

INCOMING VIETNAM VETERANS OF AMERICA CHAPTER 535

Chapter 535

Website: www.vva535.org

Volume 28 Issue 9 September 2018

Gentleman and Ladies,

August is fading and the Nevada County Fair, which ran August 8 -12, 2018, is behind us. I extend personal thanks and appreciation to the 21 VVA-535 members who assisted with set-up, booth-sitting and takedown chores. In addition, thank you Chuck Holmes and Dave Chaix for towing our utility trailer that serves as a storage unit for bulky things like tables and the pop-up shelter. While fair attendance seemed to be less than anticipated, perhaps due to heat and air pollution matters, we did convey good information to our visitors. I know of five applications for VVA-535 that were handed out, and there may have been more. In addition, we took in more than \$40 in donations. We'll have a full accounting of all donations at our September 6th meeting.

Our VVA Chapter 535 Mission Statement was proudly displayed at our booth. That Mission Statement reads as follows:

To foster camaraderie among members and assist those with disabling mental and physical injuries, to promote the welfare of our brethren affected by the war, and to engender public understanding of the sacrifice, patriotism and bravery of those who served, those who gave all, and those left behind.

I have learned of one real success story of a participant in the voluntary self-monitored walking program I have tried to promote. That success is seen in the loss of 20 pounds, and to that, I would extend hearty congratulations to our Brother who has been diligent in looking for better health.

Thanks are due to those who have been saving and bringing in pop-tabs for the Ronald McDonald house program. I am grateful to those who have willingly lent a hand in this endeavor./Bart Ruud

The **50:50 Raffle** initiated on May 3, 2018 currently has \$133 in the can. If you choose to participate, the Raffle will continue at the meeting of September 6, 2018.

Guest Speaker August 2, 2018

Tom Woollard has worked diligently to engage a guest speaker for our meeting of September 6. At this juncture, nothing is finalized so this bulletin goes out without a firm commitment. But, stand by for developments. (Thank you, Tom, for your ongoing efforts.)

Attention

If you do not drive and need a ride to a meeting or any VVA-535 function, please contact Bart Ruud or any local VVA -535 member and we will do our best to arrange transportation for you.

Dave Johnson 887-8297

Table of Contents

Pg. 1.. President's Message Pg. 1 .. Guest Speaker Pg. 2...Table of Contents Pg. 2 .. Upcoming events Officers & Directors Pg. 3 ... Board Meeting Aftermath Pg. 3 ... Ray Shine Wake Pg. 3.. Marine Corps Birthday Pg. 3 .. Military Binge Drinking Pg. 4... Sweet Java Pg. 7 .. Writing your story Pg. 7 .. Take a Knee Pg. 8 .. Constitution Day Parade Pg. 9 .. FVSO Flyer Pg. 11.. Membership Application Pg. 12 .. Calendars

Upcoming Events

VVA Leadership Conference, Palm Springs, CA July 22 – 30, 2018 – No attendee

General Meeting September 6, 2018
Director's Meeting September 6, 2018
NCCVC meeting: Suspended for summer months
CSC Full Council - August 24 – 26, 2018, Fresno
Nevada County Veterans Stand Down – October
19 & 20, 2018
Texas Hold 'Em Tournament – October 20, 2018
Nevada County Stand Down – Oct, 19-20, 2018
U.S. Marine Corps 243rd Birthday – Nov. 10, 2019
Victorian Christmas... Dec 2, 9, 12, 16, 19, 2018

Chapter 535 Officers

Secretary

President Bart Ruud (H) 530-823-1368; (C) 530-305-0493

Directors

Dave Chaix	.269-1431
Dale Epps	368-6156
Kent Hawley	432-3551
Bill Holman	265-8387
Chuck Holmes	478-1126
Dave Johnson	887-8297
Dave Middleton	205-9375
Ralph Remick	559-7716
Bart Ruud	823-1368
Ric Sheridan	274-1413
Tom Woollard	432-1212

Committee Chairs

FinanceRalph Remick & Dave Johnson
Parade and Honor Guard Dick Corn
Membership AffairsRic Sheridan
Newsletter Interim editor Bart Ruud
Victorian Christmas Jose Gonzales
NominationsDick Corn
Christmas Year Round Bart Ruud
NCCVC Dick Corn
Speakers Bureau Tom Woollard
Web Master Ralph Remick
Quartermaster Kent Hawley
Facebook Master Mike Laborico
Nevada County Fair Bart Ruud
VSO Liaisons (Open opportunity)
CA State Council Rep Vacant

Nevada County Veterans Service Officer

Kevin M. Edwards vacant (530) 265-1446 988 McCourtney Road, Grass Valley 95949 ncvso@co.nevada,ca.us Thursday, 9:00 to 12:00 and 1:00 – 4:00 is a "Walk-In" day.

Placer County Veterans Service Officer

Suzi Vinci 916-780-3290. 1000 Sunset Blvd, Suite 115, Rocklin, CA Monday – Friday, 8:00 – 12:00 and 1:00 – 5:00 p.m.

Matters of interest as outlined at Board Meeting of August 2, 2018

Past-President Chuck Holmes once again has volunteered to represent VVA-535 at the California state Council Meeting in Fresno, CA. The meeting will be held August 24 – 26. This will be Chuck's last representation. A new liaison is urgently needed.

Patricia Graves has been granted Life Membership as an Associate Member of the Vietnam Veterans of America. Welcome, Patricia!

Mike Hauser, owner of Real Graphic, produced and donated our Mission Statement banner without charge. Mike has been granted Life Membership in the VVA.

September is the month to apply with the Nevada City Chamber of Commerce to participate in *Victorian Christmas*.

The Board continues to research a fitting legacy project for expenditure of \$3,750 that has been contributed in memory of Past-President Harold Graves. When research is completed, a report will be shared with the membership for its consideration.

U.S. Marine Corps 243rd Birthday Bash

The Marine Corps League has announced plans are being laid for the staging the 243rd Birthday and WW I Centennial Celebration Luncheon on Saturday, November 10, 2018 at the Grass Valley Veterans Memorial Building, 235 S. Auburn Street, Grass Valley, CA. Doors open at 10:00 a.m. Ceremony at 12:00 noon. Lunch at 12:30 p.m. The Nevada Union High School Band and Roseville's John Adams Academy Choir will perform. Menu options: Prime Rib or Roasted Chicken, or Herb-Brushed Salmon at \$30. Vegetarian at \$20. Mail checks to: Placer

Bulldogs #1247. 1608 Poppy Circle, Rocklin, CA 95765

Ray Shine Passes

Raymond E. Shine, one of our VVA members, passed away recently. He retired as a long-time local attorney on December 31, 2017. He was a Grass Valley native and was a Past-President of "Friends of Nevada County Military".

There will be a Wake in his honor on Sunday, September 2, 2018, at 4:00 – 6:00 p.m. at the Foothill Event Center, 400 Idaho-Maryland Road, Grass Valley.

Survey: Military binge drinking drops, but this service stood out in a bad way

By: Karen Jowers July 16, 2018. Military Times.com

Play

Binge drinking and increased use of e-cigarettes among service members are two of the behavioral trends Defense Department officials need to address, according to researchers who analyzed the most recent DoD Health Related Behaviors Survey.

About one-third of the service personnel surveyed met the criteria indicating hazardous drinking and possible alcohol use disorder, with 30 percent reporting that they binge drank in the past month. Among Marines, that figure jumped to 42.6 percent.

Binge drinking is defined as more than five drinks for men or more than four for women in one sitting, according to the report, issued by Rand and based on a survey that was conducted from late 2015 to early 2016.

That rate was down from 33.1 percent in the previously reported survey from 2011, but it's still high enough to cause concern, researchers said. Drinking problems could be addressed by shifting the culture and climate surrounding alcohol use, such as communicating disapproval of heavy drinking and changing on-base alcohol

and sales policies, according to the report.

This report is issued at the same time beer and wine will be more widely available on bases, with sales expanding to military commissaries. Until now, alcohol has been sold only at the exchanges. Defense officials have said that the sale of these products must comply with the department's efforts to "deglamorize" alcohol.

The survey used a random sampling method and was sent to 201,990 service members in the Army, Air Force, Marine Corps, Navy and Coast Guard. Of those, 16,699 usable responses were received, for a response rate of 8.6 percent.

The 2018 survey is expected to be fielded in the fall, and Rand has made recommendations for getting a higher response rate for a new, shorter survey, said Sarah O. Meadows, Rand coprincipal investigator for this report. DoD has changed policy in the past based on results of the Health Related Behaviors Survey, which has been fielded periodically for more than 30 years.

Cigs vs. E-Cigs

"One of the big success stories has been the emphasis on cigarette smoking," said Meadows. "The rates have gone down."

Defense officials have taken a number of steps, such as increasing the prices of tobacco in military stores, limiting areas where smoking is allowed and launching an extensive education campaign about the dangers of smoking.

This year's survey asked where service members purchased their cigarettes; more than half of those who bought cigarettes in the previous year bought them mainly on base.

While cigarette smoking has been declining in the military, there are some trends to watch, according to the report. Researchers recommended DoD officials pay attention to the increasing use of e-cigarettes, as 12.4 percent of those surveyed reported using them in the previous month. That percentage was 4.6 in 2011.

"The health consequences of e-cigarette use are not yet established, but the dramatic increase in e-cigarette use, especially among younger service members, is worth attention now and continued tracking in the future," researchers stated.

For the first time, cigarette smoking in the military has declined to the point that it's now lower than rates in the general population, according to the report. Overall, 13.9 percent of those surveyed indicated they are current cigarette smokers, which is down from the 24 percent in the 2011 survey.

The rate of smoking in the general population was 16.8 percent in 2014, the latest available from the Centers for Disease Control and Prevention when Rand researchers did their analysis. The most recent CDC numbers from 2015–2016, comparable with the DoD survey time period, estimate the general population's rate of smoking has decreased to 15.5 percent. Although the rate is probably still significantly different, it's more neck-and-neck.

Sweet, sweet java — these are the coffee brands that fuel the US military

By: Neil Fotre. militarytimes.com August 14, 2018

The military's need for coffee has been well-documented for generations, dating all the way back to the American Revolution.

The secret to the United States military won't be found locked inside a room at the Pentagon nor encrypted on a secure network behind a firewall. It's found in mugs on messy workstations, in the hands of a sailor half-asleep just off of watch and brewed in chow halls all

over the globe. It's coffee.

"If the Taliban or al-Qaida ever poisoned the coffee supply, the entire military would be combat ineffective in less than a day," Richard Siemion, a former Army infantry officer and combat veteran, joked in an interview with Military Times.

While Siemion's analysis is based off no *actual* research, his observation, as one who spent seven years in uniform, speaks to the importance of the liquid fuel as the lifeblood of every military branch.

Looking back through history, coffee's importance to American and military culture becomes abundantly clear.

After the Boston Tea Party in 1773, Americans began drinking java more often because consuming tea, the drink of the enemy at the time, was considered un-American. The military, however, didn't completely embrace its need for caffeine until the Civil War.

Coffee's importance to morale was noted by Union cavalryman Ebenezer Nelson Gilpin, who wrote in a April 1865 diary entry that life without coffee was unbearable.

"Everything is chaos here," he wrote. "We are reduced to quarter rations and no coffee... and nobody can soldier without coffee."

Even eventual-President William McKinley was taught an important lesson while in making sure the Union fighting man was adequately caffeinated when, as a 19-year-old, McKinley delivered hot coffee to front-line soldiers.

Also of historical note is that the Navy coined one of the more well-known nicknames for the beverage after President Woodrow Wilson's Navy secretary, Josephus Daniels, banned alcohol onboard ships at the outbreak of World

War I.

Coffee stepped in to fill the void left by the much-preferred booze, and though the origin is disputed, old salts say that sailors, who were not exactly pleased with having their spirits taken away, referred to the replacement as a "cup of Joseph" in *honor* of Josephus, which was then shortened to "cup of Joe."

These many years later, recognizing a service member's caffeine intake remains just as important.

The Army Medical Research and Material Command recently developed the 2B-Alert Personalized Alertness and Cognitive Performance mobile app so soldiers could individually calculate when and how much caffeine to consume for maximum effectiveness.

Which brand is consumed most, though, is the real question. While the Department of Defense is unable to provide statistical data of coffee consumption by brand per service member, an independent Military Times investigation uncovered some answers, starting with information from the Defense Logistics Agency, or DLA.

The DLA is a "logistics combat support agency, providing worldwide logistics support in both peacetime and wartime to the military services as well as several civilian agencies and foreign countries," the agency's website states. In short, the DLA connects with the coffee vendors that wind up supplying military installations.

With data obtained from the DLA, rankings were compiled showing which CONUS locations received the most coffee during fiscal year 2018. Rank is determined by the total pounds of coffee received, with number one being the greatest amount.

- Fort Polk, Louisiana
- U.S. Army Special Warfare Center, Fort Bragg,

North Carolina

- Food Service Subsistence Activity, Fort Bragg, North Carolina
- Amphibious assault ship Kearsarge, Norfolk, Virginia
- Yakima Training Center, Yakima, Washington
- Guided-missile destroyer Ralph Johnson, Everett, Washington
- Aircraft carrier George H.W. Bush, Norfolk, Virginia

The top four coffee consuming regions for the U.S. military outside of CONUS during fiscal year 2018 are also listed below.

- Iraq, Kuwait and Jordan
- Afghanistan
- Southern Europe
- United Arab Emirates, Oman

It terms of what brands occupy the biggest corner of the military's coffee distribution throughout CONUS, Maxwell House and S&D sit atop the rest. Overseas, Maxwell House distributes primarily to Iraq, Kuwait, Jordan, Southern Europe, United Arab Emirates, Oman, Djibouti and Kenya, while S&D remains the most popular in Afghanistan.

Coffee options in MREs, meanwhile, are limited. According to Michael Tuttle, a representative of DLA, the coffee in MREs is "determined by the U.S. Army Natick Soldier Research, Development and Engineering Center when they develop the MRE and the contents. Traditionally, MREs have contained Folgers coffee packages, but that's not due to service members requesting Folgers."

Individual branches of the military have some determination in deciding what brands of coffee they distribute to their men and women in uniform. However, the selection options come from the DLA.

Ben Benson of the Naval Supply Systems Command discussed the typical coffee rotation for sailors. "For galleys ashore and afloat, common brands served in our galleys include Sara Lee, Maxwell House, Starbucks, Joffrey and Georgia, a Japanese brand provided on the carrier Ronald Reagan," he said.

Navy Exchanges provide an array of brand options, including bagged coffee led primarily by Folgers, North Star, and Starbucks, K cup coffee led by Green Mountain, Starbucks, and Trilliant, and ready to drink coffee, with Starbucks, Monster Java and Dunkin' Donuts leading the way. Fifteen Navy ships also have coffee bars managed by Navy Exchange Service Command's Ships Store Program.

The Air Force, meanwhile, "has four authorized coffee programs that support dining facilities," said Angelina Cesarez, spokeswoman for the Air Force Installation and Mission Support Center and Air Force Services Activity. Those four include S&D, Sara Lee, Maxwell House and Nescafé.

On the more commercially popular side, Starbucks and Dunkin' Donuts remain formidable forces in the coffee culture of the military, and both companies have locations on military installations throughout the world.

"Starbucks shows up in four distinct ways on bases, installations and Navy ships," said Ionathon Cruz, a spokesman for Starbucks," The first is through our fully branded Starbucks Retail Licensed Stores across the globe in approximately 100 locations. These are identical to the stores that Starbucks owns and operates in the public domain. The second is though our 'We Proudly Serve' program. Thirdly, we show up in commissaries, where we offer our retail coffee down the aisle. Lastly, while there are no licensed stores on aircraft carriers, through our partnership with NEXCOM, we do serve espresso and blended beverages on all 10 carriers. In addition, select military mess halls, ships and submarine galleys brew Starbucks coffee."

Service members have access to 34 Dunkin' Donuts locations on military installations in the U.S., as well as 10 more located on international bases, said Julia Block, a spokeswoman for Dunkin' Donuts.

Unfortunately, the Army, Marine Corps and Coast Guard did not respond to an inquiry about preferred brands of coffee. So, while that remains unknown, one thing is certain: that morning cup of dark roast is starting to smell a whole lot like freedom.

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, Chuck Holmes, current Marine LCpl. Jesse Hernandez, Kent Hawley, and Mike Laborico. (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.

A Political Statement re the NFL Take a Knee

Your choice to open, or not... Here follows the song, "Take a Knee... My Ass"

http://www.break.com/video/anti-nfl-song-called-take-a-knee-my-ass-3137583

Nevada City's 52nd Annual Constitution Day Parade

The Constitution of the United States is the foundation of our democracy. Nevada City's Chamber aspires to remind the community of the importance of our Constitution, and it does that through reenactment of Revolutionary battles between the Continental Army and the British Army. Skirmishes are planned at Pioneer Park with encampments of both forces on Saturday, Sept. 8 from 10:00 a.m. to 5:00 p.m. and on Sunday, Sept. 9 from 10:00 a.m. to noon. Also on Sunday there will be a reenactment of the signing of the Constitution at the corner of Board and Pine Streets in Nevada City at 1:30 p.m.

The Constitution Day Parade will roll down Broad Street at 2:00 p.m. on Sunday with an estimated 60 – 70 entries.

Will VVA Chapter 535 be represented in the parade? Who is a willing Chair for this project?

<u>FVSO</u>

Vinh Son Montagnard Orphanage

A Humanitarian Non-profit Approved by IRS Code 501(c) (3) & the State of California Franchise Tax Board Section 23701d P.O. Box 9322 Auburn, CA 95604-9322 — Email: info@friendsofvso.org - Web www.FriendsofVSO.org

11

What Is FVSO & What Does It Do

Our mission:

Raise resources (cash and in-kind gifts) to directly benefit the children. The orphanages are administered by The Sisters of the Miraculous Medal & the Sisters St. Paul Chartres who, with our help, provide:

- Primary and secondary education
- Life skills to ensure the children become self sufficient
- · A safe environment
- Food, clothing, shelter, dental and medical care
- Religious instruction

We value:

 A safe, positive environment where the children have the

- An education that allows the children to live full and productive lives
- The caregivers who interact with the children
- The benefactors who make this effort possible

Guiding Principles:

- Our sole purpose is to help the children of the Vinh Son & Sao Mai Orphanages
- Successfully integrate the orphans into the Vietnamese society while being mindful of the political and cultural realities
- Our focus will be from a humanitarian perspective
- Funds and in-kind gifts will only benefit the orphans and their caregivers

- Executive Board Members, Board of Directors Members, and Members at Large will endeavor to expand membership and increase funding.
- Distribution of funds will be at the direction of the Executive Board and Board of Directors
- Officers and Board Members will pay 100% of administrative expenses



Officers & Board Members

President: Patrick Leary leary_patrick@yahoo.com

Secretary: Nga Wynne ncwynne06@gmail.com

Treasurer: Ken Tokutomi kentokcar@sbcglobal.net

Senior VP: Pat McKee mckeep@sbcglobal.net

1st VP: Sr. Marie Dominique smdndc@dslextreme.com

2nd VP: Mike Little littlecrazy3@cox.net

President Emeritus: Dave Chaix dmc402@att.net

Bart Ruud Project Manager bruud@ssctv.net

Hank Gonzales free2golfanytime@hotmail.com

Clyde Lewandowski clew4@warpdriveonline.com

Rich Lahey richard.lahey@earthlink.net

Colleen Sands ccsands4fvso@gmail.com

Background - Montagnards, Vets &

Friande

Vietnam Veterans are returning for visits (similar to WW II vets to Europe). Those who served in the Central Highlands have good memories of the tribal people called Montagnards— a French word meaning mountain people.

Of the 54 tribal minorities in Vietnam, about 30-35 are in the Central Highlands. Many served with the U.S. Special Forces and other military units. Most vets have fond memories of their service with the Montagnards. When the war

along with the South Vietnamese, came to this country.

Those who remained have continued to struggle to survive for a variety of reasons. Their life

expectancy is around 35 years. This has created the need for the care of many children. The Sisters of the Miraculous Medal the & Sisters of St. Paul Chartres provide this to all children regardless of their religion. Vets & friends who visit the Vinh Son Orphanage

are moved by the many

FVSO was formed to help meet this need. We started informally in 2001 with support from family & friends; we received our non-profit status July 2005.



Vinh Son Facts

- Population more than 850 Montagnard children in 7 facilities
- Administered by the Sisters of the Miraculous Medal & Sisters of St. Paul Chartres
- Location Kontum & Pleiku, Vietnam (The Central Highlands)
- About \$12 feeds, shelters, and educates one child for a month

SAVE THE DATE

30TH ANNIVERSARY OF THE DEDICATION OF THE CALIFORNIA VIETNAM VETERANS MEMORIAL

OCTOBER 13, 2018

VIETNAM VETERANS MEMORIAL, STATE CAPITOL PARK, SACRAMENTO, CALIFORNIA

10:00 a.m. - 30th Anniversary Memorial Ceremony begins.

6:00 p.m. – Banquet. Downtown Sacramento. Location to be determined.





THIS EVENT IS FOR ALL VETERANS AND THE PUBLIC TO HONOR THOSE CALIFORNIANS WHO SERVED IN VIETNAM

"ALL GAVE SOME, SOME GAVE ALL"

For more information or sponsorships, contact:

Ken Holybee President California Veterans Benefit Fund holybee@comcast.net (707) 887-8891 Pete Conaty
Event Organizer
Sponsorship Coordinator
pconaty@sbcglobal.net
(916) 768-8940

Dana Nichol Reeb Government Relations dana.nichol@sbcqlobal.net (916) 558-1926

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 bed	come a Life Member. My VVA Number is					
Type of Membership : Individual 1 Life Membership:\$100. (Check typ	1 year @ \$20. Individual3 years @ \$50. be of membership)					
ATTENTION New members and new line DD-214 form along with this application	ife members: You must submit a copy of your and dues payment.					
Payment Method:CheckMoney Ord	derCredit 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 2017

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	VVA Board & VVA General Membership Meeting	3	4
5	1st Atomic Bomb Mission, Hiroshima (1945)	7 Set up Nevada County Fair	8 Nevada County Fair	9 Nevada County Fair 2nd Atomic Bomb, Nagasaki	10 Nevada County Fair	11 Nevada County Fair
Nevada County Fair	Take Down Nevada County Fair Booth	Japan Surrendered Ending WW II (1945)	Allied Invasion Southern France (`1944) Panama Canal opened (1914)	16	17	18
19	20	21	22	23	24	25
Women Suffrage (1920)	27	28	29	30	31	

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 WW II began (1939)
V.J. Day: Japan signed formal surrender (1945) Ray Shine Wake	3 Labor Day	4	5	6 VVA General Meeting & Board Meeting	7	8
Grandparents Day	10	11 Patriot Day	12	13	"Star Spangled Banner" written by Frances Scott Key (1814)	15
16	U.S. Constitution Approved (1787) Citizenship Day	U.S. Air Force established (1947)	Yom Kippur	20	POW/MIA Recognition Day	22
First Day of Autumn	24	25	26	27	28	29
30						

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 VVA General Meeting & Board Meeting	5	6
7	Columbus Day	9 Invasion of North Korea (1950). Fire Prevention Day	10	11	Bombing of USS Cole (2000)	U.S. Navy established (1775)
14	15	16	17	18	Stand Down Revolutionary War ended (1781)	20 Stand Down Texas Hold 'Em
21	22	Bombing of Marine Barracks, Beirut (1983)	24 United Nations Day	25	26	Navy Day
28	29	30	31 Halloween			