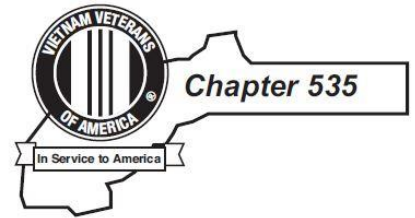




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



Website: www.vva535.org

Volume 31 Issue 6

June 2021

VIETNAM VETERANS OF AMERICA CHAPTER 535 PRESIDENT'S MESSAGE June 2021

Well, it appears that we are getting somewhat back to normal. Our governor has stated June 15 he will open California. Not holding my breath. Our May meeting was very productive. Many thanks to Dick Corn for the pizza, it was great. This month Enrique has arranged for the Gold Star Mothers to be present at our meeting. I would encourage all to attend. We have a number of issues to resolve at our June meeting. 4th of July parade, the Nevada county fair, Veterans day, Victorian Christmas, etc. I am still awaiting word on our bridge naming project, nothing to report as of today. Our VSO is looking for drivers to operate the van to transport veterans to their appointments. If interested please contact VSO David West, 530-265-1446. We received an email from Gary Miller, NCCVC, regarding our participation in sharing the cost to repair the veterans van. We can discuss this at our meeting. Wreaths Across America trailer was very educational. We need to continue to support this effort. A Memorial Day celebration will be held at Memorial Park on May 31 at 11 am. Followed by a luncheon at the Veterans Building. Reservations must be made to eat lunch. 530-575-7002. One comment on the Critical Race Theory. It seems

our Government is teaching white leaders they are "white supremacists," and responsible for mass killings. They blame whites for all alleged historical wrongs. This is being promoted by BLM and Antifa. This is rooted in Marxism and we must fight against it anytime we have the opportunity!

Stay well, and we will see you at our June 3rd meeting.

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 June 3, 2021

Gold Star Moms will present a program.

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Upcoming Events

NCCVC Meeting – June 3, 2021 (Hybrid??)
General Meeting – June 3, 2021
Director's Meeting – June 3, 2021
Hospitality House overview – June 21, 2021
Nevada County Fair – Aug. 12 – 15, 2021
CSC Meeting – Visalia Aug. 27-28, 2021
VVA National Conference – Nov. 2- 6, 2021
VVA 535 Christmas Dinner – Dec. 2, 2021
WAA – St. Patrick's Cemetery – Dec. 18, 2021

Chapter 535 Officers

President Keith Grueneberg
kgberg0178@sbcglobal.net
916-425-1121

Vice-President Dave Chaix ... 530-269-1431

Treasurer
Ralph Remick 530-559-7716

Secretary
Bart Ruud 530-305-0493

Directors

Dick Corn 530-277-8856

Enrique Vasquez530-575-4416
Ray James530-478-1126
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Ric Sheridan530-274-1413
Corbin Smith 916-833-7860
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 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 hybrid Meeting of May 6, 2021

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.

Bart Ruud will file an election report with the California state Council and with the VVA national membership office.

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.

Reservations for a booth at the Nevada county Fair have been made.

A decision about Victorian Christmas participation in December is a critical consideration.

Inventory of VVA “stuff” will occur immediately following the June 3rd meeting.

Our VSO, David West II, needs voluntary drivers. Contact David to learn parameters and lend a hand.

Afghan War Report Finds Cost More Than \$2T and 240,000 Lives

Military Times & AP | Meghann Myers & Kathy Gannon
April 17, 2021

When you add up the cost of Defense and State Department funds sunk into Operations Enduring Freedom and Resolute Support, then throw in the cost of caring for the conflicts’ veterans and the interest on the money borrowed to cover it all, you’re looking at over \$2 trillion, according to a report released 16 APR. The Costs of War Project detailed its most recent estimates, finding that most of the money came out of \$933 billion in DoD overseas contingency funding. The rest includes: \$443 billion in DoD base budget increases to support the war; \$296 billion to care for veterans; \$59 billion in State overseas contingency funds; and \$530 to cover the interest on the money borrowed to fund 20 years of deployments.

Those funds do not, however, include the amount the United States government is obligated to spend on lifetime care for American

veterans of this war, nor does it include future interest payments on money borrowed to fund the war.

“The DoD spending, at over \$900 billion in Afghanistan, is the tip of the iceberg,” Neta Crawford, the project’s lead researcher, said in the release. “The costs of the Afghanistan war include its escalation into Pakistan, millions of refugees and displaced persons, the toll in lives of combatants and non-combatants, and the need to care for America’s veterans.”

The Costs of War Project also estimates that 241,000 people have died because of the war in Afghanistan, which includes more than 2,400 American service members and least 71,344 civilians; 78,314 Afghan military and police; and 84,191 opposition fighters. These figures do not include deaths caused by disease, loss of access to food, water, infrastructure, and/or other indirect consequences of the war. The data is compiled from DoD reporting and budgeting documents starting in 2001.

“We report these estimates so that the American people will have a better understanding of the scale of the effort and its consequences,” she added. “The American people also lost some transparency here. A more comprehensive accounting is yet to be completed. It would include not just money that may or may not have been well spent, but the count of those wounded, those who lost limbs, and the tremendous psychological toll of decades of war on combatants and noncombatants and their families.”

President Joe Biden announced on 14 APR that the U.S. would begin drawing down its remaining 2,500 troops from Afghanistan on 1 MAY, with a 11 SEP deadline for full withdrawal. The Biden administration’s surprise announcement of an unconditional troop withdrawal from Afghanistan by Sept. 11 appears to strip the Taliban and the Afghan government of considerable leverage and could ramp up pressure on them to reach a peace deal. The Taliban and Afghan government can

no longer hold the U.S. hostage the Taliban with escalating violence and the Afghan president by dragging his feet on a power-sharing deal with the insurgents that doesn't include him as president — because Washington made it clear that U.S. troops are leaving, no matter what. Still, there are growing fears that Afghanistan will collapse into worsening chaos, brutal civil war, or even a takeover by the Taliban once the Americans are gone opening a new chapter in the constant war that has lasted for decades.

In leaving, Washington has calculated that it can manage its chief security interest - ensuring Afghanistan doesn't become a base for terror attacks on the United States from a distance. Still, it is hoping to leave a country with a chance at peace. The U.S. is pressing the Taliban and the Afghan government to reach a peace agreement during an April 24 to May 4 conference in Turkey. At the moment, it's not certain that the Taliban will attend. Michael Kugelman, deputy director of the Asia Program at the U.S.-based Wilson Center said that it's "hard to imagine any scenario under which peace would break out post-Sept. 11 in Afghanistan." "The best hope is that the peace process won't be dead," he said.

VA Research Implant That Could Allow Paralyzed Veterans to Walk Again

Military.com | Patricia Kime | April 25, 2021



Five years ago, Marine Lance Cpl. Joshua Burch became the first paralyzed service member to walk to his own promotion ceremony, wearing an exoskeleton that helped him walk and stand to receive his corporal chevrons. Now medically retired, Burch, 26, hopes again to be a trailblazer -- the first Department of Veterans Affairs patient to regain function in his lower body -- to include taking steps -- courtesy of an electrical implant in his spine that is designed to stimulate his body's sensorimotor networks. "Even thinking about walking is crazy. I look at this as a stepping-stone to a future where others like me can walk. I look at my participation in this research as a way of helping people out," Burch said during an interview in March with Military.com.

Researchers at Hunter Holmes McGuire VA Medical Center in Richmond, Virginia, have launched a study to determine whether epidural stimulators can help paralyzed veterans recover motor activity and/or control over their "inner systems" -- their cardiovascular and bladder functions, for example. While epidural stimulators have shown some degree of success with limb paralysis in research elsewhere, this is the first such study at the VA, explained Dr. Ashraf Gorgey, chief of spinal cord injury research at the Richmond hospital. Gorgey said the study has several goals: to see how well an epidural stimulator made by Medtronic for pain management can work on spinal cord injuries and to demonstrate the promise of the technology, which can be implanted with minimum surgery. "With this study, we might get companies like Medtronic and Boston Scientific to start creating something more specific for spinal cord injuries," he said. "We also want to show that you don't need invasive surgery to use this device. We use just a needle under fluoroscopy, and through the needle, we thread the leads in. On the same day Josh had his surgery, he was down in this room working out on the mat."

Gorgey plans to implant the epidural stimulators in 20 veterans, who will then take part in a year of intensive physical rehabilitation therapy and training. Gorgey and Burch say that with any success, Burch may be able to take steps on his own within that period, going from strengthening his legs in an exoskeleton to walking across a floor with a walker. "In Josh's circumstance, the signal that's coming from his brain through his spinal cord is interrupted. So now we are going to replace this signal with external signals that help trigger a step in movement. By using the exoskeleton, we can train him to ... hopefully stand up and walk again," Gorgey explained.

Burch lost much of the use of his hands and all use of his legs in a September 2015 accident in Guam. He actually doesn't know what happened. He remembers being in a hotel room talking to his sergeant in the afternoon and waking up the next day on the ground outside the hotel, unable to move. At 21, he had fractured his seventh cervical vertebrae, the lowest bone in his neck. Burch underwent several surgeries in Hawaii before he was transferred to McGuire's Polytrauma Rehabilitation Center, where he met Gorgey and first learned about exoskeletons. Fit, in good health and eager to push his broken body to its limits, he was the perfect candidate for using an Ekso GT, a lower-body, battery-powered exoskeleton, Gorgey said then."

A person with a spinal cord injury who has the ability to stand and walk is a breathtaking thing," Gorgey told Military Times in 2016. "Not only are there obvious physical and psychological benefits, but the physiological impact is huge. The act of walking can prevent so many other health issues associated with long-term paralysis, including heart disease, diabetes, muscular atrophy, bone loss." The first time Burch used the Ekso GT, he took 256 steps along a hospital hallway. Gorgey had to rein him in a bit, concerned Burch would injure himself. "He definitely did not want to stop," Gorgey said. The second time Burch used the

exoskeleton, he clocked 486 steps. He also wore it later that afternoon to his promotion ceremony.

Now, the retired Marine hopes his new implant - - he received a temporary one 8 MAR to see how well he tolerated it, then got his permanent implant 2 APR -- will let him one day take steps at the hospital and around his apartment free of the exoskeleton. "That's what I'm working toward," he said. Burch has reason to be hopeful: In 2018, in similar research conducted at the University of Louisville in Kentucky and the Mayo Clinic in Rochester, Minnesota, three people -- Jeffrey Marquis, 35; Kelly Thomas, 24; and Jered Chinnock, 29 -- were able to walk after receiving the same implants. Marquis eventually graduated to walking with balance poles, and Thomas now walks unassisted.

Claudia Angeli, one of the scientists at the Kentucky Spinal Cord Injury Research Center at the University of Louisville, has been studying epidural stimulators for spinal cord injuries since 2009. Her past research focused on motor restoration. Currently, she is looking at controlling the systems of the body that regulate blood pressure and bladder control. Rare individuals are able to achieve "full overground ambulation," Angeli said. But nearly everyone who has received an implant in her research has been able to take a few steps at a time during therapy, she added. "In humans, spinal injuries are all different, so we find that the parameters are very individualized," Angeli explained. "We are working hard to improve the technology. A lot of potential exists for it to interact with the healthy spinal cord below the injury. It allows restoration of some of the functions that were there before the injury."

The VA study was made possible by a \$3.7 million grant from the Defense Department under the Congressionally Directed Medical Research Program. Dr. Robert Trainer, a pain management specialist familiar with the Medtronic devices, does the implantation while Gorgey oversees the program and manages the

veterans' post-operative physical therapy. Burch says he already has seen a benefit from his implant: a decrease in involuntary movements in his legs known as spasticity that he hopes will help improve his therapy at the VA and the gym near his home. That immediate change following the implant bolstered confidence in his decision to enroll in the research, he added.

When he is not at the VA -- he spends 90 minutes there three times a week -- Burch works with his brother, Travis, also a former Marine, renovating and flipping houses in Portsmouth, and he plays on two wheelchair rugby teams. He credits the sport, once known as murderball, and his teammates on the Oscar Mike Militia, an all-veterans team, for his recovery to date. "The first tournament I ever went to, I had my mom with me because I couldn't really do anything. And my teammates were like, 'You gonna bring your mommy to every tournament?' I was like, 'OK, I need to learn to be independent,'" Burch said.

Gorgey said he is excited to see how the combination of the epidural implant and use of an exoskeleton works to improve muscle quality, cardiovascular health and bladder function in the veteran participants." We have a whole team that has worked very hard to get to this point," he said. Burch says he will apply the same quiet strength he relied on to get through Marine Corps basic training, through military occupational specialty training as an aircraft rescue and firefighting specialist and through the dark days following his accident to get the most out of the research. "And if I don't walk? I'm going to be happy for the research that comes from the study," he said.

Apologies if you are offended by the following article. Editor

Etymology of 'F*ck' WW II The War That Popularized It

Military Times Observation Post | Claire Barrett | March 12, 2021



U.S. Army Gen. George Patton, left, employed the F-word with great enthusiasm.

You're dashing around, running a bit late perhaps, and your pinky toe just happens to connect with the corner of an inanimate object that seemingly just popped up on you despite its relatively permanent and solitary position in your home. Through watering eyes and an emanating pain that doesn't seem natural for such a small appendage, you let out an anguished "F*CK!" It's practically muscle memory. And yet, most remain unaware of their favorite word's origins, or the notion that, for many, the F-word became part of the daily lexicon due in large part to service members in World War II.

The etymology of the word itself is murky, but the epithet appears to have hit its stride in the 16th century after famed English lexicographer John Florio published "A Worlde of Wordes," an Italian English dictionary intended to teach people these languages as they were really "f*cking" spoken. F*ck, however, remained in the shadows of polite society largely until the onset of World War II, according to historian Tom Harper Kelly. "One new recruit James Nichol recalled that in basic training he 'was still very nervous of the F-word (frig being the current substitute, but I avoided that, too),'"

Kelly wrote. But a sergeant in Nichol's training company impressed the young recruit with the word's "repetition, if not invention. I lay in my bunk one evening and counted the number of times 'f*ck' occurred in his 76 conversation. It occurred every four and a half words, though I was counting mentally and might have missed some."

In combat, the predilection for using the expletive naturally only grew. In "Helmet for My Pillow," Marine Robert Leckie described the word as a "handle, a hyphen, a hyperbole; verb, noun, modifier; yes, even conjunction. It described food, fatigue, metaphysics. It stood for everything and meant nothing ... one heard it from the chaplains and captains, from Pfc's and PhDs..." The frequency in which f*ck was employed in the Marine lexicon had Leckie theorizing that any Japanese soldier who overheard an American conversation must have thought, "by measurement and numerical incidence that this little word must assuredly be the thing for which we were fighting."

Profanity wasn't just touted by Marines in the Pacific, however. The F-word became such a notable part of the GI vocabulary that British soldiers on the Western Front identified American soldiers of the 84th Infantry Division as friendlies due to their incessant swearing. In this instance, "f*ck" happened to save their lives. Johnny Freeman, a sergeant in the 84th, recalled being fired upon near their lines when he yelled "you f*ckers turn that thing off." "Is that a Yank out there?" a British soldier replied. "Who the f*ck you think it is?" came Freeman's retort. The American later commented, "Well, I guess the way we were swearing he knew we had to be okay, so he let us on through."

Some, like legendary war correspondent Ernie Pyle, lamented the linguistic crutch. "If I hear another f*cking G.I. say 'f*cking' once more," Pyle reportedly remarked, "I'll cut my f*cking throat." The F-train, however, had already left the station. From privates all the way up to the top brass, the word's usage was firmly

inculcated into the minds and mouths of millions of American service members, so much so that it turned out to be a hard habit to kick upon returning home — eventually spreading through the civilian masses and remaining entrenched within military culture. "I want to see them raise up on their piss-soaked hind legs and howl, 'Jesus Christ, it's the Goddamned Third Army again and that son-of-a-f*cking-bitch Patton,'" General George Patton once quipped. From WWII on down to the Millennial with a stubbed toe, the rampant use of f*ck is here to stay.

Legends of WW II Paul Tibbets

Legends of WWII | October 5, 2020



B-29 Enola Gay Pilot Paul was the pilot of the Enola Gay B-29 Superfortress on its secret mission during World War II. What you might not know is that he was heavily involved in the development of the B-29, and the training of the first bomber group. Check out his 21 minute interview and get the scoop directly from

General Tibbets at <https://youtu.be/qG2n3EmNtqY>. The Enola Gay was a Boeing B-29 Superfortress bomber, named after Enola Gay Tibbets, the mother of the pilot, Colonel Paul Tibbets. On 6 August 1945, piloted by Tibbets and Robert A. Lewis during the final stages of World War II, it became the first aircraft to drop an atomic bomb in warfare. The bomb, code-named "Little Boy", was targeted at the city of Hiroshima, Japan, and caused the near-complete destruction of the city. Enola Gay participated in the second atomic attack as the weather reconnaissance aircraft for the primary target of Kokura. Clouds and drifting smoke resulted in a secondary target, Nagasaki, being bombed instead.

In the 1980s, veterans groups engaged in a call for the Smithsonian to put the aircraft on display, leading to an acrimonious debate about exhibiting the aircraft without a proper historical context. The cockpit and nose section of the aircraft were exhibited at the National Air and Space Museum (NASM) on the National Mall, for the bombing's 50th anniversary in 1995, amid controversy. Since 2003, the entire restored B-29 has been on display at NASM's Steven F. Udvar-Hazy Center. The last survivor of its crew, Theodore Van Kirk, died on 28 July 2014 at the age of 93.

USS Skate

First Submarine to Surface at the North Pole

U.S. Naval Institute | Naval History Blog | August 11, 2011



USS Skate (SSN-578) hung below the Arctic ice like a matchstick suspended an inch from the ceiling of a large room. A knot of sailors in the control room stared intently at an instrument inscribing patterns of parallel lines on a rolling paper tape. The pattern looked like an upside down mountain range. "Heavy ice, ten feet," said one of the sailors. Suddenly the lines converged into a single narrow bar. "Clear water!" the sailor called out.

Commander James Calvert, the skipper, studied the marks on the paper closely. He stopped the submarine, ordered "up periscope," and peered into the eyepiece. The clarity of the water and the amount of light startled him. At this same depth in the Atlantic—180 feet—the water was black or dark green at best, but here in the Arctic, it was pale blue like the tropical waters off the Bahamas. The crew laughed nervously as Calvert reported seeing nothing but a jellyfish. Calvert turned toward the man in charge of the ice-detecting instrument. "How does it look?" The sailor flashed him the okay sign. "Bring her up slowly," Calvert said. The three-thousand ton sub began drifting upward like a giant balloon. The diving officer called the depth as the Skate rose.

Otherwise the room was deathly quiet. A wrong move or a miscalculation would endanger the mission or even the ship. Calvert continued to peer through the eyepiece. When the top of the periscope came within sixty feet of the surface, he spotted heavy ice to the side. He flipped the prism to look straight up but saw nothing except the same blurred aquamarine. Sweat appeared on his forehead as he felt all eyes in the control room bear down upon him. If the sub rose too slowly, it could drift away from the opening. If it rose too quickly and struck ice, the collision could tear open the pressure hull and send the sub and all ninety men on board to the bottom.

Calvert, one of the most decorated naval officers of World War II, had survived eight war patrols in the submarine Jack and later became the third naval officer selected by Admiral Hyman

Rickover to command a nuclear powered submarine. It was one of the Navy's most demanding jobs, for it required the intellect and the courage to operate the Navy's most sophisticated and dangerous propulsion system. This success of this mission would help Navy planners determine whether submarines could navigate safely under Arctic ice, a question with grave implications for national security, given the emerging Soviet submarine threat.

Calvert ordered the ballast tanks blown. The roar of high pressure air seemed earsplitting after the tense silence of the last few minutes. Upon surfacing, Calvert ordered the hatch opened, then climbed up to the bridge. The sky was slightly overcast and the damp air felt like an unseasonably warm February day in New England, with the temperature hovering near freezing. The submarine's black hull stood out in stark relief against the deep blue of the calm lake in which the ship now floated. Beyond the lake, stretching to the horizon in every direction, was the stark white of the permanent polar ice pack. The officer who had climbed to the bridge with Calvert called the skipper's attention to the port side of the ship. There a full grown polar bear was climbing slowly out of the water and up onto the ice. The date was 11 August 1958 and the Skate had just become the first submarine to surface at the North Pole.

Rubbing Alcohol

Health Uses You Probably Never Knew About

Healthline & Outdoor Wear | March 2021

Rubbing alcohol normally is made up of seventy percent isopropyl alcohol, however the percentage could range anywhere between sixty percent and ninety-nine percent. This variety of alcohol is distinctive from the other types like ethyl alcohol or ethanol in wine, beer and liquor. According to the Centers for Disease Control and Prevention, rubbing alcohol has a look very similar to that of water. Because of COVID-19 being so widespread, many household now have a bottle or two of rubbing alcohol at an arm's reach away for disinfecting reasons, as rubbing

alcohol is considered an extremely potent germicide, specifically at concentrations of sixty percent and over. This popular household product has numerous uses in the home for disinfecting and cleaning purposes, and is the chief ingredient in hand sanitizer, as stated by the Food and Drug Administration, however, how does it match up as it relates to health ailments? Following you will find what the medical world would like you to know about the use of rubbing alcohol.

Nausea

According to emergency medical professionals, inhaling the strong, sharp fumes of the rubbing alcohol could resolve nausea. It was proven that inhalation of rubbing alcohol was more effective with compared to the standard anti-nausea medicines during some studies. This could be completed by breathing in the vapor from the alcohol preparation pads. This process could be attempted at home quite easily however it is not recommended to repeatedly do so.

Removing Splinters

Before attempting to remove a splinter from your skin, rubbing alcohol could be used as a disinfectant around the area. In cases such as these, pour the rubbing alcohol on a cotton swab and lightly and gently dab the area that has the splinter. Individuals could also disinfect and clean the tweezers with the same rubbing alcohol prior to trying to take the splinter out.

Daily Insulin Injections for Diabetes

Individuals that suffer from diabetes and require insulin injections to assist in controlling the blood glucose levels ought to clean and disinfect the area with a cotton swab that has been soaked in rubbing alcohol or an alcohol swab prior to injecting. It is also vital to wait until the alcohol has dried prior to injecting. There have been many concerns regarding shortages of rubbing alcohol impacting the care of diabetes during the COVID-19 pandemic,

which might happen as a result of individuals making their own hand sanitizer.

Trimming Nails

Clean off the scissors or nail clippers with the rubbing alcohol prior to giving yourself a pedicure or manicure or trimming the nails of a child. It may be applied to a cotton ball or swab and then wipe the clippers or scissors down or they could be submerged in the rubbing alcohol. It would only take approximately thirty to forty-five seconds for this method to get rid of the germs. Blister Popping

In the event that someone has a blister, clean off the skin and all the tools that are to be used in popping it with rubbing alcohol. This process will assist in staving off any infections. However, blister popping is not a recommended procedure by medical professionals.

Ear Piercing

Ears that have been newly pierced could suffer infection, as stated by the American Academy of Dermatology or AAD. Rubbing alcohol, when it is applied to cotton swabs or balls could be utilized to disinfect or clean the area around the piercing two to three times each day, could assist in staving off infection. The American Academy of Dermatology recommends utilizing a thin layer of petroleum jelly around the area of the opening as well.

Tick Removal

There are several diseases that ticks transmit and so it is very vital to remove and handle any ticks that are discovered on a person's body as safely and quickly as possible in order to decrease the chances of developing an illness that is spread by the tick. Rubbing alcohol could assist by firstly, cleaning the affected area and the hands with rubbing alcohol, soap and water or an iodine scrub subsequent to the individual removing the tick with some sort of tweezers. Discard of the tick by placing it in the rubbing

alcohol, wrapping it tightly in taper, flushing it down the toilet or putting it in a sealed bag.

Disinfecting a Thermometer

Thermometers can be disinfected by using rubbing alcohol between each use of the thermometer, according to the American Academy of Pediatrics. This holds true for both oral and rectal thermometers. It is noteworthy to allow the alcohol to dry completely prior to reusing the thermometer.

Astringent.

Alcohol is a natural astringent that can help to tighten pores and leave your skin feeling refreshed. Apply after cleansing your skin and before applying moisturizer or sunscreen. Unfortunately, rubbing alcohol can be very drying to skin so don't use on any dry areas. Also, applying it after shaving or to open acne areas can cause a burning sensation.

Deodorant

Rubbing alcohol can be a quick helper if you're out of deodorant. You can spray directly on your armpit, but avoid after shaving since it can sting. Some people also mix essential oils such as lavender with the alcohol for a skin-soothing scent.

Evaporating water from the ear.

If you've got water in your ears from a pool, mix a solution of 1/2 teaspoon rubbing alcohol and 1/2 teaspoon white vinegar. Pour or place the solution using a dropper into your ear while your head is to the side. Allow the solution to drain out. Don't apply it if you have an ear infection or tear in your eardrum as the solution could go deeper into your ear.

Liniment for muscle aches.

Applying a cloth soaked in rubbing alcohol on aching muscles can create a cooling sensation

and stimulate blood flow to aching areas. Only apply to a small area. Putting alcohol on your entire body could cause harmful neurological effects because your skin can soak it in.

Shapeable ice packs.

Ice packs can become shapeable thanks to rubbing alcohol. To make, combine one part alcohol with three parts water in a well-sealed plastic bag and place in the freezer. Before using, wrap a soft cloth around the bag and apply to any areas that need icing.

What not to use rubbing alcohol for

Despite what the internet might say, the following aren't great uses for rubbing alcohol.

- Acne. Use rubbing alcohol with caution on acne-prone skin. The rubbing alcohol can be very drying, which could cause your skin to overproduce oil and worsen blemishes. If you have any open skin areas, the rubbing alcohol could also burn when applied.
- Fever. Parents used to use rubbing alcohol applied to a child's skin to give off a cooling sensation. However, this method is potentially dangerous because a child's skin can absorb the alcohol and become toxic. Even adults can have neurological and heart problems from applying alcohol-soaked towels to bare skin.
- Baths. Alcohol baths are dangerous for the same reason as applying alcohol to the skin for fevers. The body may absorb the alcohol and cause toxic symptoms.
- Lice. Although rubbing alcohol can help to kill lice, it can also cause chemical burns on the scalp. Avoid this method in favor of more proven treatments, such as medicated lice shampoos.

National Convention Planning

(Repeat Posting)

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 no 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

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)			

July

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 VVA-535 Board & General Meeting	2 U.S Army Air Corps established (1926)	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 Korean War ended (1953) National Korean War Veterans Armistice Day	28 World War I began (1914)	29	30	31