is for the most extreme conditions, the rare cases,” Pasiakos added.

The LSU-USARIEM study is just one of several ongoing Defense Department studies to look at the impact of diet and supplements on cognitive function and muscle mass.

The Air Force Research Laboratory is working with the Center of Nutrition, Learning and Memory -- a collaboration between the University of Illinois and Abbott Laboratories -- on the role the nutrient lutein may play in brain performance.

New site gives MRE nutrition facts  
Lutein, a pigment found in many fruits and vegetables, may play a role in cognition, learning and memory.

The Army also is studying whether Omega-3 fatty acids can help recruits and special operations soldiers focus.

“We’re hoping to learn if we can improve cognitive performances under stress because these young people who are going through [the Infantry Basic Officer Leaders Course] and Ranger [School] are clearly under stress during specific times in their programs,” said Bernadette Marriott, a professor at the university and the director of the nutrition section of the division of gastroenterology and hepatology.

Pasiakos said nutrition is an important piece of soldier fitness but he is hoping the testosterone study may reveal additional insight into what happens when troops simply can’t eat or drink enough to maintain high levels of function.

“We have tried to match energy requirements and we can’t do it. I’m not discounting the importance of nutrition ... but what we are trying to do here is understand why some of the nutritional interventions may not be as effective as they are in a normal individual,”

Pasiakos said.

*Patricia Kime covers military and veterans health care and medicine for Military Times. She can be reached at [pkime@militarytimes.com](mailto:pkime@militarytimes.com)*

## **Writing Your Story for INCOMING**

### **A repeat solicitation**

Ideas for your story:

- Think about what you appreciated about the Vietnam experience. There is surely a means to segue into that with very little reflection on the negative aspects of war.
- What did you appreciate about the Vietnamese people during your deployment?
- Can you steer away from the bad stuff and reflect on the best experience you had in the Nam?
- Surely you had a close buddy and you supported each other. Maybe there is a story in that.
- What really got you through the day-to-day anxieties and fears? There might be a positive recollection in

that regard.

- How did your experience instill in you a sense of patriotism that you possibly express every day of your life.

No writer needs to dwell on the negatives of war. Each of us who was there lived the negatives, and all of us are better people for having served, especially when we look at how we matured as a result of our experiences. Each of us has derived a sense of being and an energy that is different from what it might have been had we not gone across the pond.

Do share with us, in your own words, something of that chapter of your life. And, thank you for your service.

Forward your story to Bart Ruud at [bruud45@gmail.com](mailto:bruud45@gmail.com) or hand deliver to Bart.



## December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				VVA 535 Christmas Dinner 5:30 p.m.		
4	5	6	7	8	9	10
Victorian Christmas			Pearl Harbor attacked (1941)	US declared war on Japan		
11	12	13	14	15	16	17
US declared war on Germany (1941)  Victorian Christmas		1 <sup>st</sup> U.S. Bombing of Hanoi (1966)  Saddam Hussein captured (2003)	Victorian Christmas	VVA 535 Board Meeting 6:00 p.m.	Battle of the Bulge began (1944)	Wreaths Across America
18	19	20	21	22	23	24
Victorian Christmas			First Day of Winter Gen. Geo. Patton died (1945) Victorian Christmas			Hanukkah begins at sundown
25	26	27	28	29	30	31
	Harry S. Truman, 33 <sup>rd</sup> U.S. President died (1972)		Congress officially recognized the "Pledge of Allegiance" (1945)			End of WW II (1946) 536,040 American servicemen in Vietnam (1968)
Christmas						

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, \$25/mo Until paid in full

Select Age Group ■ Ages 56-60 \$200 ■ Ages 61-65 \$175 Ages 66 and over \$150  
■ Ages 72+ \$100

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

◆ Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_