

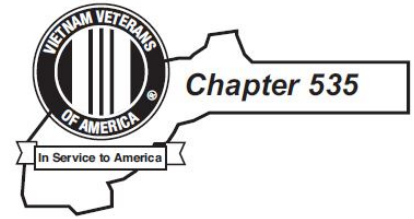


INCOMING

VIETNAM VETERANS OF AMERICA

CHAPTER 535

Website: www.vva535.org



Volume 27 Issue 5

May 2017

President's Message

Greetings,

As I write my first letter, I am getting my sea legs steadied. The last week has not been good for me after neck surgery. Left shoulder and neck having bad spasms and I have pretty much stayed down due to painkillers. I'll be getting a different muscle relaxer today and see if it helps.

Thank you everyone for attendance at our meetings. It is growing and we will be talking of new ways for growth and how we can improve what we currently do with the community, and perhaps more.

The Board is kicking a few new ideas around to improve membership, improve volunteer help at different functions, etc. There is plenty of manpower to cover everything and perhaps it is a good idea now to lock people into these positions before they make other plans.

I greatly appreciate knowing each and every one of you. I will be leaning on the experience and knowledge of all as I learn more background, history and the continuing process of the VVA whether it be local, state or national legislation, etc.

The letters will get better as I recover and organize and be at one with the rest of the Board and membership! NAP Time! LOL.

Sincerely,

Chuck Holmes

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Matters of interest as outlined at Board Meeting of April 20, 2017:

Directors continued a search for a new 10 x 10 popup for use by VVA-535 and increased its prior allocation of up to \$250 to up to \$500 for the purchase of a new shelter.

Directors discussed the formation of a "Speakers Bureau" as means to solicit a speaker to present at each general meeting.

The development of a dedicated schedule for the operation of the VVA-535 booth at the Nevada County Fair was confirmed. This outline will clarify a Project Chair, five Booth Captains, and an hourly manning schedule for our VVA-535 display at the Nevada County Fair. The fair is scheduled for August 9-13, 2017.

Upcoming Events

General Meeting May 4, 2017
Director's Meeting May 18, 2017
May 25, 2017 .. Ribbon Cutting – Armed
Forces Pavilion, Auburn, CA 5:00 p.m.
NCCVC Expo, Pioneer Park, June 17, 2017
July 4th Parade, GV - July 4, 2017
CSC Full Council - July 21-23, 2016, Fresno
Nevada County Fair – August 9 – 13, 2017.
Constitution Day Parade, NC – Sept. 10, 2017
VVA 535 Summer Picnic – To be determined
CSC Full Council - October 27-29, 2017, Fresno
Victorian Christmas – Dec. 3, 10, 13, 17, 20, 2017

Chapter 535 Officers

President
Chuck Holmes (H) 478-1126; (C) 263-6968

Vice-President
Dave Chaix 269-1431

Treasurer
Ralph Remick559-7716

Secretary
Dave Johnson 887-8297

Past President
Harold Graves 470-8507

Directors

Craig Johnson 575-3576
Dave Johnson 887-8297
Ralph Remick 559-7716
Ric Sheridan 274-1413
Dave Chaix269-1431
Bill Holman 265-8387
Bart Ruud 823-1368
Dale Epps 368-6156
Harold Graves 470-8507
Chuck Holmes 478-1126

Committee Chairs

FinanceRalph Remick & Dave Johnson
Parade and Honor Guard Dick Corn

Membership AffairsRic Sheridan
Newsletter Interim editor Bart Ruud
Victorian Christmas Chuck Holmes
NominationsDick Corn
Christmas Year Round Harold Graves
NCCVC Ken Farmer
Web Master Ralph Remick
Quartermaster Kent Hawley
Facebook Master Mike Laborico
Nevada County Fair Chuck Holmes
VSO Liaisons Don Bull & Gary Oliver
CA State Council Rep. Chuck Holmes

Nevada County Veterans Affairs Rep.

Kevin Edwards (530) 273-3396
ncvso@co.nevada.ca.us Tuesday & Thursday,
8:00 to 12:00 and 1:00 – 4:00 are “Walk-In” days.

FREE NCCVC BBQ

On June 17, 2017 there will be an “open to the public” hamburger/hot dog barbeque at Pioneer Park in Nevada City, sponsored by all Nevada County Veteran organizations. Each organization is to have a table set up to provide membership information. The food cost is to be split by the Veteran groups. Set-up is at 10:00 and food service begins at 11:00 a.m.

Election Results – APRIL 6, 2017

Outgoing President Harold Graves is pleased to announce the following Slate of Officers for 2017 – 2018: **President** – Chuck Holmes; **Vice-President** – Dave Chaix; **Treasurer** – Ralph Remick; **Secretary** – Dave Johnson. **Directors** – Dave Johnson, Ralph Remick, Ric Sheridan, Dave Chaix, Bill Holman, Bart Ruud, Dale Epps, Chuck Holmes, Craig Johnson, Harold Graves.

VVA – 535 President’s Biography

A little background history so that all may know a little more about me:

I was born at Peninsula Hospital in Burlingame, CA. The date was 3 February 1955. My first home was one of those ticky tacky little boxes at the base of the hill that everyone sees traveling north on Highway 101. South San Francisco.

Basically, I grew up in San Jose CA. and worked for my father since I was about nine years old. I helped him with his work as an auto trimmer.

Having graduated in 1973 I joined the United States Air Force. As with all, I went to Lackland AFB, TX. for basic training before going to the School of Health Care Science at Sheppard AFB, TX.

Upon graduation I was assigned to the USAF Hospital, 366th TFW, Mountain AFB, Idaho. I found it unnerving after working with my hands all my life to be assigned to the maternity ward for one year and having to mentally mature and take on the job. Being gung ho I was able to move to the Emergency Room where I worked for the next six and a half years at three different bases. Mountain Home AFB, Idaho, Taegu AB, Medical Aid Station, S. Korea, Kunsan AB S. Korea, a short stint with Team Spirit at RAAF Amberly, Queensland, Australia, and finally finished my eight year enlistment at Chanute AFB, IL.

Eight years was enough and it was time to move on. Worked some construction, back to school, tuned RF filters at Teledyne Microwave before getting into the Electrical Apprenticeship.

I am still an active card-carrying union member of IBEW Local 332 San Jose, Ca. Unfortunately, my back doesn't let me do that work anymore! Realizing my work days were done I moved in with my mother here in Nevada City and my new experiences began with meeting new people, circumstances and goals to lend a hand wherever needed. Which brought me to meeting Harold Graves and others and joining the VVA here in Grass Valley and I now have a

great appreciation for veteran organizations and their goals and a much greater appreciation for our country.

Sincerely,

Chuck Holmes

Armed Forces Pavilion & Community Garden Ribbon Cutting and Dedication set for May 25, 2017

Located at 995 Lincoln Way in Auburn, CA, *The Forgotten Soldiers Program* inspired Armed Forces Pavilion & Community Garden, will be officially recognized by the Auburn Chamber of Commerce with a ribbon-cutting ceremony and garden dedication at 5:30 p.m. on Thursday, May 25, 2017. Food will be served. Veterans and interested community members are invited to participate in the activity. The Pavilion is the site of the installation of the VVA-Chapter 535 bronze plaque, installed on March 4, 2017.

Mental Toughness

This question originally appeared on Quora: How can the average person learn the skill of mental toughness without joining the military? Answer by Ronald Fry, author of Hammerhead Six.

Mental toughness is a state of mind. Anyone can develop the mental toughness of a soldier without being part of the military. Mental toughness is resilience—the ability to stick to something regardless of the obstacles in your way. It’s about being goal oriented, always trying to improve, and being dependable and consistent. I believe mental toughness is fueled by either a dedication to self or a dedication to a higher cause. Ideally it is both.

Any human can develop mental toughness by

setting goals, pushing oneself a little harder, and working for small victories. Mentally tough people are always willing to (metaphorically) run up steep hills in the rain because they know the prize is at the top of the hill. Being true to oneself is what keeps people on goals, like sticking to a workout regimen, attempting marathons or triathlons, developing new hobbies, or dropping bad habits and picking up new ones.

Mentally tough people know what is good for themselves, their future, and are willing to show discipline, patience, and sacrifice to achieve their objectives. This is why we often see the most successful people are not the ones with natural talent, but those who had to overcome obstacles through hard work, focus, and dedication to achieve their goals.

The military does a great job in tapping into the motivation and personal goals of an individual. If you want to be a paratrooper, a Ranger, a SEAL, or a Green Beret, you must volunteer, train, discipline yourself, and prove that you are mentally tough. In Ranger School, limited sleep, long walks, limited food, and stresses of leadership are piled on the students to see if they will stand up to the pressure or quit. SEAL and Special Forces training offer similar challenges to see who will quit and who has "grit." Mentally tough people do not quit.

The military also taps into the other driver or motivator for mental toughness—a higher cause. Those who join the military often have a love for institutions, a way of life, a constitution, and certain values. They are trained to fight for the continued existence of these values. A deep loyalty, commitment, and willingness to sacrifice for their missions—whatever they may be—is stamped on their souls, and it's at the core of what fuels their mental toughness. We can all learn to emulate and develop this behavior in our own lives.

Arlington VHPA Monument

The Vietnam Helicopter Pilots Association (VHPA) is pleased to report a breakthrough in the effort to establish an appropriate and meaningful monument within Arlington National Cemetery (ANC) honoring the almost 5,000 pilots and crewmembers who died operating rotary-wing aircraft in the Vietnam War. By unanimous vote, the VHPA Executive Council on March 13, 2017 accepted an offer proposed by ANC management to place a tree commemorative monument incorporating the art and language found in the original Vietnam Helicopter Pilot and Crewmember Monument design.

Background. Following lengthy negotiations with Ms. Karen Durham-Aguilera, Executive Director, Army National Military Cemeteries, Ms. Durham-Aguilera authorized a commemorative monument at the location of the VHPA-dedicated tree located in Section 35, bordering Memorial Drive. The negotiated dimensions, 22 inches high, 21 inches deep (front to back at the base), 32 inches wide across the front, and trapezoidal in shape, contain all design elements of the original Vietnam Helicopter Pilot and Crewmember Monument proposed to the Secretary of The Army and found within H.R.877/S.315, the Vietnam Helicopter Crew Monument Act.

The commemorative monument will be placed between the red maple tree dedicated by the VHPA on August 28, 2015 and the sidewalk bordering Memorial Drive. This particular drive is used by thousands of visitors to the Tomb of the Unknown Soldier, the Memorial Amphitheater, and the Challenger and Columbia Shuttle Memorials, to name but a few. This ideal location will maximize public awareness of the Vietnam War and the important and dangerous role performed by helicopter pilots and crewmembers. The VHPA Legacy Committee carefully considered all possible options before

concluding the ANC-proposed commemorative monument was the very best solution. Factors in the decision-making process include:

- Location. The revised Vietnam Helicopter Pilot and Crewmember Monument will stand in a prestigious location in front of the living tree (note: the proposed monument detailed in H.R.877-S.315 does not specifically define where the tribute would be placed). ANC is a large cemetery (current size: 624 acres); it is possible ANC would keep the memorial tree, but place the monument elsewhere if legislated into the cemetery. A good example is the Battle of the Bulge Monument. Approximately the same size as our legislative model, it is located near the Ft. Meyer boundary wall away from traffic flows, and is viewed by very few visitors to the cemetery.

- Legislative uncertainty. The VHPA Legacy Committee cannot guarantee passage of S.315 in the Senate. Although confident the House version, H.R.877, would pass by the end of 2017, senate legislative rules could block the companion bill from being heard and brought to a vote on the Senate floor before the end of the 115th Congress in 2018. Although the February 28/March 1 “congressional hall walk” accomplished by VHPA and Gold Star Family volunteers was extremely helpful and brought aboard many cosponsors, there is no certainty of senate success due to the very nature of the process.

- Time. Completing the approval process in a timely manner will eliminate what is likely to be another two to three years of bureaucratic processing. The idea of a lasting memorial monument honoring our fallen comrades in ANC was first considered almost three years ago in April, 2014; the legislative process could add another two years to the timeline. If legislation is passed, it is probable ANC would spend another 12-18 months determining and surveying a suitable placement location. If the

Executive Director’s proposal is accepted, however, the commemorative monument will probably be approved by the United States Commission of Fine Arts (USCFA) by June, 2017. If approved quickly, the monument will be constructed by the Vermont Granite Company and delivered to Washington, DC by late autumn, 2017.

Conclusion: The VHPA Legacy Committee is convinced the important goal of placing a suitable stone tribute to the many thousands who died operating rotary-wing aircraft in the “Helicopter War” of Vietnam is achieved. Accepting this proposal ensures the horticultural value of the fine red maple tree dedicated August 28, 2015 will be retained while important Arlington National Cemetery grave space is preserved for future burials of deserving American heroes.



Writing Your Story for INCOMING

Ongoing 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.

So far we have heard from Ruud, Epps, Chaix, Hamer & current Marine LCpl. Jesse Hernandez. (Thank you!)

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 been sent 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 or hand deliver to Bart.

VVA- Chapter 535 Reaches Milestone

A letter recently received from VVA National President John Rowan acknowledged and congratulated Nevada County Chapter 535 for reaching its 25th year. Chartered in 1992, founding member and current Director, Craig Johnson remains an active member. The Officers and Directors salute Craig for his long allegiance to the cause of, "Never again will one generation of veterans abandon another."

Medicare Announce Criteria Covering Dexcom G5 Mobile CGM for All People with Diabetes on Intensive Insulin Therapy (This article provided by Kent Hawley)

San Diego, CA, March 24, 2017 – DexCom, Inc., the leader in continuous glucose monitoring (CGM) for people with diabetes is pleased to announce that the U.S. Centers for Medicare & Medicaid Services (CMS) has published an article clarifying criteria for coverage and coding of the Dexcom GS Mobile system, the only therapeutic CGM under this CMS classification. People covered by Medicare who have either Type 1 or Type 2 diabetes and intensively manage their insulin will not be

able to obtain reimbursement.

“This is a new era and a huge win for people with diabetes on Medicare who can benefit from therapeutic CGM,” said Kevin Sayer, President and Chief Executive Officer, Dexcom. “This decision supports the emerging consensus the CGM is the standard of care for any patient on intensive insulin therapy, regardless of age.”

According to CMS, therapeutic CGM may be covered by Medicare when all of the following criteria are met:

- The beneficiary has diabetes mellitus; and,
- The beneficiary has been using home blood glucose monitor (BGM) and performing frequent (four or more times a day) BGM testing; and,
- The beneficiary is insulin-treated with multiple daily injections (MDFI) of insulin or a continuous subcutaneous insulin infusion (CSII) pump; and,
- The patient’s insulin treatment regimen requires frequent adjustment by the beneficiary on the basis of therapeutic CGM testing results.

In order to be included in this category, the system must be defined as therapeutic CGM, meaning you can make treatment decision using the device. Dexcom G5 Mobile is the only system approved by the FDA to meet that criteria.

See the Medicare Administrative Contractor (MAC) website for instructions for individual claim adjudication. Coverage is effective for claims with dates of service on or after January 12, 2017. A link to the article on coding and coverage can be found at:

<https://med.noridianmedicare.com/web/jddme/policies/dmd-articles/coding-and-coverage-therapeutic-continuos-glucose-monitors>

To learn more about CGM, visit www.dexcom.com

Weed for Warriors

Weed for Warriors. An “Informational Q&A Seminar” to discuss ‘Medical Cannabis’ issues will be held Saturday, June 17th, at the Loomis Veterans Hall for any/all Veterans. The seminar will run from 10:00 a.m. to 1:00 p.m. VFW Post 904 is sponsoring this seminar and a planning committee is promising a legitimate, informed panel for the presentation. Reportedly, a Placer County law enforcement officer, an attorney, growers and medical panelists will be present. My understanding is that the seminar will be restricted to Veterans only attendance. Further details to follow.

Kent State Massacre

(Wikipedia)

The **Kent State shootings** (also known as the **May 4 massacre** or the **Kent State massacre**) was the shooting of unarmed college students protesting the Vietnam War at Kent State University in Kent, Ohio,

by members of the Ohio National Guard on May 4, 1970. Twenty-nine guardsmen fired approximately 67 rounds over a period of 13 seconds, killing four students and wounding nine others, one of whom suffered permanent paralysis.

Some of the students who were shot had been protesting the Cambodian Campaign, which President Richard Nixon announced during a television address on April 30. Other students who were shot had been walking nearby or observing the protest from a distance.

There was a significant national response to the shootings: hundreds of universities, colleges, and high schools closed throughout the United States due to a student strike of 4 million students, and the event further affected public opinion, at an already socially contentious time, over the role of the United States in the Vietnam War.

The site of Kent State shootings was designated a National Historic Landmark in January 2017 by then U.S. Secretary of the Interior Sally Jewell. The site encompasses a 17.4-acre portion of the campus within which the soldiers, student protestors and an active audience of observers and/or sympathizers moved across the central portion of the campus. Included is the area where four students were killed and nine wounded.

President Chuck Holmes

Left photo – Basic Training, Lackland AFB, TX. Right photo – upon return from duty in S. Korea



May 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 General Meeting 6:00 p.m. Kent State massacre (1970)	5	6
7	8 VE Day Declared (1945)	9	10	11	12	13
14 Mother's Day	15	16	17	18 Director's Meeting 6:00 p.m.	19	20 Armed Forces Day
21	22 National Maritime Day	23	24	25 Armed Forces Pavilion Dedication - Auburn, CA	26	27 \
28	29 Memorial Day Observed	30	31			

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

Membership is open to U.S. armed forces veterans who served on active duty (for other than training purposes) in the Republic of Vietnam between February 28, 1961, and May 7, 1975, or in **any duty location** between August 5, 1964 and May 7, 1975.

Name: _____ Date of Birth: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____ Cell Phone: (_____) _____

Email Address: _____ Gender: _____

(Optional) Chapter Number: _____ Sponsor: _____

_____ I am already a VVA member and I want to become a Life Member. My VVA Number is _____.

Type of Membership: Individual _____ 1 year @ \$20. Individual _____ 3 years @ \$50.
Life Membership: _____ \$100. (Check type of membership)

ATTENTION New members and new life members: You must submit a copy of your DD-214 form along with this application and dues payment.

Payment Method: ___ Check ___ Money Order ___ Credit Card (Visa, MasterCard, AMEX, Discover)

Credit Card Number _____ Exp. Date _____

Signature _____

Return your completed application, payment and a copy of your DD-214 to:

Vietnam Veterans of America, Inc., Chapter 535
P.O. Box 37
Grass Valley, CA 95945

Revised: January 2016