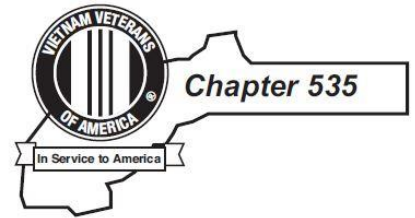




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



Website: www.vva535.org

Volume 31 Issue 4

April 2021

**VIETNAM VETERANS OF AMERICA
CHAPTER 535
PRESIDENT'S MESSAGE
April 2021**

**National Vietnam War Veterans Day
March 29**

National Vietnam War Veterans Day unites Americans to thank and honor Vietnam veterans and their families for their service and sacrifice.

[The Vietnam War Veterans Recognition Act of 2017](#) was signed into law by 45th U.S. President Donald J. Trump, designating **every March 29** as **National Vietnam War Veterans Day**.

This special day joins six other military-centric annual observances codified in [Title 4 of the United States Code §6](#) (i.e., Armed Forces Day, Memorial Day, Independence Day, National Korean War Veterans Armistice Day, Navy Day, Veterans Day).

March 29 is a fitting choice for a day honoring Vietnam veterans. It was chosen to be observed in perpetuity as March 29, 1973 was the day United States Military Assistance Command, Vietnam was disestablished and also the day the last U.S. combat troops departed Vietnam. In addition, on and around this same day Hanoi

released the last of its acknowledged prisoners of war.

[The United States of America Vietnam War Commemoration](#) honors all veterans who served on active duty in the U.S. Armed Forces at any time from [November 1, 1955 to May 15, 1975, regardless of location](#).

November 1, 1955 was selected to coincide with the official designation of Military Assistance Advisory Group-Vietnam (MAAG-V); **May 15, 1975** marks the end of the battle precipitated by the seizure of the SS Mayaguez.

The Department of Veterans Affairs estimates that today there are more than **6 million U.S. Vietnam veterans living in America and abroad**, along with **9 million families of those who served** during this timeframe.

We make no distinction between veterans who served in-country, in-theater, or who were stationed elsewhere during the Vietnam War period. All were called to serve and none could self-determine where they would serve.

Additional Background: U.S. involvement in Vietnam started slowly with an initial deployment of advisors in the early 1950s, grew incrementally through the early 1960s and expanded with the deployment of full combat

units in July 1965. The last U.S. personnel were evacuated from Vietnam in April 1975.

This national commemoration was authorized by Congress, established under the Secretary of Defense, and launched by the President to thank and honor our Nation's Vietnam veterans and their families for their service and sacrifice.

In 2007, the 110th Congress incorporated language in House of Representatives (H.R.) 4986 authorizing the secretary of defense to conduct a program commemorating the 50th anniversary of the Vietnam War.

H.R. 4986 was signed into law as the National Defense Authorization Act (NDAA) for Fiscal Year 2008 by 43rd U.S. President George W. Bush on January 28, 2008.

44th U.S. President Barack Obama officially inaugurated this Commemoration at the Vietnam Veterans Memorial in Washington D.C. on Memorial Day, May 28, 2012.

Section 598 ([Public Law 110-181](#)) of the 2008 NDAA specifically addresses Commemoration activities.

Congress outlined a total of [five objectives](#) for The United States of America Vietnam War Commemoration, with the primary objective being to thank and honor Vietnam veterans and their families for their service and sacrifice on behalf of the Nation, with distinct recognition of former prisoners of war and families of those still listed as missing in action.

The four remaining objectives highlight the service of our Armed Forces and support organizations during the war; pay tribute to wartime contributions at home by American citizens; highlight technology, science and medical advances made during the war; and recognize contributions by our Allies.

By [Presidential Proclamation](#), The United States of America Vietnam War Commemoration will

continue through Veterans Day, November 11, 2025.

#

By consensus, those present at our Board and General Member meeting of February 4, 2021 elected to hold in-person meetings, with the practice of Covid safety protocols, in the Veterans Hall Remembrance Room. On Thursday April 1, 2021 we will have our second hybrid meeting – that is, online on Zoom, and concurrently in the flesh. The meeting will be called to order at 1800 hours. Please join us.

Elections for our 2021-2022 Officers and Directors will occur at this meeting. We'll try to coordinate provision of pizza, a tradition.

VVA 535 officer nominations will continue next month. Current nominees are:

President Keith Grueneburg
VP Dave Chaix
Secretary Bart Ruud
Treasurer Ralph Remick
FVSO Liaison Dave Chaix
Guest Speaker Coordinator Ray James

Board of Directors is reduced by 1 member: Dave Johnson, Dick Corn, Ray James, Dave Middleton, Ric Sheridan, Enrique Vasquez, Mel Williams and Corbin Smith.

Bart Ruud

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 April 1, 2021

VP Enrique Vasquez has arranged for the Nevada County WAA Location Coordinator, Bonnie Magnetti, to join us for an overview of the 2021 plan.

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Upcoming Events

- Vietnam Veterans Day Lunch – March 27, 2021
- NCCVC Meeting – April 1, 2021 ??
- General Meeting – April 1, 2021 (Hybrid)
- Director’s Meeting – April 1, 2021
- WAA – Grass Valley, May 1, 2021
- WAA - Auburn, Gold Country Fairgrounds May 2, 2021
- CSC Meeting – Visalia May 6- 9, 2021

Chapter 535 Officers

President Bart Ruud
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Vice-President
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Treasurer
Ralph Remick 530-559-7716

Secretary
Dave Middleton 530-205-9375

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Dave Chaix 530-269-1431
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Dan Davis 530-272-4110
Keith Grueneberg916-425-1121
Ray James530-478-1126
Dave Johnson530-887-8297
Dave Middleton530-205-9375
Ric Sheridan530-274-1413
Mike Underwood925-759-2924
Mel Williams1-707-391-7692

Committee Chairs

FinanceRalph Remick & Dave Johnson
Parade and Honor Guard Dick Corn
Membership AffairsRic Sheridan
Newsletter Interim editor Bart Ruud
Victorian Christmas Cancelled for 2020
Nominations Ralph Remick
Veterans Assistance Bart Ruud
NCCVC Open
Speakers Bureau Dan Davis
Web Master Ralph Remick
Quartermaster Dick Corn
Facebook Master Mike Laborico
Nevada County Fair Cancelled for 2020
CA State Council Rep. Open

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

Derrick Oliveira ... 916-780-3290.
1000 Sunset Blvd, Suite 115, Rocklin, CA
Mon. – Fri., 8:00 – 12:00 and 1:00 – 5:00 p.m.

Matters of interest as outlined at Zoom Meeting of March 4, 2021

Our March hybrid meeting was a success though
some technical issues (feedback) were
bothersome.

The purchase memorial bricks for eight
deceased members of VVA-535 not currently
represented on the Memorial Wall at Memorial
Park remains a work in process. The Covid
pandemic is a good excuse.

Assemblywoman Megan Dahle, 1st State
Assembly District, has made progress and it
appears that the bridge crossing the S. Yuba
River north of Nevada City will eventually be
named the Vietnam Veterans Memorial Bridge –
or something in that context.

Nominations for the 2021-22 administrative
year will continue until closed at the May VV535
meeting.

Marilyn Schneider, representing WAA in Placer
County presented an overview of the project
and noted that an educational program is set for
May 2, 2021 at the ‘gold country Fairgrounds in
Auburn.

National Convention Planning

We held our 1st official convention committee
yesterday. Here are our results:

The convention will be held at the Sheraton,
Greensboro, NC. The price of rooms is \$110+

12.5-% tax. If you drive, there will be 0 cost for
parking. If you fly in, there is a free hotel shuttle.

Registration cost will be \$75... late registration
will be \$150.

Simply, we want all the credentials checked out
and approved before the convention. VVA will
have a shorter staff than normal. So, get all those
financial and election reports in asap.

Travel days will be Monday November 1 and
Sunday November 7th.

There will be a CSCP meeting Tuesday a.m. and
a National Board meeting p.m. on Tuesday
November 2nd.

This is a very general email on some of the
times. More specific times will follow as we talk
with the hotel.

Convention committee
Dan Stenvold

Checking Accounts Update : Is Writing a Check Still Safe?

Source: MoneyTalksNews | Erica Sweeney | February 17, 2021

Writing checks may seem like an outdated way
to pay for things, but plenty of people still use
them. More than 14.5 billion checks, totaling
\$25.8 trillion, were written in 2018, according
to the Federal Reserve’s latest payments study.
And while that number has decreased by about
7% every year since 2015, debit and credit card
payments aren’t as ubiquitous as many of us
think. In an era of identity theft and bank fraud,
American’s long-standing relationship with
their checkbooks begs the question: How safe is
this 20thcentury payment method? After all,
when you pay by check, you’re handing a slip of
paper with your bank account number, and
other personal details like your name and
address, to another person (often a complete
stranger).

Indeed, experts say, paying by debit or credit card tends to be the safer bet. Checks can be forged, and identity thieves could lift your personal and banking details straight from a paper check. Even payment apps like Venmo and Zelle have a leg up over paper checks these days. Derik Farrar, head of personal deposits at Truist Bank, says that in 2020, 83% more Truist customers used Zelle—which the bank taps for peer to peer transfers—than they did in 2019. (As COVID-19 spread through the country, he says, people avoided in-person banking by swapping checks for virtual payments). Here's what you need to know about writing a check in 2021 — and how to minimize your risk.

How safe are paper checks?

Banks use security measures like watermarks and gradient backgrounds to prevent checks from being reproduced by fraudsters, and to help financial institutions and businesses validate them easily. In 2018, measures like these prevented 90% of attempted fraud, according to the American Bankers Association. Still, check fraud—which includes forgery, theft and counterfeiting—accounted for \$1.3 billion that same year. “A paper check may be handled and seen several times before ultimately being deposited or cashed,” says Tara Alderete, director of enterprise learning at Money Management International, a nonprofit financial counseling and education organization. “And because paper checks include visible personal and financial information—your name, and bank routing and account numbers at minimum—they could put you at increased risk for fraud.”

The risk goes up if you don't specify a recipient on the check — if you write a check to “cash,” anyone who gets a hold of it could cash it. If you need cash, it's safer to use your debit card at an ATM or visit your bank and write a check out to yourself while you're there, Alderete says. People of all ages still write paper checks, but older Americans are more likely to do so. Since elderly people are more likely to be the targets

of financial fraud than the general population, check-writing can compound their risk.

How to protect your details — and your money

There are several steps you can take to safeguard your information and reduce your risk of fraud.

- For one, fill out the “payee” line and full, current date on every check you write. And always use ink.
- It's wise to limit the information pre-printed on your check to just your name and address.
- Avoid including your birth date, telephone or driver's license number. If a merchant requires these details, you can always write them in.
- Keep your checks in a safe place — not in your purse or briefcase, which can be lost or stolen.
- Monitor your bank account activity regularly, too. Balancing your checkbook often isn't just a good financial habit. By keeping an eye on your finances, you also reduce your risk of fraud, Alderete says.

Don't chuck your checkbook (yet)

Even if you prefer paying electronically, you probably shouldn't write off checks altogether. Some small businesses still don't accept debit or credit cards, and if they do, they might charge a fee for it. (Businesses are charged a processing fee for electronic transactions, so not accepting them helps keep costs down). Sometimes, paying by check is just easier — many people like to have their checkbooks handy to gift people money, or to pay for services like dog walking or yard work. Checks also offer a paper trail, so they're usually the go-to payment for big purchases, like a down payment on a home or an IRS tax bill. And that's a good thing: If a problem comes up, you'll have a copy of the deposited check, and a track record of when the payment was made, received and applied. Still, Farrar says, “With proper handling, checks are an extremely safe method of banking, as they have been for hundreds of years.”

Medicare Auditory Coverage H.R.1106 | Help Extend Auditory Relief (HEAR) Act

MOAA Newsletter | February 24, 2021

Recently, U.S. Representatives Matt Cartwright (D-PA.) and John Katko (R-NY) re-introduced the **Help Extend Auditory Relief (HEAR) Act H.R. 1106**, to expand hearing benefits for seniors on Medicare. Currently, Medicare Part B covers auditory examinations in the event of an accident or illness, but not routine checkups – which physicians recommend addressing gradual loss of hearing – or hearing aids. If prescribed a hearing device, the out-of-pocket expenses may be impossible to afford. Typical hearing aid models can cost over \$1,000, with the most state-of-the-art devices topping \$5,000. People who need devices for both ears face double the cost.

Specifically, the HEAR Act would amend the *Social Security Act* to include Medicare coverage for hearing rehabilitation, including a comprehensive audiology assessment to determine if a hearing aid is appropriate. It would also extend Medicare Part B coverage to hearing aid devices. This legislation is co-sponsored by U.S. Reps. Yvette Clarke (D-NY), Raul Grijalva (D-AZ), Alcee Hastings (D-L.), Sheila Jackson Lee (D-TX), Betty McCollum (D-MN), David McKinley (R-WV), Jerrold Nadler (D-NY) and Mike Thompson (D-CA). The language of the bill is not yet available but as soon as it is TSC will review it to determine their position on the legislation.

Coronavirus Death Certificates S.89 | Ensuring Survivor Benefits during COVID-19 Act of 2021

DAV Commander's Action Network | Leo Shane III | March 4, 2021

The Department of Veterans Affairs (VA) reports that there have been 215,171 coronavirus cases afflicting veterans using VA health care services, and more than 9,500

veteran deaths as of February 5, 2021. DAV is concerned that some of the survivors of service-disabled veterans will be denied benefits because of a death certificate that lists the cause of death as COVID-19 and does not mention the service-connected conditions that may have contributed to their cause of death. On January 28, 2021, Senators Kyrsten Sinema (AZ) and Senator Thom Tillis (NC) re-introduced **S. 89, the Ensuring Survivors Benefits during COVID-19 Act**, which would address this issue by requiring the Department of Veterans Affairs seek a medical opinion in the case of any veteran who has a service-connected condition and who passes away due to the coronavirus. This medical opinion could be crucial in obtaining survivors' benefits.

The bill was read twice and referred to the Committee on Veterans' Affairs. To date this legislation only has 9 cosponsors. Veterans are requested to ask their legislators to support this bill to help ensure adequate compensation to the survivors of veterans whose deaths are held to be service connected. An easy to do that is to go to <https://dav.quorum.us/campaign/31359>, enter you contact data, and forward the editable prepared DAV message to you Senators.

VA Survivors Survivors and Burial Benefits Kit Access

Vantage Point Blog Update | March 2, 2021

After the passing of a loved one who has served this country, many survivors do not know what to do or where to begin to obtain VA assistance. VA has prepared a Survivors and Burial Benefits kit to help guide Veterans, service members and their families after the loss of a loved one. The Kit gives a description of each burial benefit, instructions on how to apply, and where to go to get assistance. It covers:

- Pre-need eligibility for National Cemetery burial or memorialization
- Memorial or burial flags
- Government headstones or markers

- Medallions
- Presidential Memorial Certificates (PMC)
- Burial benefits and burial automatic payments
- Dependency and Indemnity Compensation (DIC)
- Dependents' Educational Assistance Program (DEA)
- Marine Gunnery Sergeant John David Fry Scholarship
- Survivors pension
- Special monthly pension benefits
- The Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMP-VA)
- Home loan guaranty
- Veterans Month of Death benefits
- VA life insurance

Other features include tips on how to fill out applications with examples of completed forms. These tips examples give applicants a better understanding of how to properly fill out applications. VA encourages Veterans and service members to discuss their military service with their dependents, as well as planning their legacy. Families and survivors should know where to locate service medical records, discharge documents, VA disability ratings, and other information. These details will be beneficial to survivors as they prepare to apply for VA benefits. Families and survivors should keep this kit in storage so that it will be available when needed. **The Planning Your Legacy VA Survivors and Burial Benefits Kit** is available for download at <https://www.benefits.va.gov/BENEFITS/docs/VASurvivorsKit.pdf>.

USS John C. Stennis Navy's \$3 Billion Plan to Rebuild an Aircraft Carrier

Early Bird Brief | Peter Suci Karen | March 1, 2021



“Look Ahead” is an apt motto for the Nimitz-class aircraft carrier USS John C. Stennis (CVN-74), as last week the Department of Defense (DoD) announced that the United States Navy has awarded Newport News-based Huntington Ingalls Industries’ (HII) Newport News Shipbuilding division a \$2.99 billion contract to refuel and overhaul the supercarrier. The 1,092-foot long carrier will reenter service following the overhaul, which is scheduled to be completed in 2025. That will give the Navy something to Look Ahead to when the ship reenters service.

“Our teams have spent three years preparing and planning for each step of the process along the way, and we look forward to continuing our work with our suppliers and Navy partners in anticipation of the ship’s arrival at Newport News,” Todd West, Newport News Shipbuilding’s vice president, in-service aircraft carrier programs, said in a statement. The refueling and complex overhaul (RCOH) essentially marks the “half-way” point in a carrier’s lifecycle and includes about thirty-five percent of all maintenance and modernization of the carrier’s fifty-year service life. Work will reportedly include refueling the ship’s nuclear reactors, while work will be conducted on more than 2,300 components as well as the hundreds of tanks and systems.

Plans for the RCOH began in 2018 when HII’s Newport News Shipbuilding received a \$187 million contract to begin engineering-pre-overhaul inspections. That included the

material purchase and fabrication work that would be significant for the overhaul. Over the next five years, the flight deck will be removed, as well as most of the ship's computer and combat systems. The overhaul will also see the renovation of the tanks and other spaces, while the most significant part of the process is the refueling of the warship's two reactors. That is followed by a total reconstruction of USS John C. Stennis, giving the vessel a new lease on life.

The carrier will have some company at least into early next year, as another Nimitz-class aircraft carrier, USS George Washington (CVN-73), is also undergoing a similar conversion at the HII facility in Virginia. According to UPI, the two ships will be berthed side-by-side until work on the CVN-73 is completed. It had been planned to have USS George Washington back in service by late 2021, but the overhaul was delayed by the novel coronavirus pandemic. The yard and the U.S. Navy have agreed to prioritize work on existing ships and submarines, so the RCOH for CVN-74 could take longer than initially expected. HII is the nation's largest military shipbuilding company, and it currently employs more than 42,000 people worldwide, but its workforce has been stretched thin in recent years.

Due to delays with the new Ford-class of carriers, the U.S. Navy has been considering an extension to the service lives of the aging Nimitz-class carriers. Nicknamed "Johnny Reb," CVN-74 was commissioned in December 1995 and named in honor of Democratic Senator John C. Stennis of Mississippi, who hadn't lost an election in 60 years. The name, which was approved by then-President Ronald Reagan in 1988, has been the subject of controversy as Sen. Stennis was an outspoken critic of civil rights and racial equality. The nickname hasn't also drawn its share of criticism in recent years. However, it remains unlikely that the aircraft carrier would be renamed during its RCOH.

Army Infantry Squad Vehicle New One Being Tested In Arizona

Associated Press | February 27, 2021



A new vehicle that the U.S. Army is acquiring to provide infantry soldiers with battlefield mobility is being tested in the Yuma Proving Ground's harsh desert terrain in southwestern Arizona. Largely based on a midsize Chevrolet pickup, the Infantry Squad Vehicle is intended to carry an infantry squad's nine soldiers and their equipment, the Yuma Sun reported. Testing began in early February with a goal of finishing by April, said Isaac Rodriguez, team leader for the proving ground's combat automotive division. "Before the soldier ever touches the vehicle, we want to make sure that it is safe for them to use," Rodriguez told the Yuma Sun. Along with operating one of nine prototypes over 5,000 miles of desert terrain at the proving ground, "we will also be doing some slope mobility and cooling system tests," he said.

The vehicle will be built under a \$214.3 million contract awarded to a subsidiary, GM Defense LLC, in June. The company said in December it was renovating a facility in Concord, North Carolina, to support production of the vehicle. The facility is expected to begin delivering production vehicles in April. The Army plans to furnish the vehicles to infantry brigade combat teams that now don't have vehicles for transporting their frontline foot soldiers. Having soldiers ride in a vehicle with their equipment instead of carrying it across many miles of cross-country terrain to their destination means they'll be much less fatigued and better able to carry out their missions, said

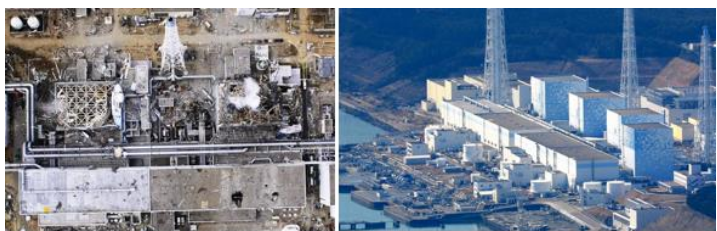
Steven Herrick, the Army's product lead for ground mobility vehicles within the Program Executive Office Combat Support and Combat Service Support.

"It has always been coined as a better boot," Herrick said. "It is a mode of transportation that effectively changes the game on how soldiers deploy and get to their objectives." The unarmored vehicle will be light enough to be sling loaded under a UH-60 Blackhawk helicopter and small enough to fit inside a CH-47 Chinook helicopter. A cargo plane could also deliver the vehicle with a low-altitude airdrop. A Pentagon assessment said the vehicle will provide infantry soldiers with valuable off-road mobility and "to be less predictable in their movement" but is cramped and lacks convenient storage space for a squad's nine soldiers and their equipment. The assessment by the Defense Department's test and evaluation office was first reported by the Task & Purpose military news website.

The vehicle is based on the frame of the 2020 Chevrolet Colorado ZR2 midsize truck, and Herrick said 90% of its parts are commercial off-the-shelf components. The initial contract is for production of 649 vehicles by the end of the 2024 fiscal year, but the Army plans a total of 2,065. The 1st Infantry Brigade Combat Team of the 82nd Airborne Division at Fort Bragg, N.C., is slated to receive the first 59 vehicles later this year. Eventually, 11 infantry brigade combat teams will be outfitted with 59 vehicles each under the first contract.

Fukushima Nuclear Disaster Second-Worst in History

This Day in History | March 11, 2021



On March 11, 2011, the largest earthquake ever recorded in Japan causes massive devastation, and the ensuing tsunami decimates the Tōhoku region of northeastern Honshu. On top of the already-horrific destruction and loss of life, the natural disaster also gave rise to a nuclear disaster at the Fukushima Daiichi nuclear plant. The Fukushima disaster is considered the second-worst nuclear disaster in history, forcing the relocation of over 100,000 people.

On detecting the earthquake, the active reactors automatically shut down their normal power-generating fission reactions. Because of these shut downs and other electrical grid supply problems, the reactors' electricity supplies failed, and their emergency diesel generators automatically started. Critically, these were required to provide electrical power to the pumps that circulated coolant through the reactors' cores. This continued circulation is vital in order to remove residual decay heat, which continues to be produced after fission has ceased. However, the earthquake had also generated a 46 foot high tsunami that arrived shortly afterwards and swept over the plant's seawall and then flooded the lower parts of reactors 1–4. This caused the failure of the emergency generators and loss of power to the circulating pumps.

The resultant loss of reactor core cooling led to three nuclear meltdowns, three hydrogen explosions, and the release of radioactive contamination in Units 1, 2 and 3 between 12 and 15 March. The spent fuel pool of previously shut-down Reactor 4 increased in temperature on 15 MAR due to decay heat from newly added spent fuel rods, but did not boil down sufficiently to expose the fuel. Large amounts of water contaminated with radioactive isotopes were released into the Pacific Ocean during and after the disaster. In the days after the accident, radiation released to the atmosphere forced the government to declare an ever-larger evacuation zone around the plant, culminating in an evacuation zone with a 20 km radius.

The full extent of the fallout became apparent over the ensuing months, with the government eventually evacuating all residents within a 30km radius of the plant due to the rising off-site levels of ambient ionizing radiation caused by airborne radioactive contamination from the damaged reactors. No deaths were initially attributed to the incident, although this was of little comfort to the 154,000 who were evacuated or the loved ones of the more than 18,000 people who lost their lives as a result of the earthquake and tsunami. Some have suggested that such a large evacuation was not necessary, as radiation levels appear to have dropped below what was expected in the immediate wake of the accident.

Though many were able to return to their homes, a 371-square-kilometer “difficult-to-return zone” remains evacuated as of 2021, and the true toll may not be known for decades. In 2018, the government announced that former plant worker who had served during the meltdown was the first death officially attributed to radiation from the disaster, which today is considered second only to Chernobyl in the ranking of infamous nuclear incidents.

Hydration

How to Stay Hydrated

Vantage Point | February 28, 2021

Water – and staying hydrated – is a crucial tool in your MOVE Weight Management Program’s tool belt to preventing the negative effects of dehydration. Dehydration occurs when there is not enough water in the body. Water loss naturally happens throughout the day. Our bodies naturally get rid of water as we breathe, through various biological processes, and by slowly evaporating through the skin to help maintain body temperature.

Signs of dehydration include dark colored urine, fatigue, dizziness and confusion. According to the National Health and Nutrition Examination Survey (HANES) data, in 2005-

2010, U.S. youth drank an average of 15 ounces of water and in 2011-2014, U.S. adults drank an average of 39 ounces of water on a given day. These figures are low. It is recommended that an individual drink half an ounce to one ounce of water for every pound that they weigh. Thus, a man who weighs 180 pounds would aim to drink between 90 and 180 ounces or 0.7 & 1.4 gals of water per day.

Staying hydrated has many health benefits. Barring any specific medical conditions, most people should drink when they are thirsty. You should try to get at least half of your daily fluid from water. Fluids can be consumed through various foods and other beverages, such as:

- Calorie-free flavored water.
- Fruit and vegetable juices with no added sugars.
- Milk and milk-substitutes.
- Decaffeinated and herbal teas.
- Low sodium broth or soups.

A common complaint to registered dietitians is that drinking water gets boring. But there are many ways to flavor your water by livening up your cup with fruit and herbs. These can be added to both hot or cold water:

- Citrus fruit – Add lemons, limes, oranges, and/or grapefruit to water.
- Mint – Break apart or muddle the leaves to release the flavor.
- Pomegranate seeds.
- Orange, lemon, lime, strawberries and cucumber are all good options.
- Sliced cucumber and citrus fruit.
- Ginger and lemon.
- Strawberries and mint.
- Cucumber, lemon, mint and rosemary.

Try these flavor combinations or freeze them into ice cubes to add later to water. This is a great way to add nutrition to your glass. Staying hydrated may even help prevent

headaches, aid in relieving constipation, and help with preventing kidney stones. Some tips to help you increase your daily intake are:

- Don't exclusively rely on thirst. As we age, our bodies lose the ability to detect thirst. Also, certain medications can cause dehydration.
- Eat more fruits and vegetables. Most fruits have 80 to 90% water content. They are a great alternative, and supplement, to drinking plain water. For a listing fruits and their water content along with fiber, fat, protein, sugar, and vitamins refer to www.thefruitpages.com/contents.shtml.
- Use the color of your urine as a guide. If the color is light yellow or clear, you're drinking enough fluids. If it is dark yellow, you need to drink more.
- Have a beverage that you enjoy with every meal and snack. A glass of water or a cup of juice can really help. Even caffeinated drinks-while they should not be your primary source of hydration-can contribute to you daily water needs.
- Have a glass of water or juice on arising in the morning, since you've had no fluids for many hours.
- Drink constantly throughout the day rather than several 'big gulps' at once—this meets your body's needs better and may prevent the problem of frequent urination.
- If you have problems with constipation, it could be because you don't drink enough water—our bodies need water to balance the fiber intake that comes from fruits, vegetables, and grains.
- Fluids are more easily absorbed from the body when they are somewhat cooler, about 40-60 degrees. Keep a 1-

or 2-quart bottle of water in your refrigerator and make sure you need drink and refill it daily.

- When you pass a drinking fountain, stop for a refreshing drink.
- Always have a bottle of water with you – treat it like your phone, so the water bottle goes wherever you go.

National Defense Policy Three Wars, No Victory – Why?

National Review | Bing West (Opinion) | February 18, 2021

America is the most powerful country in the history of the world, yet it has not won any of the three major wars it has fought over the past half century. This has not been due to a lack of effort and persistence. Our troops fought in Vietnam for nine years and in Iraq for a dozen. We're still fighting after 20 years in Afghanistan, where our generals are asking the Taliban to stop attacking. That's not a sign of success; the victor does not make such requests. The fact is that in Vietnam, Iraq, and Afghanistan, America has failed in its mission to develop and sustain democracies.

What accounts for this trifecta of failure? Through luck and poor shooting by our enemies, in all three wars this writer was able to witness both the actual fighting on the ground and the creation of the high-level policies that shaped the wars. In this article, he lays out what he believes were the root causes of the failures. Oscar Wilde once remarked, "Two kinds of people are fascinating: people who know absolutely everything, and people who know absolutely nothing." The author is rendering one man's opinion, while hoping to fall into neither category.

Broadly speaking, leadership in war comes from three hubs. The first consists of the military commanders who design strategy and decide how our troops will fight. The second hub is the policymakers, including the president as commander in chief and the chairman of the

Joint Chiefs as his military adviser, plus the theater commander, the CIA, the State Department, and the secretary of defense, who all give input. The third hub is the culture and popular mood of our country, as reflected by congressional votes and the slant of the mainstream press. The press does not report “just the facts”; rather, it presents a point of view by selecting which facts to focus upon. The popular mood is the ultimate fulcrum of political power, because the policy hub can’t fight a war without resources from Congress.

I divided the wars into major phases, and for each phase I assigned a percentage of responsibility for failure to each of those three hubs, as shown below. A rating of 0 percent indicates that I do not believe that particular hub contributed to the failure in that phase of the war. A rating of + means that hub contributed to success, not failure. Note that while the locus for failed decision-making shifted from war to war, overall the heaviest responsibility lay with the policy hub in Washington, including the commander in chief.

Percent Responsibility for Failure			
	Military Strategy	Policy Hub	Popular Mood
1. Vietnam 1965–1967	30%	70%	0%
2. Vietnam 1968–1975	++	30%	70%
3. Iraq 2003–2006	20%	80%	0%
4. Iraq 2007–2011	+++	20%	0%
5. Iraq 2012–2021	+++	80%	20%
6. Afghanistan 2001–2021	50%	50%	0%

1. Vietnam, 1965–67. General William Westmoreland in Saigon waged a campaign of thoughtless attrition, trading American for North Vietnamese lives in random forays into the deep jungle. In Northern I Corps, the Marines went in a different direction, patrolling to push the Viet Cong guerrillas out of the villages. Success was stymied, however, when tens of thousands of North Vietnamese regulars poured south. Ordered not to outflank the enemy by forays into Laos or North Vietnam and

kept to a narrow front, our troops fought defensive battles that made no strategic sense and were poorly executed.

What was the root cause of this futile warfighting? Both the commander in Saigon (General Westmoreland) and the commander in chief in Washington (President Lyndon Johnson) shared a solipsistic belief that the North Vietnamese would quit once they comprehended that America was physically stronger. The president granted the enemy a ground sanctuary and refused to bomb their economic and industrial infrastructure or mine their harbors to prevent the delivery of war supplies from China and Russia. Yet no senior American flag officer resigned or publicly objected. During this phase, the press fixated more upon the gore of battle than the lack of strategy. Congress and the public were basically supportive of the war. The senior commanders in Saigon and the policymakers in Washington bore equal responsibility for a chaotic mess.

2. Vietnam, 1968–75. The enemy threw an all-out assault against the South Vietnamese cities, believing the population would rise up in support. Instead, the exposed insurgent infrastructure was shattered and North Vietnamese Army (NVA) regulars were decimated. American generalship erred from 1965 through early 1968 and then adapted well. Over the next several years, American tactics improved dramatically and the NVA was driven deep into the jungles. When the American military withdrew in 1972, traffic was moving unmolested throughout most of the populated areas.

The policy hub, however, had lost all power. The American press had portrayed the 1968 assault on the cities as definitive proof that the war could not be won and extolled student protests against the war and the draft. After President Richard Nixon resigned in disgrace in 1974, the executive branch conceded to Congress total control of decision-making about Vietnam. The Democratic Senate and House

passed legislation prohibiting U.S. bombing anywhere in Southeast Asia, regardless of provocation. Military aid to South Vietnam was slashed to a pittance, while massive Soviet and Chinese armaments rebuilt the NVA.

In 1975, the NVA seized South Vietnam. It is historically moot whether the South could have survived if we had continued our aid and bombing. The post-war narrative in the American press assigned all blame to South Vietnamese leadership. The policy hub disintegrated with the resignation of President Nixon. In the early 1970s, the popular mood, reflected in the press and Congress, had turned against South Vietnam, assuring its collapse.

3. Iraq, 2003–2006. Iraq had three phases. In 2003, the policy hub, led by President George W. Bush, invaded in order to destroy the Sunni-based Saddam Hussein regime. Our policy leaders then unwisely disbanded the Iraqi army. The American military took its place, declaring that our soldiers and Marines were nation-builders as well as warriors. Our policymakers then passively abetted the emergence of sly, vengeful Shiite politicians intent upon disenfranchising the Sunni minority. Our top generals in Baghdad bumbled, especially in handing over Fallujah to the al-Qaeda in Iraq terrorist network.

4. Iraq, 2007–2011. But by late 2006, the Sunni tribes in western Iraq had allied with the Marines against the terrorists. General David Petraeus took command and encouraged Sunni neighborhood militias across central and northern Iraq, checking the predatory encroachments of Shiite militias aided by Iran. The policy hub, led by the president, provided firm support and resources. By 2008, Iraq had stabilized militarily. Equally important, the ubiquitous American military presence quashed the threat of a Sunni–Shiite civil war and checked the destabilizing actions of Shiite politicians. After a bad beginning, America had succeeded in constructing a fragile democratic nation. The key to that success was our military

units spread across the country, preventing political excesses. Our soldiers were the stabilizing force. The policy hub performed well, except for agreeing to withdraw our troops by 2011.

5. Iraq, 2012–2021. At the end of 2011, the policy hub, led by President Barack Obama, proceeded to pull out all U.S. troops, despite warnings from inside the Pentagon and the State Department. Shiite politicians then oppressed the Sunni tribes, and ISIS surged back, seizing city after city. In 2015, the U.S. had to rush advisers and commandos back in, plus artillery and air support. After ISIS was crushed, in 2020 President Donald Trump, criticizing our military presence in the Middle East, pulled out most of our troops.

American popular opinion played a small role as the Iraq War waxed and waned over the past two decades. With no draft, there was no student protest movement. In huge distinction from Vietnam, the American people and the press supported the troops. The responsibility for first deciding to build a democratic nation (in 2003) and then pulling out all troops (in 2012 and again in 2019) can be found in the policy hub, led by three successive presidents with distinctly opposing points of view. By 2021, only a few U.S. troops remained in Iraq. The Iraqi government was corrupt and ineffectual, and Iran's influence among the Shiites was stronger than America's.

6. Afghanistan, 2001–2021. This is a markedly different story. We invaded to destroy al-Qaeda, which, owing to faulty military decisions, escaped into Pakistan. The policy hub, strongly led by the president, then decided America was obliged to transform a confederation of fractious tribes into a self-sustained democracy. Our military agreed it could accomplish that mission.

Pakistan, congenitally duplicitous, was providing the Taliban with a sanctuary and material aid, while in Kabul an erratic,

untrustworthy president railed against American bombing and kept quiet about the Taliban. The country lacked a sense of nationalism and there was no draft. Afghan soldiers from Tajik tribes were sent into Pashtun provinces to fight Pashtun Taliban. For ten years, American and allied soldiers patrolled through disputed hamlets, controlling only the ground they stood upon. Beginning in about 2012, the American/allied campaign strategy focused more upon training the Afghan army. But “the right stuff” wasn’t there. Leadership and morale on the government side remained spotty, while tribal allegiances remained higher than the national one. American commanders adhered to “soft power” enticements, such as construction money, to woo over the Pashtuns. It didn’t work. Year after year, the rural areas of southern and eastern Afghanistan fell under the control of the Taliban.

Yet throughout the deteriorating course of the war, the press and Congress remained largely supportive. The popular mood gradually shifted toward war-weariness, not toward political opposition. Defeating the Taliban failed because Pakistan provided a sanctuary, the Kabul governments were feckless, and the Pashtun tribes, profiting from poppy cultivation, never rejected the Taliban in their midst.

In over a decade of reporting, I embedded in Nuristan, the Korengal, Kunar, Nuristan, Marjah, Nad Ali, Sangin, and places in between. In not one locale did our grunts believe the Afghan soldiers would hold the countryside after the Americans left. Nine American generals held the top command in Afghanistan. Yet throughout their combined tenures, the underlying military doctrine — our soldiers as nation-builders — remained unchallenged. This glaring gap separating the assessments of the grunts from those of the generals demands explanation. Losing wars leads to an inclination for the next generation not to volunteer for tough jobs such as the infantry.

Going forward, American and allied Special Forces and attack aircraft, in small numbers, should remain indefinitely in Afghanistan to avoid a collapse that severely damages our global reputation. A repeat of the 1975 images of Saigon in total panic must be avoided. The die, however, is cast. It’s facts on the ground, not negotiations, that will determine the long-term outcome. American policymakers were both arrogant and profligate, believing force of arms and a stunning largesse of money could alter a tribal society hurtling headlong into the ninth century. Sooner or later, the country will fracture or the Taliban will control a government that is repressive of human rights and decidedly undemocratic.

In summary, in all three wars, **the policy hub was primarily responsible for the failures**. In not one case did the president who initiated the hostilities conclude them before he left office. Over the past 70 years, the executive branch has accumulated more power than wisdom. Our Founding Fathers intended to limit the power of the executive branch, with Thomas Jefferson warning about the “idolatry of royalty.” Of the three wars, only in Vietnam did the popular mood, as reflected in the press and in congressional votes, play the final, pivotal role in the failure.

In Iraq, by 2011 our military had established a solid path forward, as long as our troops remained the stabilizing force. In 2012, however, policymakers snatched defeat from the jaws of victory by peremptorily withdrawing our troops, allowing the terrorists to reconstitute and resulting in a mess by 2021. In Afghanistan, our security objective post-9/11 was to destroy the terrorist movement. That goal has been largely achieved. But the White House overreached by widening the mission to include nation-building. Our military commanders and the policy hub share equal responsibility for refusing to acknowledge that this was too ambitious. A self-sustaining democratic nation was achievable only if, as in

South Korea, we were willing to stay in large numbers for 70 years.

What lies ahead? Clearly, we should be pivoting to deter China, and not to engage in another counterinsurgency. In terms of military strategy, the Marine Corps has emerged as innovative in shifting its focus accordingly. The capital investments, however, of the Navy and Air Force do not reflect a pivot to offset China. The Trump administration, while antagonizing our allies, did awaken the public hub to the threat of China's ambitions. But if failure in our past three small wars tells us anything, it is that the policy hub emanating from the White House has grown too confident of its own quixotic infallibility, unchallenged by a divisive Congress that is supine in matters of war. When America is not determined, we lose. There is no sign that the policy hub has the humility to grasp that existential fact.

China's Nuclear Arsenal

Satellite Images Suggest Hastening Effort for More Survivability

The Associated Press | Robert Burns (Opinion) | March 1, 2021



China appears to be moving faster toward a capability to launch its newer nuclear missiles from underground silos, possibly to improve its ability to respond promptly to a nuclear attack, according to an American expert who analyzed satellite images of recent construction at a missile training area. Hans Kristensen, a longtime watcher of U.S., Russian and Chinese nuclear forces, said the imagery suggests that China is seeking to counter what it may view as a growing threat from the United States. The

U.S. in recent years has pointed to China's nuclear modernization as a key justification for investing hundreds of billions of dollars in the coming two decades to build an all-new U.S. nuclear arsenal.

There's no indication the United States and China are headed toward armed conflict, let alone a nuclear one. But the Kristensen report comes at a time of heightened U.S.-China tensions across a broad spectrum, from trade to national security. A stronger Chinese nuclear force could factor into U.S. calculations for a military response to aggressive Chinese actions, such as in Taiwan or the South China Sea. The Pentagon declined to comment on Kristensen's analysis of the satellite imagery, but it said last summer in its annual report on Chinese military developments that Beijing intends to increase the peacetime readiness of its nuclear forces by putting more of them in underground silos and operating on a higher level of alert in which it could launch missiles upon warning of being under attack.

"The PRC's nuclear weapons policy prioritizes the maintenance of a nuclear force able to survive a first strike and respond with sufficient strength to inflict unacceptable damage on an enemy," the Pentagon report said. More broadly, the Pentagon asserts that China is modernizing its nuclear forces as part of a wider effort to build a military by mid-century that is equal to, and in some respects superior to, the U.S. military. China's nuclear arsenal, estimated by the U.S. government to number in the low 200s, is dwarfed by those of the United States and Russia, which have thousands. The Pentagon predicts that the People's Liberation Army Rocket Forces will at least double the size of its nuclear arsenal over the next 10 years, still leaving it with far fewer than the United States.

China does not publicly discuss the size or preparedness of its nuclear force beyond saying it would be used only in response to an attack. The United States, by contrast, does not

rule out striking first, although President Joe Biden in the past has embraced removing that ambiguity by adopting a “no first use” policy. Kristensen, an analyst with the Federation of American Scientists, said the commercial satellite photos he acquired appear to show China late last year began construction of 11 underground silos at a vast missile training range near Jilantai in north-central China. Construction of five other silos began there earlier. In its public reports the Pentagon has not cited any specific number of missile silos at that training range.

These 16 silos identified by Kristensen would be in addition to the 18-20 that China now operates with an older intercontinental ballistic missile, the DF-5. “It should be pointed out that even if China doubles or triples the number of ICBM silos, it would only constitute a fraction of the number of ICBM silos operated by the United States and Russia,” Kristensen wrote on his Federation of American Scientists’ blog. “The U.S. Air Force has 450 silos, of which 400 are loaded. Russia has about 130 operational silos.” Nearly all of the new silos detected by Kristensen appear designed to accommodate China’s newer-generation DF-41 ICBM, which is built with a solid-fuel component that allows the operator to more quickly prepare the missile for launch, compared to the DF-5’s more time-consuming liquid-fuel system. The DF-41 can target Alaska and much of the continental United States. China already has a rail- and road-mobile version of the DF-41 missile.

“They’re trying to build up the survivability of their force,” by developing silo basing for their advanced missiles, Kristensen said in an interview. “It raises some questions about this fine line in nuclear strategy,” between deterring a U.S. adversary by threatening its highly valued nuclear forces and pushing the adversary into taking countermeasures that makes its force more capable and dangerous. “How do you get out of that vicious cycle?” Kristensen asked.

Frank Rose, a State Department arms control official during the Obama administration, said recently there is little prospect of getting China to join an international negotiation to limit nuclear weapons. The Trump administration tried that but failed, and Rose sees no reason to think that will change anytime soon.

“They’re not going to do it out of the goodness of their heart,” he said, but they might be interested in talking if the United States were willing to consider Chinese concerns about related issues like U.S. missile defenses. Rose says China’s main interest is in building up its non-nuclear force of shorter- and intermediate-range missiles, which, combined with a cyberattack capability and systems for damaging or destroying U.S. satellites, could push the United States out of the western Pacific. This would complicate any effort by the United States to intervene in the event Beijing decided to use force against Taiwan, the semi-autonomous democracy that Beijing views as a renegade province that must eventually return to the communist fold.

Car Dependability

Brands That Rate Highest in the U.S.

MoneyTalksNews | Chris Kissell | February 24, 2021

Cars are becoming more dependable overall, and according to J.D. Power one luxury car brand leads the pack in terms of reliability. J.D. Power says Lexus is the most dependable brand overall, and the most reliable among luxury car brands in its 2021 U.S. Vehicle Dependability Study. Meanwhile, Kia earns the top ranking among mass-market brands. Kia is followed by Toyota, which is a sister brand of Lexus. Both are owned by Toyota Motor Corp (<https://www.jdpower.com/cars/rankings>). In compiling its rankings, J.D. Power looked at the number of problems per 100 vehicles that original owners of 3-year-old vehicles experienced over 12 months. The lower the score, the higher the dependability. The study

looked at 177 specific problems grouped into eight major vehicle categories:

- Audio/communication/entertainment/navigation
- Engine/transmission
- Exterior
- Interior
- Features/controls/displays
- Driving experience
- Heating, ventilation and air conditioning
- Seats

Based on the data in the above categories, the 10 most dependable brands and their scores are:

- Lexus — 81
- Porsche — 86
- Kia — 97
- Toyota — 98
- Buick — 100
- Cadillac — 100
- Hyundai — 101
- Genesis — 102
- Lincoln — 106
- Acura — 108
- BMW — 108

The average score among all vehicles was 121. Overall, vehicle dependability reached a record high in the 32-year history of the survey. Owner-cited problems dropped 10% from a year ago. J.D. Power noted that the rate of improvement was sharply higher than in the previous two years. Korean and Japanese brands are especially dependable, with three Korean brands — Kia, Hyundai and Genesis — excelling.

However, the news wasn't all good. In an announcement, Dave Sargent, J.D. Power's vice president of global automotive, says: "Most owners aren't experiencing their vehicles

breaking down or falling apart but, for many, vehicle technology continues to function poorly or inconsistently. If an owner can't rely on a system to work as they expect, it is also considered a lack of dependability." In addition, trucks and SUVs tend to lag cars in terms of dependability — a significant finding, given that trucks and SUVs make up about 80% of retail sales each month, J.D. Power says. The average dependability score among trucks is 130, and that of SUVs is 122, compared with an average of 111 for cars.

All J.D. Power rankings are powered by VIN verified vehicle owners. Their method of ranking can be seen at <https://www.jdpower.com/ratings-methodology>. Bear in mind that 'Dependability' is just one of the variables that should be considered when thinking of acquiring a vehicle. J.D. Power's website is a useful tool in comparing them. Especially since car dealers have stopped providing potential customers with brochures on vehicles they are interested in. They will only refer customers to check out each car's website which are only designed to sell cars vice compare them.

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, Mike Laborico and Dave Johnson. (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.

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.

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Mailing Address: _____

City: _____ State: _____ Zip: _____

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

Email Address: _____ Gender: _____

(Optional) Chapter Number: _____ Sponsor: _____

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Credit Card Number _____ Exp. Date _____

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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

March

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Operation Rolling Thunder began (1965)	3	4 VVA-535 Board & General Meeting	5	6
7	8	9	10	11	12	13
14 Daylight Saving Time starts	15 Presidents' Day	16	17 St. Patrick's Day	18	19	20 Spring begins
21	22	23	24	25	26	27 Passover Begins Vietnam Veterans Day Lunch
28	29 Vietnam Veterans Day	30	31 LBJ announced he would not run for re-election (1968)			

April

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 VVA-535 Board & General Meeting April Fools' Day VVA-535 Elections (Pizza)	2 Good Friday	3
4 Easter	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Earth Day	23	24 Passover Begins
25	26	27	28	29	30 Saigon falls (1975)	

May

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 WAA - Nevada County - Safeway Parking Lot
2 WAA - Gold Country Fairgrounds, Auburn	3	4	5 Cinco de Mayo	6 VVA-535 Board & General Meeting National Nurses Day	7	8
9 Mother's Day Operation Linebacker begins (1972)	10 Battle of Hamburger Hill begins (1969)	11	12	13	14	15 Armed Forces Day
16	17	18	19	20	21	22
23 Pentecost	24	25	26 Operation Menu Ends (1970)	27	28	29
30	31 Memorial Day Annual Observance at The Wall					