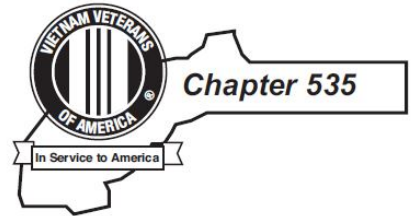




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



Website: www.vva535.org

Volume 29 Issue 9

September 2019

**VIETNAM VETERANS OF AMERICA
CHAPTER 535
PRESIDENT'S MESSAGE
SEPTEMBER 2019**

I would like to thank all of the members who helped staff the booth at the Nevada County Fair. We had quite a few vacancies prior to the fair but you all came through up to the last minute. Some put in a lot of time in the booth, I think over 12 hours. Mike Underwood was our mother hen and kept us all on our toes. Our organization can not succeed without the participation of our members. We only have a few events throughout the year and aside from the fair most are very easy. We have an upcoming event in September. E-Waste collection. We need only a couple of members to help receive e-waste from people coming to the Veterans building to drop off their stuff. September 14 from 0800 to 1300. October 18 and 19 is the Nevada County Veterans Stand Down. Jose Gonzales has asked for eight or nine people to help him cook hamburgers. Jose has funded the Stand Down dinners for eight years. He can not do this without our membership support and financial assistance this year. I think he is looking for approximately \$500 from VVA to purchase the meat. We need to get behind this effort.

On September 11, 2001, 19 militants associated with the Islamic extremist group al-Qaida hijacked four airplanes and carried out suicide attacks against targets in the US. Two of the planes were flown into the twin towers of the World Trade Center in New York. The third plane hit the Pentagon and the fourth plane crashed in Pennsylvania. Over 3,000 people were killed during the 9/11 terrorist attacks, which triggered major U.S initiatives to combat terrorism. I think it was around 0845 hours when my wife woke me up and told me what was going on. I had worked a major structure fire that morning and was trying to sleep in until 1000 hrs. I could not believe what I was witnessing. I have a friend who is a Lieutenant on the FDNY who happened to be off that day until the attacks. He responded to his station and assisted in the emergency. People often ask me why the firefighters were trying to clear debris with five gallon buckets. Heavy machinery could not be used during the first several hours because the firefighters were using listening devices to detect the alarms the firefighters wore on their person in order to rescue them. 343 firefighters lost their lives that day along with over 150 police officers and other rescuers. This attack was a major failure of our intelligence agencies. If they had shared information with each other this attack could have most likely been prevented. Almost sounds like Pearl Harbor! Osama bin Laden thought the US was weak but soon learned from

the Navy Seals he was mistaken. Let's all take a moment on September 11 to remember Patriot Day. Thanks for reading and I will see you at our September 5 meeting.

VVA Chapter 535 Mission Statement

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.

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.

Guest Speaker for September 5, 2019

David West II, Veterans Services Officer will provide us with an update from his perspective as our Nevada County VSO.

Tom Woollard works hard to coordinate and arrange for guest speakers. Lend a hand and pass along any ideas you may have for future guest speakers.

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Upcoming Events

- CSC Meeting Fresno – Aug. 23-25, 2019
- NCCVC Meeting – September 5, 2019
- General Meeting – September 5, 2019
- Director's Meeting – September 5, 2019
- Roamin' Angels Car Show – 9/6 – 9/8, 2019
- E-Waste Project – Sept 14, 2019
- Nevada City Constitution Day Parade – Sunday, Sept. 15 at 2:00 p.m.
- Nevada County All Veterans Stand Down – October 18 – 19, 2019
- CSC meeting - Fresno 10/25 – 10/27/2019
- VVA Christmas Dinner – Dec. 5, 2019
- Victorian Christmas – Dec. 8,11,15,18, 22, 2019

Chapter 535 Officers

- President Keith Grueneberg
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- Vice-President
Enrique Vasquez530-575-4416
- Treasurer
Ralph Remick559-7716
- Secretary
Gary Barnes 530-333-7391

Directors

- Dave Chaix269-1431
- Dick Corn 277-8856
- Dale Epps 368-6156
- Ray James 478-1126
- Dave Johnson 887-8297
- Dave Middleton 205-9375

Bart Ruud 823-1368
Ric Sheridan 274-1413
Mike Underwood 925-759-2924
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 **Vacant**
Nominations Ralph Remick
Veterans Assistance Keith Grueneberg
NCCVC Dick Corn
Speakers Bureau Tom Woollard
Web Master Ralph Remick
Quartermaster Dick Corn
Facebook Master Mike Laborico
Nevada County Fair Dave Middleton
VSO Liaison (Open opportunity)
CA State Council Rep. Mike Underwood

Nevada County Veterans Service Officer

VSO Officer -David West II (530) 265-1446 office
(530) 913-5046 cell
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 1, 2019

Thanks are extended to Dick Corn and Tom
Woollard who took charge of ordering VVA-535
polo shirts. The two-dozen shirts ordered have
arrived and are available at \$25, which included
the shirt and VVA-535 embroidery.

The shadow-box in the basement hallway has
been completed and with that, determinations

need to be made as to what to display in the
shadow-box.

A new pop-up shelter for use at the Nevada
County Fair and at Victorian Christmas has been
purchased, on sale, for \$271.43.

Mike Underwood and Bart Ruud attended the
VVA National Convention in Spokane July 15-
20. They offered a summary of events and
deemed attendance as worthwhile. Through
Board approval, VVA-535 funded the majority of
expenses for Mike’s attendance. Most of the
expense was underwritten by voluntary
donations.

A new Membership Directory organized by Leo
LaBrie with assistance from Ric Sheridan is
available for distribution Appreciation is
extended to Leo for the considerable effort he
put into development of this directory.

Please keep Gary Barnes in your thoughts and
prayers as he continues medical treatment.
President Keith has appealed to the
membership for a volunteer to step in and fulfill
Secretarial duties in this time of need.

Jose Gonzales asked Board consideration to
fund hamburger dinner expenses at the Oct. 18
& 19 Nevada County Veterans Stand down.
Estimated costs for 200 servings is about \$485.
Jose has all the needed equipment but a team of
8 to 9 to assist would be needed.The Board will
take action on the matter in September.

Study Examines Genetics of PTSD in 165,000 Veterans

Black Press USA August 14, 2019

A new genetic study uses information from an
unprecedented number of U.S. veterans to probe
a particularly vexing question: Why does post-
traumatic stress disorder affect some, but not
others?

It is a particularly urgent question given that suicide rates are higher among veterans suffering from PTSD, which is estimated to affect between 11 and 20 percent of those who served in the military.

Recently published in the journal *Nature Science* by collaborating investigators at the University of California, San Diego and Yale University, the study is the first PTSD analysis to draw upon genetic information collected by the **Million Veteran Program**.

Voluntary initiative:

Created by the U.S. Department of Veterans Affairs, the voluntary initiative seeks to create a medical database large enough that researchers can see patterns of genetic variation capable of providing indispensable road maps for the future treatment of many diseases.

Though the program does not yet have its full sampling of 1 million records available, there is already enough data in place to allow the research team to study more than 165,000 veterans.

Using sophisticated computer modeling techniques, they were able to compare the genomes of those who experienced a key symptom of post-traumatic stress to those who did not.

Eight DNA locations:

Common genetic differences were observed at eight different DNA locations among veterans who reported “re-experiencing” a PTSD symptom associated with nightmares and flashbacks that are sometimes triggered by events similar to those that were present when trauma first occurred.

Differences at three different chromosome locations were deemed to be most statistically

significant and are thought to potentially affect the body’s hormone response to stress and, perhaps, to the function or structure of certain types of neurons in the brain.

Though mutations in these genes have previously been suspected to have something to do with PTSD susceptibility, science is increasingly finding it necessary to compare the genetic fingerprints of many, many real people in order to tease out which changes, among many possibilities, drive complex disorders such as PTSD.

Dr. Murray B. Stein, a UC San Diego psychiatry and family medicine professor who led the study with Dr. Joel Gelernter, a professor of genetics and neuroscience at Yale, was quick to note that this type of association study offers suggestions rather than clear answers.

But correlating genetic information on such a large scale, he said, provides the kind of signal in the noise that can help guide deeper investigations in the future.

This article originally appeared in the [Florida Courier](#).

What is the Million Veteran Program?

MVP is a national, **voluntary** research program funded entirely by the Department of Veterans Affairs Office of Research & Development. The goal of MVP is to partner with Veterans receiving their care in the VA Healthcare System to study how genes affect health. To do this, MVP will build one of the world's largest medical databases by safely collecting blood samples and health information from one million Veteran volunteers. Data collected from MVP will be stored in a secure manner and will be coded for researchers so that they cannot directly identify you. Researchers will study diseases like diabetes and cancer, and military-related illnesses, such as post-traumatic stress disorder.

See <https://www.research.va.gov/mvp/>

Deep in the mountains of Honduras, few know what this US military task force does

By: Todd South Army Times August 12, 2019



Joint Task Force Bravo's 1-228th Aviation Regiment works with the 7th Special Forces Group to train Salvadoran Special Forces members in paradrop operations, helocast and fast rope insertion extraction system training in Ilopango, El Salvador.

Over the past four decades a small outpost in Honduras has housed a mix of U.S. military forces, backed by aid organizations to do a Swiss Army-knife type mission of providing medical assistance, disaster response and military training for Latin American allies.

Joint Task Force Bravo contains between 500 and 1,500 U.S. troops at Soto Cano Air Base, Honduras and hosts both permanent active-duty staff and rotating Guard and reserve troops for its regionally focused mission.

Army Col. Steven Barry recently spoke with Army Times about the task force mission and how it fits into the larger U.S. Southern Command focus on Central and South America.

Barry hails from Hamilton, New Jersey and he is a 1996 graduate of the U.S. Military Academy at West Point. Most of his career has been spent in

armor and cavalry units. He has had multiple deployments during his career, including Germany, Macedonia, Kosovo and Iraq. His most recent operational command was with 2nd Squadron, 1st Cavalry Stryker Squadron, 1st Stryker Brigade Combat Team, 4th Infantry Division at Fort Carson, Colorado from 2014 to 2015. Between that command and his posting this summer with the task force, he worked as the strategic assessments branch chief and plans integration branch chief on the joint staff, J5 and then as an Army War College fellow at Georgetown University.

The following question-and-answer session was edited for clarity and content.

Q: Can you tell readers about the composition of the task force?

A: There are about 1,500 troops down here now. The task force can grow and shrink depending on what's happening. Organically we have a staff of about 500 to 600. There is a medical component, aviation battalion and joint security force. Right now, we have three different Army National Guard battalions working throughout the region. We resource them. There are about 300 persons in the main task force corps here to work with partners and in place for disaster response. They're assigned here all of the time. It's mostly Army and Air Force and some Marines. Always at least two or three services represented.

Q: You just took over but what are you learning about the task force's capabilities and mission?

A: We're here to do multiple things, disaster relief, hurricane, earthquake, security. We use our helicopters to provide relief and mission coordination. A lot of partner nations like that assistance and don't have those assets. We don't have the authorities to do lethal or kinetic. We're more left of that, helping with information sharing with our partners. We have

information to help security inside the countries.

An example is last year Panama wanted help with problems with some of the narcotraffickers coming up from Colombia. The task force moved a couple million tons of supplies to establish a bunch of patrol bases, so their patrols could operate and stop narcotrafficking. We have to wait until they ask, hey can you help us do this? If authorities granted by Congress then able to do it. But we are not doing direct counter narcotic.

Q: How did a career armor, cavalry officer get this job?

A: A lot of the task force work is about building relationships. I did a lot of that working on the joint staff. The task force was one of my top choices during the past selection board because it is an operational command. When you look at the past commanders, they were picked for their leadership experience and ability to solve problems. And the Army picks combat arms officers who are used to leading soldiers in operational environments. I have experience on tanks, Bradleys, Strykers and working with helicopters and other aviation. As you sort of leave the tactical realm to the battalion and above level you are a strategic leader.

Q: How does the task force fit in the larger SOUTHCOM mission and responsibilities?

A: We're the only assigned forces that SOUTHCOM has in the entire area of operations, except at Guantanamo Bay, which is obviously very static and mission based. Due to our location we do offer an ability to cooperate. We're eyes on the scene for the combatant commander.

We also have relationships with Guatemala. Maintain those relationships. Also, embassies that are down here, how to assist the countries.

We meet with those countries face to face and show them what we have to offer. It's really about what stuff can we provide whether it's medical or what we can offer in relationships to leverage what we can provide. If we weren't here it's hard to see how SOUTHCOM can have relations with partner nations outside of the embassies.

An example that just happened, the [USNS] Comfort had a 14-country engagement plan. Really [U.S. Naval Forces Southern Command] is running the show under the direction of SOUTHCOM. But we were asked to participate with helicopters, moving people and supplies on and off the ships.

Q: What are some of the other components specific to the task force?

A: The Situational Assessment Team is an eight-member crisis response team. They have the communications capabilities that allow the SOUTHCOM commander to put us anywhere from the southern tip of South America to Guatemala or Belize. Having this staff makes us able to go anywhere and gives the team the ability to plug assets in anywhere. They're the SOUTHCOM commander's eyes and ears.

Also, CENTAM SMOKE is an Air Force squadron-run fire department. Twice a year the team brings in partner firefighter teams from across Central America and trains them on our techniques. So, while those airmen are assigned here, they're getting a chance to practice and train their craft.

Here's one thing military parents should do before their child joins the military

By: Karen Jowers Air Force Times July 26, 2019



As officials sort out the issue of how notes contained in military children's medical records may disqualify those children from joining the military after they reach adulthood, one possible proactive step parents can take now is to get copies of their children's records to find out if there are any red flags, said one psychiatrist who is advocating for change.

At least military parents have the opportunity to review the records, see what's written, and perhaps ask questions of their primary care provider about the implications, said Dr. Stephen Cozza, a retired Army colonel who is a professor of psychiatry and associated director of the Center for the Study of Traumatic Stress at the Uniformed Services University of the Health Sciences or USUHS.

Parents should also be aware of the Defense Department and service policies regarding issues that could disqualify their children from entering the military.

When military dependents join the military and arrive at basic training, their electronic dependent medical record is merged with their new service member medical record. Cozza cited Military Times reporting which brought the issue to light, finding that many military children have been put on hold or forced out of basic training because of a notation or diagnosis that was made years – sometimes more than a decade – previously in their dependent health

record. A number of parents interviewed said they had no idea the notations existed in their child's record before they were flagged at basic training. Cozza also cited a Military Times editorial on the issues.

"There's not a process to address this," said one recently-retired military member, whose son is now in limbo in basic training. He said everyone in the military system he has talked to has advised him to file a congressional inquiry because of the lack of other recourse. His son was flagged when a review of his dependent medical records found information about a diagnosis more than 11 years ago. The diagnosis was incorrect, and was supposed to have been corrected at the time, the father said. The father asked to remain anonymous because of pending actions regarding his son's military service.

The father, too, advises military parents to get copies of their child's medical records to review them before the child joins the military — based on what happened to his son.

Cozza spoke July 24 at the national training conference of the Military Child Education Coalition about the issue of how these medical records are used. He noted his opinions and comments were made as a private citizen, not representing the Defense Department.

Officials need to rethink how the records are being used, Cozza said, from a variety of perspectives.

One military wife who attended the session said her family has reviewed her son's dependent medical record before he seeks to join the military, and they're attempting to address some of the discrepancies.

Military officials say this practice of merging dependent medical records doesn't violate health privacy laws because the records are part of the same medical system – the Military Health

System.

Military children's medical records are scrutinized much more closely than those coming in from civilian families. "Although all those coming into the service are required to release their medical records, the accession system will never scrutinize the records of civilian children in the same way," Cozza said.



They sought help when their Army dad deployed. Now they're barred from joining the military.

Counseling sessions from their time as military dependents could prevent children from following their parents' path to service.

Cozza said his goal has been to raise the issue of how this practice affects military children and families, including concerns about whether it will discourage parents from seeking the mental health or behavioral care support their children need. He has briefed the DoD Military Family Readiness Council, whose members are gathering information on the issue.

Navy Capt. Ed Simmer, deputy chief and chief clinical officer of the Tricare Health Plan, said the electronic medical record system has major advantages for patients as well as providers, such as improving the quality and continuity of care, especially for the mobile military population. It reduces the risks of errors such as pharmacy errors, improves access to lab tests, radiology studies and other information, and

allows for better tracking of data.

One of the few non-medical uses is the ability of military commanders to ensure their troops are ready for deployment, with the needed dental care, vaccines and other requirements. In some cases, law enforcement officials are allowed access to medical records, with a subpoena from the court.

Another example is when the patient or guardian gives permission to non-medical personnel, such as when entering the military.

About a third of those who enter the military are military children, Simmer said. "The number one source of military personnel is military children."

Cozza makes it clear that he agrees with Simmer on the power and benefits of the electronic medical record system. And he doesn't want to encourage people who aren't fit to join the military. "The goal in general is to identify individuals who aren't capable of effectively serving, while not excluding those with preexisting mental health and development histories who could essentially successfully serve," he said.

But more information is needed about the science that helps military officials make the decisions about entry into the military based on those medical records, and whether policies effectively identify those who may be at risk without disqualifying potentially qualified candidates, he said.

"The question here is about both the use of the medical record, but also decisions that are made about accession standards and whether a particular diagnosis that's in the record when a child was 8 years old really has relevance to decisions made about their entry into the military 10 years later," Cozza said.

One out of five military children access mental health care, he said, and one out of every four military families have a child enrolled in the exceptional family member program, for those with special needs.

There has been a nationwide increase in the prevalence of developmental disorders, Cozza said. As the number of people who meet accession standards decreases, then the decisions the military makes about identifying potential risks with recruits “become more important because we’re going to lose more qualified candidates.”

Another problem with the practice of merging these medical records is that sometimes there have been issues with accuracy and reliability in children’s medical records, he said.

“Clinicians document within medical records for treatment and reimbursement rather than for accession determination purposes,” he said.

“When they’re seeing a child who is 8 years old, they’re not thinking about [the possibility that what they] put in the record will be reviewed 10 years from now.

“If I say a child has major depression versus an adjustment disorder, that has a powerfully significant impact in the way the instruction is read for whether a child meets the accession standards.”

Clinicians need to be educated about the how their documentation could affect a child’s ability to join the military later, Cozza said. Clinicians are aware of the need to be careful when they’re writing things in medical records of military service members, he said. “but I can tell you having spent 26 years in the Army, and a lot of that time working with military children, I would have never expected that I would have to be concerned about what I had documented about a military child in a record because of their potential enlistment at a later date.”

The medical community, military leaders and others have worked hard to decrease the stigma of seeking mental health care. “We’ve been encouraging them to seek help. Essentially we would be telling them, ‘parents, you should bring your children in for care, but just so you know, if you do, that could potentially be problematic if they choose to join the military at a later date,’ ” Cozza said.

Seeking help can contribute to military children’s strength and resilience.

There needs to be clearer accession standards, Cozza said. And while there are processes for those who wish to seek a waiver to enter the military despite those notations or issues, the current waiver processes can sometimes take six months or more – at which time, the potentially qualified service member has already moved on to another opportunity, Cozza said. And not every recruit knows there is a waiver process, he said.

Orphanage website:

<https://www.friendsofvso.org>

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.

Victorian Christmas Planning

Our preplanning for development of an operational plan for our 2019 Victorian Christmas fundraiser is a matter of interest. We will need a Project Chair, and we will need to sort out an operations schedule for the five-day run, beginning December 8, 2019. Equally important, we need to sort out how we will produce our hundreds of chocolate brownies that the consuming public looks for on an annual basis. For years, we have been blessed to have the baking needs met by Patricia (and Harold) Graves. Patricia stepped up again in 2018, along with Jose Gonzales, but in fairness we need to think outside the box and develop an alternative plan. Patricia should not be our fall back alternative. Your input is sought on this matter, as is your commitment to help with the project.

Roamin' Angels Car Show

Mike Hauser has offered every Veteran's organization in Nevada County the opportunity for a free booth at the September 6 – 8, 2019 car show to be staged at the Nevada County Fairgrounds. Mike notes that there is an anticipated attendance of 3,000. That would bode well for VVA-535 exposure to the public if it elected to participate.

Brainstorming VVA-535 Social Activities

Mike Underwood has asked questions of interest:

- How many among us own or sometimes rent RVs?
- Is there interest in a weekend get-away RV/tent campout?
- How many like to shoot at gun ranges? Is there interest in scheduling a shoot?
- Is there interest in informal activities such as a come-as-you-will breakfast gathering, or even an informal dinner gathering wherein general camaraderie among members and significant others could be enjoyed?

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 _____.

Membership: Individual Life Membership: \$50. (Effective Oct. 20, 2018)

ATTENTION New 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 2019

AUGUST

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 VVA General Meeting & Board Meeting	2	3
4 Coast Guard Birthday	5 Hiroshima (1945)	6	7 Purple Heat Day	8	9 Nagasaki (1945)	10
11	12	13	14 Japan Surrendered (1945)	15 Allied Invasion of Southern France (1944)	16	17
18	19	20	21	22	23 CSC - Fresno	24 CSC - Fresno
25 CSC - Fresno	26	27	28	29 Ascension Day	30	31

September

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day VJ Day: Japan signed formal surrender 1945	3	4	5 VVA General Meeting & Board Meeting	6 Roamin Angels Car Show	7 Roamin Angels Car Show
8 Roamin Angels Car Show	9	10	11 Patriot Day	12	13	14 "Star Spangled Banner" written by Francis Scott Key 1814 E-Waste Project
15 Constitution Day Parade, Nevada City, 2:00 p.m.	16	17 U.S. Constitution approved 1787	18 Air Force Birthday 1947	19	20 National POW/MIA Recognition Day	21
22	23 First day of Fall	24	25	26	27	28
29 Rosh Hashanah	30					

October

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 VVA General Meeting & Board Meeting	4	5
6	7 Operation Enduring Freedom began 2001	8	9 Yom Kippur Invasion of N. Korea 1950	10	11	12 Bombing of USS Cole 2000
13 Navy Birthday 1775	14 Columbus Day	15	16	17	18 Nevada County Stand Down	19 Nevada County Stand Down
20	21	22	23	24 United Nations Day	25 CSC - Fresno	26 CSC - Fresno
27 CSC - Fresno Navy Day	28	29	30	31 Halloween		2