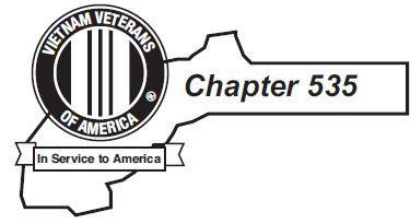




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



Website: www.vva535.org

Volume 31 Issue 5

May 2021

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

I feel privileged and honored to serve as your president of this distinguished group for 21/22. Filling the boots of Bart Ruud will be a challenge. Bart has always done a remarkable job as President. When Ralph Remick called me representing the nomination committee recruiting for the presidency, I was very hesitant. I have a number of irons in the fire here in the community and will have to rearrange my priorities. My concern is for the success of our organization. I do not want it to collapse due to lack of engagement by our members. It is important to keep 535 alive. We have more than 80 members in our organization and we need everyone to participate. I know this year has been a challenge and we have only had between 12 and 15 members participate in our Zoom meetings. It is difficult keeping organizational continuity when we only have a small percentage participating.

We have a number of things on the forefront this year. Regarding the bridge naming project, our project has jumped all the hurdles in the legislature. It has passed the Assembly, The Assembly Transportation Committee, and now back to the Assembly for confirmation. We have received no negative votes. When approved I

will be working with a monument maker and Cal-Trans on the installation. Plan on having a ceremony at the bridge when completed.

We have the craft fair participation serving refreshments. Thanks to all who are taking on this project. We still need participation.

Not sure yet on the 4th of July parade.

The Nevada County Fair will take place this year.

That's it for now. See you at the May 5th meeting. I believe it is pizza night!

Keith

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 May 5, 2021

Not determined at this moment in time.

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Upcoming Events

- NCCVC Meeting – May 5, 2021 ?? (Zoom??)
- General Meeting – May 5, 2021 (Hybrid)
- Director’s Meeting – May 5, 2021
- WAA – Grass Valley, May 1, 2021
- WAA - Auburn, Gold Country Fairgrounds May 2, 2021
- Nevada County Fair – Aug. 12 – 15, 2021
- CSC Meeting – Visalia Aug. 27-28, 2021
- VVA National Conference – Nov 2- 6, 2021

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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 Keith Grueneberg
NCCVC Open
Speakers Bureau Dan Davis
Web Master Ralph Remick
Quartermaster Dick Corn
Facebook Master Mike Laborico
Nevada County Fair Open
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 April 1, 2021

Our April hybrid meeting was a success and some technical kinks have been resolved.

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.

President-elect Keith has done yeoman's work in bringing the S. Yuba River Bridge crossing project to fruition. 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.

Bonnie Magnetti, representing WAA in Nevada County presented an overview of the project and noted that an educational program is set for May 1, 2021 at the Safeway Parking lot in Grass Valley.

Transgender Troops Pentagon Releases New Transgender Policies

Associated Press | Lolita C. Baldor | March 31, 2021

The Pentagon on 31 MAR swept away Trump-era policies that largely banned transgender people from serving in the military, issuing new rules that offer them wider access to medical care and assistance with gender transition. The new department regulations allow transgender people who meet military standards to enlist and serve openly in their self-identified gender, and they will be able to get medically necessary transition-related care authorized by law, chief Pentagon spokesman John Kirby told reporters during a briefing. The changes come after a two-month Pentagon review aimed at developing guidelines for the new policy, which was announced by President Joe Biden just days after he took office in January.

Biden's executive order overturned the Trump policy and immediately prohibited any service member from being forced out of the military on the basis of gender identity. Defense Secretary Lloyd Austin then gave the Pentagon two months to finalize the more detailed regulations that the military services will follow. The new rules also prohibit discrimination based on gender identity. Their release 31 MAR coincides with International Transgender Day of Visibility, and they will take effect in 30 days. Kirby said that will give the military services the time they need to update their policies and provide guidance to commanders. Secretary Austin has also called for a reexamination of the records of service members who were discharged or denied reenlistment because of gender identity issues under the previous policy. Stephanie Miller, the director of military accession policy, told reporters there is no data yet on how many people that may be.

Until a few years ago, service members could be discharged from the military for being transgender, but that changed during the Obama administration. In 2016, the Pentagon announced that transgender people already serving in the military would be allowed to serve openly, and that by July 2017 they would be allowed to enlist. After Donald Trump took office, however, his administration delayed the enlistment date and called for additional study. A few weeks later, Trump caught military leaders by surprise, tweeting that the government wouldn't accept or allow transgender people to serve "in any capacity" in the military.

After a lengthy and complicated legal battle and additional reviews, the Defense Department in April 2019 approved a policy that fell short of an all-out ban but barred transgender troops and recruits from 6 transitioning to another sex and required most individuals to serve in what the administration called their "birth gender." Under that policy, currently serving transgender troops and anyone who had signed an enlistment contract before the effective date

could continue with plans for hormone treatments and gender transition if they had been diagnosed with gender dysphoria. But after that date, no one with gender dysphoria who was taking hormones or had transitioned to another gender was allowed to enlist. Troops that were already serving and were diagnosed with gender dysphoria were required to serve in the gender assigned at birth and were barred from taking hormones or getting transition surgery.

The new policies released Wednesday are similar to those developed in 2016. The announcement was praised by advocacy groups and members of Congress. “The Pentagon absolutely did the right thing today by reestablishing a policy of inclusion for transgender service members, who once again will be able to serve openly and proudly in their self-identified gender,” said Rep. Jackie Speier (D-CA) who heads the House Armed Services Military Personnel Subcommittee. Nicholas Talbott, whose plans to enlist in the Air Force National Guard were sidelined by the Trump administration, expressed relief Wednesday. “I’m more confident than ever that when I apply to enlist, I will be judged on my skills and my accomplishments, instead of my transgender status, which has nothing to do with my ability to serve,” said Talbott, who plans to enlist.

Miller said the number of service members who self-identify as transgender could range from 1,000 to 8,000, including those who may not seek treatment. Other studies have said the total could be as high as 14,700. There are more than 1.3 million active-duty troops and close to 800,000 in the National Guard and Reserves. Speaking during a Pentagon briefing, Miller provided updated numbers on troops who have been diagnosed with gender dysphoria, saying there are 2,200 who are currently serving. That total is more than double the 1,071 who were serving in February 2019, according to data released then. Miller also said that medical costs associated with treatment and gender transition is very small, “a handful of million dollars per

year.” She added that “we’re not anticipating with these changes in policies that there’s going to be a significant impact in terms of medical costs.”

According to the Pentagon, the department spent about \$8 million on transgender care from 2016 to 2019. Four of the military service chiefs told Congress in 2018 that they had seen no discipline, morale or unit readiness problems with transgender troops serving openly in the military. But they also acknowledged that some commanders were spending a lot of time with transgender people who were working through medical requirements and other transition issues.

VA Lung Cancer Care Update Early Screening Saves Lives | New SBRT Treatment

Vantage Point | Mark Turney | April 13, 2021

Vietnam Veteran Bobby Richardson can attest to the effectiveness of early screening for lung cancer. Last year, he found out that he had stage 1 lung cancer when he took part in a nationwide VA program to boost the number of Veterans screened for lung cancer. He then got treatment through a VA clinical trial. The 69-year-old resident of Bloomfield, Indiana, says his VA doctor recommended screening for lung cancer based on his family history. Several aunts had died from cancer and Richardson had just lost his brother to advanced lung cancer. Following his own diagnosis, his sister was diagnosed with a different form of cancer. “My brother didn’t have any symptoms up until the last year before he found out he had lung cancer,” Richardson said. “He kept complaining that something was wrong. His doctor said, ‘You are just getting emphysema.’” It wasn’t until Richardson’s brother switched his care to VA that he was diagnosed with stage 4 lung cancer.

Richardson, who drives a lumber truck for a living, says he was happy to participate in the screening program, the VA Partnership to increase Access to Lung Screening, or VA-PALS.

“I was glad to do it because cancer runs in my family,” he said. “That way I didn’t have to worry about it.” Fortunately, his doctors caught his cancer early when it was still treatable. The study through which Richardson subsequently got treated is the VA Lung Cancer Surgery Or Stereotactic Radiotherapy (VALOR) clinical trial. The VA-sponsored study compares two treatments for lung cancer – surgery vs. targeted radiation. Investigators hope to find out which treatment results in a better five-year survival rate for stage 1 nonsmall cell lung cancer. “I would definitely recommend other Veterans get screened.” Study locations include these VA medical centers: Long Beach, California; Bay Pines, Florida; Atlanta, Georgia; Hines, Illinois; Indianapolis, Indiana; Minneapolis, Minnesota; Durham, North Carolina; Pittsburgh, Pennsylvania; Houston, Texas; and Richmond, Virginia. Investigators aim to enroll 670 participants.

Historically, surgery to remove cancerous tissue has been the standard for treatment of stage 1 non-small cell lung cancer. However, surgery can be physically taxing for some patients, especially those who are elderly. Given that the average age of diagnosis for lung cancer is about 70, advanced age can be a significant factor in patient survival. A newer FDA-approved treatment called stereotactic body radiation therapy (SBRT) delivers high-dose X-rays to cancer cells. In frail or elderly patients, the therapy is easier to tolerate than surgery. Both surgery and SBRT can cure stage 1 non-small cell lung cancer. But no large 28 studies have compared the effectiveness of these two therapies in patients who are healthy enough to get surgery. VA researchers aim to collect data that will help physicians choose the most effective treatment for each patient.

Dr. Drew Moghanaki, radiation oncologist and co-chair for the VALOR study, believes that providing more options for patients with lung cancer is critical. “If we had data that showed that surgery or radiation therapy was better for a given patient, then we would be able to use

safety and other criteria to decide which treatment to give,” he said. “We would have more options to better match each patient to the optimal treatment.” One year after treatment, Richardson is cancer-free. He will undergo follow-up care in VA for five years. He says he’s one of the lucky ones. “My experience was pretty positive because my doctors cured me,” Richardson said. “The thing of it was, I never felt sick, never felt bad. I didn’t even know I had cancer until they told me. I would definitely recommend that other Veterans get screened.

Afghan Withdrawal Update Deadline Moved to 11 SEP

Military Times | Leo Shane III | April 13, 2021

With less than two months before a deadline to withdraw all U.S. troops from Afghanistan, local security forces there are unprepared to stand up on their own despite years of training and investment from foreign allies, a government watchdog warned lawmakers on 13 APR. “Achieving our counterterrorism reconstruction objectives depends on a strong, stable, democratic and self-reliant Afghanistan. Unfortunately, Afghanistan is far from that reality,” said John Sopko, Special Inspector General for Afghanistan Reconstruction. “Afghan security forces are nowhere near achieving self-sufficiency, as they cannot maintain their equipment, manage their supply chains or train new soldiers, pilots and policemen.”

The disturbing assessment comes after more than 19 years of U.S. military presence in Afghanistan to root out terrorism and stabilize local governments there. It also comes as the White House struggles with upcoming decisions on whether to fully end the military mission there or prolong the lengthy conflict. More than 2,500 U.S. troops have died, and nearly 21,000 wounded in support of operations in Afghanistan, according to Pentagon figures. About 2,500 American troops are still stationed

in the country, down significantly in the last 18 months as former President Donald Trump pushed to completely end U.S. involvement in the war-torn country. (However, the New York Times recently reported that there are actually about 3,500 U.S. troops there, according to U.S., European and Afghan officials.)

That plan was supposed to include a peace deal between Afghan government officials and Taliban leaders, but Sopko said there is little evidence in recent months that the Taliban fighters are prepared to lay down their arms and take up diplomatic posts with the new government instead. Under the deal negotiated by the Trump administration, all U.S. troops are scheduled to leave by 1 MAY. That leaves President Joe Biden with a difficult, looming decision on what to do about the remaining forces there, as well as how to handle the \$143 billion in taxpayer funds already invested in Afghanistan reconstruction projects and 18,000 contractors still working there thanks to American money.

Sopko emphasized that his office has not taken a stance on withdrawal of U.S. forces, but warned lawmakers against seeing the choice as an easy one. “If there is no peace agreement on 1 MAY, the Afghan government will probably lose the capability of flying any of its aircraft within months,” he told members of the House Committee on Oversight and Government Reform during testimony on 13 APR. “To be blunt, the government would probably face collapse. “If we also withdraw the funding, 80 percent of that (Afghan) 5 government money comes from the United States and our donors, including salaries for the troops, money to buy fuel, money to buy bullets. So it’s a disaster for Afghanistan.” Still, several lawmakers expressed frustration with the ongoing American military presence there and said they will push for a clean end to the war. “We’ve done enough,” said Rep. Clay Higgins (R-LA). “If we haven’t taught the Afghan people how to care for themselves in 20 years, what makes us think we can do it in two more?” Sopko said his office will release a

“lessons learned” report later this spring on waste and fraud in Afghanistan reconstruction efforts, to help inform and improve future similar efforts. Late last month, White House press secretary Jen Psaki said Biden was still committed to ending the U.S. military presence in Afghanistan and ensuring that the country will never again be a safe haven for terrorists like the ones who launched the Sept. 11 attack. However, she added that there is a “ongoing discussion” on the next steps ahead for the American military in Afghanistan, and no final decisions have yet been reached.

Military Divorced Spouses Benefits They Qualify For

The Military Wallet | Jessica Gettle | March 31, 2021

You’ve recently divorced your spouse or are going through a divorce, and now you’re searching for information. Divorce can be complicated, and one of your top questions is: “Do divorced military spouses qualify for any benefits?” Military divorces can be an emotionally taxing time, and a bit more complex than civilian divorces. It’s understandable to be concerned about the benefits you may be losing, and the servicemember may be concerned about how a divorce will impact his or her pay. Military spouses who get divorced could be entitled to different benefits under Tricare, retirement pay, and more if they meet certain criteria. There are two general rules for receiving benefits after divorce — they fall under the 20/20/20 rule and the 10/10 rule.

20/20/20 Rule for Divorced Military Spouses

This rule for military spouses touches on benefits that a military spouse may be entitled to even if they are no longer a dependent of a military member. These benefits include:

- Tricare health benefits
- DoD military ID card
- The ability to shop at the commissary and exchange
- Certain military discounts

The 20/20/20 Requirements state that the ex-spouse can receive Tricare for Life benefits if the following criteria has been met:

- 20 years married
- 20 years of service that is eligible for retirement pay, and
- An overlap of marriage and military service of 20 years
- The spouse has not remarried. 20/20/20 benefits cease if the ex-spouse remarries.

To keep coverage under Tricare, the former (unmarried) military spouse must register with Tricare under their name and social security number, not your former married name or ex-spouse's name. It requires the following documentation:

- Original marriage certificate
- Proof of military service/military retirement
- Divorce decree

There are also some exceptions to the 20/20/20 requirements, the 20/20/15 requirement. To be eligible for the 20/20/15 rule, similar to the 20/20/20 rule, the military member must have served 20 years, the marriage lasted 20 years, but only 15 of those years need to overlap the time of service. Under the 20/20/15 requirements, non-remarried spouses may receive Tricare benefits for up to one year after the official date 56 of the end of the marriage. The 20/20/15 rule does not apply to military ID cards, commissary, or exchange privileges.

10/10 Rule for Divorced Military Spouses

Now is a great place to note that if you are going through, or considering a divorce, it's crucial that you understand the Uniformed Services Former Spouses' Protection Act (USFSPA). This federal law enacted in September 1982, recognizes the rights of a court to administer retirement pay to a former partner. The USFSPA allows for a method of enforcing:

- Payments through the Department of Defense — if a court awards a portion of the military member's retirement pay to an ex-spouse.
- Court-ordered child support; or
- Court-ordered alimony

What's this have to do with the 10/10 rule? The 10/10 rule comes into play by stating that the former spouse can receive a court-ordered portion of military pay from the Defense Finance and Accounting Service (DFAS) if: • They've been married for 10+ years, and • The service member performed at least 10 years of service creditable towards retirement during their marriage

The 10/10 rule can be confusing to understand. It does not delegate whether a former military spouse is eligible to receive a retirement check, only who sends it. For more information on the 10/10 rule or how/when courts decide dividing a military member's pension is necessary, click [HERE](#).

Other Military Spouse Benefits After Divorce

- Post 9/11 GI Bill - This provides military members, or their family members, with up to \$160,000 of college benefits. Suppose a former military spouse is an eligible beneficiary at the time of the divorce, AND the military member agrees to share the benefits. In that case, the ex-spouse may have access to these benefits. However, under federal law, court systems are not permitted to order the division of these benefits.
- Continued Health Care Benefit Program (CHCBP) - Although Tricare for Life is not available for all former spouses, they do provide those who have not remarried with this transitional health insurance in order to bridge the gap between military medical coverage and civilian medical coverage. This program is called the Continued Health Care Benefit Program (CHCBP). They must elect CHCBP within 60 days of losing Tricare coverage. Unless specific

criteria are met, former, unmarried military spouses are permitted up to 36 months of coverage. To be eligible for unlimited CHCBP coverage, the former partner must meet the following criteria:

- o Enrollment as a family member in an approved health care benefits program like Tricare/DEERS within 18 months before the divorce.
- o Did not remarry before the age of 55 years old, and
- o Is receiving a portion of the military member's retirement or has a court order (or written agreement) for SBP coverage.

U.S. Army Camel Corps Failed 1836 Modernization Attempt

Task & Purpose | Haley Britzky | April 05, 2021

In 1836, an Army lieutenant had a... unique idea. The U.S. was in the midst of its expansion west, which was proving to be a difficult and oftentimes dangerous trek for pioneers who were attempting to make their way across harsh terrain. Enter Army Lt. George H. Crossman, who proposed a simple solution: Camels. The idea of buying and importing camels to the American Southwest for "military purposes" would later be considered "the most unique experiment in U.S. Army history," according to the National Museum of the U.S. Army. Unofficially called the "U.S. Army Camel Corps," the experiment saw a series of successes before it was effectively ended with the beginning of the Civil War.

Some might say it was the first of many of the Army's failed modernization attempts. Crossman's bizarre idea didn't actually come to fruition until almost two decades after he first proposed it. After Crossman came up with the idea in 1836, he put together a study on the advantages of using camels and sent a report to the War Department in Washington, D.C., proposing that they invest in camels because they were "unrivaled among animals" in their

ability to endure labor, navigate difficult terrain, and go without water or much food "for six or eight days, or it is said even longer." The War Department rejected the idea and it wasn't thought of again for almost a decade, until Crossman — now a major — met another major, Henry C. Wayne, who was also a "camel enthusiast," the museum explained. Wayne sent another report to the War Department and to Congress suggesting that the government invest in camels.

This time, the effort caught the attention of then-Sen. Jefferson Davis, who was the chairman of the Senate Committee on Military Affairs at the time. Davis tried to get the idea funded "for several years," but couldn't quite get it over the finish line. That was, until Davis became the Secretary of War in 1853. In his annual report in 1854, Davis urged Congress and President Franklin Pierce to take up the idea of buying camels. "I again invite attention to the advantages to be anticipated from the use of camels and dromedaries for military and other purposes," Davis wrote. "And for reasons set forth in my last annual report, recommend that an appropriation be made to introduce a small number of the several varieties of this animal, to test their adaptation to our country."

Finally, in 1855, Congress gave Davis \$30,000 to buy and import his camels. Davis appointed Maj. Wayne to oversee the camel expedition, and after two years and two "successful" trips to the Mediterranean and the Middle East, the Army had imported 75 camels, according to the Smithsonian Magazine. They were kept at Camp Verde, an Army post in Texas established in 1855. Wayne worked with soldiers and civilians tasked with caring for the camels for months, teaching them how to feed them, work with them, and "how to deal with the camel's mannerisms and temperament." Despite Wayne's 72 commitment to the camel experiment, he was later sent back to Washington after James Buchanan became president in March 1857 and Davis was replaced as Secretary of War by John B. Floyd.

With Wayne gone from Camp Verde, the camels were “unused” until months later when Congress approved a surveying expedition to build a permanent roadway between New Mexico and the Colorado River on the border of California and Arizona. Floyd demanded that the man carrying out the survey, Edward Fitzgerald Beale, take 25 camels with him. Beale was pissed. Who wants to be stuck with 25 camels? But Floyd “was adamant,” the Army Museum says, because after all the effort it took to get the camels to the U.S., they hadn’t really had a chance to use them. Beale eventually agreed (though he still hated the idea) and in June he set out from Camp Verde with 25 camels, 12 wagons, dozens of horses, mules, and dogs, and 44 soldiers.

It didn’t take long for Beale to see the benefit of using the camels. According to the Army Museum, the camels began settling into the journey around the second week and “began outdistancing both horses and mules, packing a 700-pound load at a steady speed and traversing ground that caused the other animals to balk.” Over the next several years, the camels were used on other expeditions, sent from one Army post to another, and ultimately proved useful in every situation but one: During a test to see if the camels could be “used as an express service,” several died from exhaustion. Despite the apparent success of the Army’s “Camel Corps,” which Floyd presented to Congress three years straight in his annual reports, lawmakers refused to put any further funding into the program.

Then came the Civil War, which marked the beginning of the end of the camel experiment. Rebel troops who occupied Camp Verde captured several of the camels still living there and used them to transport supplies around San Antonio, according to the Army Museum. “The camels suffered greatly at the hands of their captors, who had an intense dislike for the animals,” the Army Museum says. “They were badly mistreated, abused and a few of them

were deliberately killed.” Soon after, the camels started being sold at public auction or turned loose and left to wander.

The Smithsonian Magazine says that some were caught and used over the years by Union and Confederate troops; some ended up in circuses or private ranches; and others “found their way into Mexico.” An unfortunate few were sold to butchers. They became “a familiar sight in California, the Southwest, Northwest, and even as far away as British Columbia.” Every once in a while there would be a rare reported sighting of a “feral” camel in the wild. Doug Baum, a former zookeeper and owner of Texas Camel Corps, told Smithsonian Magazine that there were an estimated six to ten camel sightings in the years after the Civil War. It’s even believed that a wild camel was the subject of an Arizona legend in the 1880s.

The so-called “Red Ghost” was “rumored to stand 30 feet tall,” according to Smithsonian Magazine. Some witnesses said the Red Ghost almost killed them, another said it “disappeared right before his eyes.” It was “a devilish looking creature strapped on the back of some strange-looking beast,” Arizona’s state historian told the magazine. Baum said it was “very likely” that the legendary Red Ghost was actually one of the Army’s camels. The Red Ghost’s “reign of terror” eventually ended in the mid-1880s when a rancher spotted the camel grazing in his garden. The rancher shot and killed the animal, later finding “deep scars dug across its back and body.”

The last of the Army’s original camels, named Topsy, is believed to have died in April 1934 at 80 years old. “Ignored and abandoned,” the Army Museum says, “it was an ignominious and unfortunate end for these noble ‘ships of the desert.’”

Prostate Cancer Update For Many Men Surgery Risks Outweigh Potential Benefits

Vantage Point | Tristan Horrom | April 2, 2021

Investigators at the Minneapolis VA Health Care System and the University of Minnesota found that “watchful waiting” or prostate specific antigen (PSA) monitoring may be the best approach for many men with prostate cancer. While practicing watchful waiting may slightly increase risk of death for some men clinically diagnosed with cancer, it reduces harm, compared to surgery. The findings will potentially help improve health care quality and inform clinical practice guidelines.

The results suggest that surgery for prostate cancer may be necessary only for younger patients and those with more aggressive cancers, according to lead study author Dr. Timothy Wilt, of the Minneapolis VA Center for Care Delivery and Outcomes Research, and the Minnesota Agency for Healthcare Research and Quality Evidence-based Practice Center. “I hope that clinical guidelines incorporate this information and find a broader role for watchful waiting and PSA-based testing for most men,” noted Wilt. The results appeared in the Dec. 22, 2020, issue of the Journal of Urology.

After skin cancer, prostate cancer is the most-diagnosed form of cancer for men in the United States. It is the second leading cause of cancer death in U.S. men. However, most cases grow slowly and do not cause symptoms, even if untreated. About 90% of cases are localized, meaning that the cancer is confined to the prostate gland and may not spread to other parts of the body. This is especially true in men diagnosed currently by blood testing for PSA. The vast majority of men with prostate cancer (90%) do not die from it. Despite the fact that prostate cancer is often slow growing, many patients and doctors opt for an aggressive approach to care, such as surgery or radiation, which can result in urinary, sexual and bowel problems. Radical prostatectomy – surgery to

remove the prostate gland – is the most common treatment for prostate cancer. An alternative is watchful waiting, in which direct treatment is deferred while patients are monitored for symptom changes and possible cancer spread.

The researchers conducted a systematic review of 67 studies to compare the effectiveness of watchful waiting versus radical prostatectomy, along with several other treatments. The review is one of the first studies to look at very long-term results. The results showed that watchful waiting may increase the risk of both the spread of cancer and death from cancer, compared with surgery, in men with clinically detected cancer. Importantly, the studies comparing the two treatments were long-term studies, looking at results over 20 years, begun before PSA testing became common. Clinical detection of prostate cancer relies on physical examination and biopsy. PSA testing, on the other hand, can detect cancer earlier and find smaller, slower-growing tumors. PSA testing is able to diagnose prostate cancer up to five years or so before it would be clinically detectable.

Different studies reviewed found varying levels of risk: overall, after 20 to 25 years, watchful waiting was linked to an increase in death from any cause of 5% to 15%, and an increase in cancer-related death of 4% to 10%. However, patients undergoing watchful waiting had lower rates of urinary and erectile dysfunction than those who underwent radical prostatectomy.

Sleep Positions Best for Health Problems

The Outdoor Wear Team April 5, 2021

The optimum sleep position for anyone depends on their individual health and wellbeing. When a medical professional was asked to detail how persons should sleep in order to relieve or try to prevent anything ranging from shoulder and back pain to heartburn, snoring, and more, they provided the following information:

Back Pain

Major damage could occur to the spine if an individual is sleeping in the wrong position. The trick to preventing or at least decreasing the severity of back pain is trying to maintain the spine with its natural arch or curve. The best bets are lying on your side or back with a strategically positioned pillow to reduce the strain that will be placed on the lower back. Many times, the individuals are more comfortable lying on their backs when there is a pillow behind the knees, or between the legs once the individual is on the side. Using a large memory foam pillow could assist the individual in maintaining a sleeping position on the side.

Shoulder Pain

Lying on your side to sleep with the pain-free shoulder could assist, however, there is always the risk of turning on the other side during the night and placing extra pressure on the side that hurts. There are a few mattresses that give a bit therefore the pressure on the joints of the hips and shoulders is not as much, however, if the mattress is stiff or firm, it would resemble sleeping on the floor and very uncomfortable, resulting in positions being shifted. Begin by lying on the back or even the stomach in order to reduce the chance of ending up in a painful position.

Hip Pain

Lying on the back could assist in the relief of painful hips. Lying on the back will result in the curve of the spine being straightened out which would reduce the pressure on the hips, according to sleep medicine specialists at the Robert Wood Johnson University Hospital. No one wants to increase the pressure on the region of the body that hurts due to the fact that it will result in additional pain during the night, which will lead to even lighter phases of sleep.

Neck Pain

There are several innocent things that individuals do innocently that hurt their necks, however, sleeping with the correct set of pillows will maintain the head in an even position with the shoulders, thereby lessening the pain in the neck during the night. Individuals must find a height to stack the pillows which will prevent the individual from placing additional strain on the neck in either direction. The individual must be cautious not to use too many pillows. In an effort to try and alleviate neck pain by finding the most comfortable position to sleep in, many people end up with a massive mound of pillows, on one huge, fluffy pillow. This might be comfortable; however, persons should consider the position of their neck in relation to their head.

Knee Pain

As individuals sleep, it might not be possible to recognize what is resulting in the pains to their knees. The majority of knee pains are a result of the legs being too close to each other and touching. Sleep experts recommend placing something soft such as a pillow or anything you could find that is suitable, between the legs in order to minimize the likelihood of them touching.

Snoring

If individuals find that their sleeping buddy is complaining about the close-to-bear-like sounds coming out of their mouths during the night, then try shifting to a sleep position on the side. While on the back, there is gravity that is pulling everything back towards the airways and results in the air passage becoming constricted with instabilities in the airways. Try elevating the head with a few pillows in order to assist in the draining, which would flow downwards much easier.

TMJ

If an individual suffers from TMJ or also referred to as temporomandibular joint dysfunction or

any other kind of pain in the jaw, try to keep the side of the face or cheeks from the pillow by lying with your face up. Try not to place your face on the side as this could result in additional pressure on the joints of the mouth or on the cheekbones themselves and cause more pain.

Obstructive Sleep Apnea

Consult your primary health provider if you suffer from snoring or teeth grinding as you sleep in order to determine if these are symptoms of obstructive sleep apnea. This disorder occurs when the upper air passage is entirely or partially blocked as the individual sleeps, making the person have to be awake when they finally are able to breathe by gulping a good set of air. This condition is common as a result of lying on the back during the night allowing the tongue to fall backward naturally resulting in it becoming an obstruction. Try not to lay down on your back in order to stop the tongue from potentially blocking the air passage.

Heartburn

As the stomach muscles and valves relax during sleep, to the point that it allows the acids to penetrate their way up the esophagus, the individual may start having a sensation similar to the burning of acid reflux. Research has confirmed that lying on the left side of the body has to relieve properties for heartburn, probably due to the fact that it does not allow the valves of the stomach to open that easily. Also, allow gravity to be your friend, sleep in a position where your upper body is elevated with a pillow, this should allow the acid to flow downwards and not towards the esophagus. For optimal results use a pillow that tapers from roughly ten inches to eight inches, just piling up normal pillows will cause the abdominals to engage and place pressure on the stomach.

National Convention Planning

(Repeat Posting)

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

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 November 1, 1955 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 2021

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 National Former POW Recognition Day	10
11 Persian Gulf War Official Cease Fire (1991)	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) Arbor Day	

May

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 WAA - Nevada County - Safeway Parking Lot
2 WAA - Gold Country Fairgrounds, Auburn Craft Fair State Farm Parking Lot Orthodox Easter	3	4	5 Cinco de Mayo	6 VVA-535 Board & General Meeting National Nurses Day	7 Military Spouses Day Unconditional Surrender of all German Forces Signed (1945)	8 V-E Day Declared (1945)
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 National Maritime Day
23 Pentecost	24	25	26 Operation Menu Ends (1970)	27	28	29
30	31 Memorial Day Annual Observance at The Wall					

June

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 VVA-535 Board & General Meeting	4	5
6 D-Day Allied Invasion of Europe (1944)	7	8	9	10	11	12
13	14 Flag Day Army Birthday (1775)	15	16	17	18	19
20 Father's Day	21 Summer Begins	22 Pledge of Allegiance Recognized by Congress (1942) GI Bill Signed into Law (1944)	23	24	25 Korean War began (1950)	26
27 National Post- Traumatic Stress Awareness Day	28	29	30 Post - 9/11 GI Bill Signed Into Law (2008)			

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