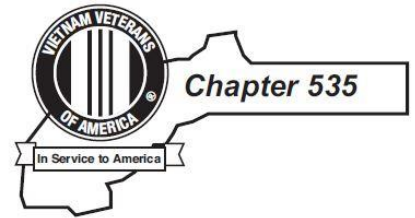




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



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Volume 31 Issue 8

August 2021

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

Welcome to August everyone!

Our VVA BBQ at the Kentucky Flat School was a successful event. Jose and staff (Helen) outdid themselves once again. Started out with hor d'oeuvres, watermelon...etc. Followed by delicious BBQ ribs, salads, chili, garlic bread. Thanks to those who showed up early to set up tables and those who put the place back in order. Ray James was wearing his alma mater t-shirt from Leavenworth. Enrique was relentless in his questioning of Ray. He could not verify if he was still on parole or not. Never did answer adequately! There was a good discussion at our table regarding getting to know each other better. We all know each other's names and connected service but fall short on knowing each other's background and potential hobbies of interest. As a trial, at our next meeting, I would like to include in our introductions a brief biographical sketch. If you all choose to participate that is your decision; no pressure.

It is Nevada County Fair time. We have several shifts that need to be filled in the booth. There is no reason some of us need to work double shifts or double days. We have enough

members to overwhelm the schedule. Please get involved. We still need a set-up crew for Tuesday, August 10 and a take-down crew for August 16. I am concerned with our Health Department and what they might require due to the Delta variant. We also need to be concerned due to our age and vaccination status. Guess we will have to wait and see. We may want to discuss this at our meeting. That's all for now, thanks for reading.

See you all August 5th at our general 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 August 5, 2021

Unknown at this juncture.

Table of Contents

Pg. 1	President's Message
Pg. 1	Mission Statement
Pg. 2	Guest Speaker
Pg. 2	Table of Contents
Pg. 2	Upcoming events
	Officers, Directors & Committee
	Chairs
Pg. 2	Matters of Interest
Pg. 3	China's Power Projection
Pg. 4	National Park Fees Update
Pg. 5	Saigon Departure
Pg. 7	B-17 Combat Debut
Pg. 9	Heat Exhaustion & Stroke
Pg. 11	Iraq War Legacy
Pg. 12	China's Carrier Program
Pg. 13	Writing Your Story
Pg. 13	VVA Application
Pg. 16	Calendars
Pg. 19	County Fair Booth Schedule

Upcoming Events

NCCVC Meeting – August 5, 2021 (Hybrid??)
General Meeting – August 5, 2021
Director's Meeting – August 5, 2021
Nevada County Fair – Aug. 12 – 15, 2021
CSC Meeting – Visalia Aug. 27-28, 2021
Nevada County Stand Down – October 2021
VVA National Conference – Nov. 2- 6, 2021
VVA 535 Christmas Dinner – Dec. 2, 2021
WAA – St. Patrick's Cemetery – Dec. 18, 2021

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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 Meeting of July 1, 2021

See the Minutes for July 1, for the real story.

Note: I was absent and have seen no minutes. It may be that no minutes were taken.

Nevada County Fair Schedule

At this juncture our Booth schedule has three vacancies. Help will be appreciated. Please refer to the schedule, attached. A Project Chair and Booth Captains are also needed. See Pg. 19.

Nevada County, nonprofits and federal government exert team work to get vets housed

<https://www.theunion.com/news/coalition-aims-to-end-veteran-homelessness/>

China's Power Projection U.S. Military Urges Washington to Heed Warnings on China

Source: Voice of America | Jeff Seldin | July 7, 2021

A top U.S. military intelligence official is voicing concern that key policymakers and lawmakers may not be taking the threat posed by China seriously enough. For much of this year, officials with U.S. Indo-Pacific Command, the Pentagon and U.S. intelligence agencies have repeatedly warned about the threat from a rising China, from its growing military might to what they describe as Beijing's ever bolder forays into cyberspace and brazen espionage campaigns. Navy Rear Admiral Michael Studeman, Indo-Pacific Command's director for intelligence, worries it has not been enough.

"I'm wondering in Washington how many folks are truly persuaded," Studeman told a webinar 7 JUL hosted by the nonpartisan Intelligence and National Security Alliance (INSA). "Frankly, it's hard to get a lot of attention to certain kinds of scenarios." Studeman said part of the difficulty is that while many in the United States see war as unlikely, countries like China view it

as a more organic part of their struggle. And Beijing under the leadership of President Xi Jinping, in particular, is prepared to go to great lengths to surpass the United States as a preeminent global power. "Xi Jinping is very Machiavellian. The end justifies the means," Studeman said. "The dream justifies achieving that dream at almost any cost."

This is not the first time Studeman has warned about a rising China. During a virtual conference this past March, Studeman said the world was already getting "a taste of what it means to be led by China," predicting that Chinese military leadership would soon be in position to send troops to wherever it feels its interests are being threatened. And Studeman is not alone. The former commander of U.S. forces in the Indo-Pacific, retired Admiral Philip Davidson, told lawmakers earlier this year that China appeared to be "accelerating their ambitions" to supplant the U.S. on the world stage. Administration officials have insisted they are taking the threat seriously.

U.S. Defense Secretary Lloyd Austin has also repeatedly described China as the Pentagon's "pacing challenge," while Director of National Intelligence Avril Haines has said China is "an unparalleled priority for the intelligence community." At least one recent report suggests such concerns are well-founded. U.S. researchers said last week that new satellite imagery shows China quickly expanding the number of silos for intercontinental ballistic missiles in part of the northwestern province of Gansu. The report seems to back assertions made earlier this year by the U.S. intelligence community that further warned China's nuclear forces were "on higher alert" than they have been in the past.

"It is concerning. It raises questions about the PRC's [People Republic of China's] intent," U.S. State Department spokesperson Ned Price said when asked about the report. "These reports and other developments suggest that the PRC's nuclear arsenal will grow more quickly and to a

higher level than perhaps previously anticipated," he added. Yet as dangerous and as capable as China is, some military officials have suggested fears of imminent Chinese military action, such as an invasion of Taiwan, may be overblown.

"China has a ways to go to develop the actual no-kidding capability to conduct military operations to seize thru military means the entire island of Taiwan, if they wanted to do that," Gen. Mark Milley, the chairman of the Joint Chiefs of Staff, told lawmakers last month. "I think that there's little intent right now or motivation to do it militarily," he said, though he cautioned, "it is a core – c-o-r-e – national interest of China to unite Taiwan." Some researchers also caution China is facing some critical obstacles on their road to dominance. "The more strongly China tries to use its clout to force outcomes in other countries, the greater the backlash it foments and the more those countries reject its influence," concluded a recent report by the U.S.-based non-profit RAND Corporation.

A survey released by Pew Research last month likewise found that Beijing was failing to win over people in advanced economies, with many raising concerns about the Chinese government's approach to personal freedoms. "Some of their tactics really are starting to turn off a lot of nations out there," Indo-Pacific Command's Studeman said Wednesday, though he doubted that will be enough to change Beijing's approach in places like Hong Kong, or elsewhere. "I think they can crack down a lot more," he said of Hong Kong. "This is a foreshadowing of what Chinese effective control will look like in other places."

National Park Fees Update

H.R.4300 | Veterans in Parks (VIP) Act

Source: House Committee on Natural Resources | Bruce Westerman | July 1, 2021

On 1 JUL, House Committee on Natural Resources Ranking Member Bruce Westerman (R-AR.) joined Committee Chairman Raul Grijalva (D-AZ), House Minority Leader Kevin McCarthy (R-CA), House Minority Whip Steve Scalise (R-LA), U.S. Rep. Mariannette Miller-Meeks (R-IA), U.S. Rep. Ruben Gallego (D-AZ) and 129 other members in introducing the bipartisan Veterans in Parks (VIP) Act, which would give veterans and Gold Star families free lifetime access to public lands, and active-duty military free annual passes.

- "We can never fully repay our veterans for their service and sacrifice, but we want to show our gratitude by giving them lifetime access to America's most beautiful natural landscapes," Westerman said. "The VIP Act is also a testament to bipartisanship in action and proof that party lines don't need to interfere with our ability to honor American heroes who sacrificed so much to keep us free. I thank Congresswoman Miller-Meeks for her leadership on this bill and look forward to working with Chairman Grijalva to move it quickly through our committee."
- "Veterans and active duty service members find solace, refuge and connection in our national parks and public lands," Grijalva said. "These treasured landscapes, monuments and memorials are healing spaces and iconic symbols that unite our nation and represent the best of what it means to be American. Providing the military community with free access is appropriate, and recognizing how public lands help our veterans heal is a good reminder that our parks and public lands deserve attention, investment and care. I look forward to working with my colleagues to increase public lands access and interest in conserving our shared heritage for future generations."

- "As we celebrate our country's freedom this weekend, it is important to remember the immense sacrifices that our veterans, active-duty servicemembers, and military families make every single day for the betterment of our nation," McCarthy said. "I applaud Rep. Miller-Meeks for her efforts to ensure that the law reflects our gratitude for our heroes and their families."
- "While we can never fully repay our veterans for the enormous sacrifices they have made serving our country and protecting our way of life, it's essential that Republicans and Democrats do everything we can to help veterans and their families," Scalise said. "Ahead of Independence Day, I'm proud to support the VIP Act because it gives veterans, Gold Star families, and those actively serving our country a cost-free way to explore and enjoy public lands. This bipartisan legislation gives the American people an opportunity to say thank you to the brave men and women who defend our freedoms."
- "As a 24-year Army veteran, I understand the sacrifices made by our military and their loved ones," Miller-Meeks said. "We owe so much to our amazing servicemembers, veterans, and their families; the Veterans In Parks Act is the least we can do. Our legislation would give servicemembers, veterans, and our Gold Star families free passes to all of our beautiful national parks and federal lands for life. I am proud to work with such a great bipartisan group of members on this commonsense issue to support those who sacrifice so much for our freedoms."
- As a veteran, I know firsthand the importance of national parks as a place of connection and healing when dealing with the visible and invisible wounds of

war," Gallego said. "The VIP Act is 40 an important step in ensuring that veterans, service members, and Gold Star families have access to the public lands they and their loved ones fought to protect. I am proud to co-lead this bill and I will continue to fight for veteran accessibility and support on our nation's public lands."

The America the Beautiful Pass provides access to more than 2,000 federal recreation areas, including national parks, national forests and wildlife refuges. This includes some of the country's most iconic natural treasures, ranging from Acadia National Park to the Redwood National Forest. The VIP Act would allow all veterans, active-duty service members and Gold Star Families to visit national parks and public lands free of charge.

In 2020, the Trump administration made the America the Beautiful annual pass free for veterans and Gold Star Families. However, this benefit for veterans has never been put into law and could be undone by a future administration. The VIP Act would turn these free annual passes into lifetime passes, as well as codify the annual passes for current service members. These can then be converted into lifetime passes once they leave the military. At the time of introduction, 135 Republican and Democrat members cosponsored the VIP Act and 55 organizations supported the legislation. Read the full bill here and a legislative summary here.

Saigon Departure Evacuation Flight Line Air Force Staff Sgt's First Hand Account

Source: DoD Daily Digest Bulletin | Skip Vaughn | July 7, 2021

Air Force Staff Sgt. Miguel "Mike" Lechuga witnessed the chaos on April 29, 1975, the day before Saigon fell. After watching bombs fall on Tan Son Nhut Air Base on April 28, he and the rest of the 10-member aircraft maintenance

crew awaited further orders at their building near the flightline. The avionics instrument specialist belonged to the 604th Military Airlift Support Squadron, which was under the Military Airlift Command. They were told that C-130s would arrive in three-ship formations starting around 3 a.m. on 29 APR to continue the U.S. evacuation. But a rocket attack destroyed the second C-130 and canceled that plan, ultimately leading to reliance on Marine Corps helicopters. 61

Lechuga saw South Vietnamese aircraft take off about 7 a.m. in a final effort to defend the perimeter of their air base. He saw an AC-119 gunship hit by enemy fire and go down in flames. "Some brave South Vietnamese air force pilots were still flying missions in defense of their country," said Lechuga, a retired chief master sergeant in Wichita Falls, Texas. "And I salute that." Lechuga watched as the natives frantically scurried from one South Vietnamese C-130 to another, piling into anything that could take off for their escape. A South Vietnamese F-5 was taxiing out for a mission when the pilot suddenly left the cockpit and ran to one of the departing C-130s so he could leave with them. A woman who was trying to climb into a C-130 fell under the aircraft and was crushed by its wheels. An overloaded C-130 departed with its crew entry door open and people hanging onto the adjacent cable. As the plane gained altitude, three to four people lost their grip and fell to their deaths.

"We witnessed it. We saw it. I can still see it right now," Lechuga said. "To see them fall to their deaths, it's something I'll never forget." About 2 p.m., the maintenance crew members received word they were to leave the flightline and report to the defense attache office for evacuation by Marine Corps helicopters. "Now we know there's a little bit of hope," Lechuga said. They boarded the vehicles for the short ride to the office, but they were initially followed by a forklift with South Vietnamese soldiers who wanted to know where they were going.

There was plenty of activity in the hallways of the defense attache office. The Americans put their weapons into cardboard amnesty boxes and formed into departure lines. They started hearing the rotors of helicopters outside. At 6 p.m. on April 29, Lechuga's line came up, and he and the other passengers ran to their awaiting helicopter. They crowded aboard with two door gunners on each side. "The helicopter took off. We're kind of looking out the window," Lechuga said. "Saigon is getting smaller. Soon we see the ocean. We know we're safe. "We evacuated thousands of people under chaotic conditions. Regrettably, we knew we were leaving many, many people behind. To know as you're flying out to safety there are so many people behind that are left, that is one thing that weighs heavy on me."

They landed aboard the USS Denver in the South China Sea. One of Lechuga's fellow Air Force passengers got down and kissed the ship's deck. The Denver departed 1 MAY and arrived about two days later at Subic Bay Naval Base in the Philippines. They processed out of the ship to Cubi Point Naval Air Station, and Lechuga returned to Clark Air Base in the Philippines.

The East Los Angeles native retired from the Air Force in 1998 as a chief master sergeant at Sheppard Air Force Base in Wichita Falls, Texas. He settled in Wichita Falls and served as an outreach minister for Edgemere Church of Christ until 2016. Lechuga and his wife of 48 years, Madeline, had six children and 14 grandchildren. She died from Parkinson's disease on Dec. 15, 2019. Both of their sons served in the 62 Army. Miguel, the oldest, works at Landstuhl Regional Medical Center in Germany. Marco, the second oldest, is a helicopter crew chief and sergeant first class with the Army National Guard in San Tan Valley, Arizona; he served three tours in Iraq. Lechuga's other children — all girls — stayed close to home.

B-17 Combat Debut July 9, 1941 | Was A Fiasco

Source: The Drive | Thomas Newdick | July 8, 2019

The iconic Boeing B-17 Flying Fortress, the aircraft best known for spearheading the U.S. Army Air Forces' daylight bombing campaign in World War II, first flew into combat 80 years ago today. The bomber's first operational mission was in British hands and, as the combat report reveals, it was an inauspicious debut. Nevertheless, the U.K. Royal Air Force's early experiences with the B-17 in the European theater led to various improvements to the aircraft and its tactics and, when the U.S. Army returned the aircraft to action, it would be altogether more successful.

Although the B-17 had first flown in 1935, there had only been limited production of the aircraft before the December 1941 attack on Pearl Harbor and the United States' entry into the war. However, by the spring of 1940, the United Kingdom had been stretched to capacity in its fight with Nazi Germany and the Royal Air Force (RAF) still didn't have an in-service heavy bomber capable of carrying a significant payload into the Reich. At this time, Boeing was building the B-17C model, which had a defensive armament of seven machine guns, a mix of .30 and .50 caliber types, including twin guns mounted in a "bathtub turret" below the fuselage. The definitive B-17G, by contrast, carried no fewer than 13 .50 caliber guns, but, for its time, the B-17C was considered well defended. Self-sealing fuel tanks and defensive armor added to the Cmodel's survivability.

To help plug its bomber gap, the United Kingdom reached an agreement with the U.S. government in March 1940 to acquire 20 B-17Cs. In return, the British promised to provide the United States with detailed reports of how the bomber fared in combat. The aircraft, which the British designated as Fortress Mk Is, began to arrive in the United Kingdom in early 1941 and were assigned to No. 90 Squadron, based at

West Raynham in the east of England. By the time of the B-17's combat debut, on July 9, 1941, the RAF's No. 90 Squadron had moved to an airfield at nearby Polebrook. Their first target was Wilhelmshaven, on the German coast, home to an extensive base belonging to the Kriegsmarine, or German Navy, in what the British media at the time described as a "stratosphere raid," due to the high altitude at which it was flown.

The daylight raid was to be flown by three aircraft — referred to as C, G, and H — which would take off at 3:00 PM to attack their primary target of Wilhelmshaven from high altitude. The squadron's official account of the mission explains what happened next:

- Aircraft G and C attacked the primary target between 1650 and 1700 hours from 28,000 and 30,000 feet respectively. Aircraft G dropped 4 x 1,100-pound demolition bombs and aircraft C had 2 x 1,100-pound bombs hang up and only two were released. (Bombs 'hanging up' referred to the weapons remaining suspended in the weapons bay, meaning they would have to be carried back to base.)
- Two bursts were observed on the target and a stick of four bombs was seen with the first bomb 250 yards west of the Bauhafen [the harbor where warships were constructed] and the others at 150-yard intervals to the southeast. Electrical failure of both cameras prevented photographs from being taken. There was more trouble to come, however, when the Plexiglas "astrodome," used for celestial navigation, froze up in aircraft G at an altitude of 18,000 feet. The official report says that "fire control" was made "impossible," as a result, though it's not clear exactly how the navigation-focused astrodome's functionality factored into this. With that in mind, this bomber, in particular, seems to have had a lucky escape, since two enemy aircraft, believed to be Luftwaffe Messerschmitt Bf 109 fighters were spotted around 2,000 feet below the Fortresses,

close to the German-occupied Dutch island of Terschelling.

- [The fighters] climbed and approached on the starboard beam closing to about 600-800 yards when one of them appeared to go into an involuntary spin and was seen still spinning about 600 feet below. The second aircraft broke off the attack and followed the first one down. No fire was exchanged.

- As for the third Fortress, aircraft H, it also experienced a technical problem, when it began to lose oil at 28,000 feet and abandoned the primary target, and instead headed for another North Sea island, Nordeney, where it dropped four 1,100-pound bombs from this same height at 4:45 PM. "Bursts were seen on the sand about 500 yards from the town," but photographs taken of the island failed to show any damage. Aircraft H's woes were not quite over, however, the combat report explains: Lateral flutter due to oil freezing on the tailplane and building up to about 7 inches thick, and consequent vibration was experienced after bombing. This was eventually overcome by losing height to 15,000 feet at which height the oil thawed and cleared the tailplane. All four airscrews [propellers] were feathered in succession, but this had no apparent effect non the vibration.

Despite the ill-starred combat debut, the squadron launched another mission before the end of the month, with another three aircraft flying all the way to Berlin on July 23. Their planned high-altitude attack was frustrated by heavy cloud cover, as well as a thunderstorm and the aircraft were forced to return to base without dropping their bombs. A total of 26 RAF Fortress raids were launched by September 1941, involving 51 individual aircraft sorties, but half of them were aborted, with no weapons delivered. As well as the problems experienced on the first mission, the aircrew encountered problems with the Sperry bombsight and with their defensive guns freezing up. Seven aircraft were lost.

The RAF's initial experience of the Fortress was not a happy one, but the aircraft had, importantly, shown that it had the range to strike the German capital. The British soon decided that the B-17 was not the aircraft for the job of flying daytime bombing missions over Europe, but this had more to do with their own tactics than any major shortcoming in the aircraft itself. The Royal Air Force's tactics called for the bombers to operate individually or in small groups, instead of the huge formations of aircraft providing mutual defensive fire, as proposed by the U.S. Army Air Forces (USAAF).

The higher altitudes involved in the RAF bombing missions were intended to improve survivability but actually failed to evade the Luftwaffe's fighters. The high-level sorties also reduced accuracy, especially since the Sperry bombsight was inferior compared to the more sophisticated Norden system used in U.S. bombers. Flying higher also meant the aircraft — and crews — suffered in the extreme cold. The British subsequently tried out the Fortress in combat in North Africa, briefly, then switched the aircraft over to the long-range anti-submarine patrol mission, a role in which it was much more successful. Other examples were used for what was, at that time, termed radio countermeasures work, helping pioneer aerial electronic warfare jamming against the German air defense network, but their tenure as bombers over Europe had, for the time being, come to an end.

In British hands, later models of the Fortress were successful as a maritime reconnaissance aircraft, and the type was also credited with sinking 11 U-boats. In the meantime, however, Boeing had been working to improve the bomber's basic design, as well as its survivability against fighter opposition. Powered turrets were now added, each with two .50 caliber machine guns, behind the cockpit and in the bottom of the fuselage, plus a barbette in the tail with another pair of .50 caliber guns.

In this upgraded B-17E form, the Flying Fortress returned to combat in the European theater, with the USAAF, on August 17, 1942, as the United States built up its strength in the war against Germany. On that day, a formation of a dozen of these bombers attacked a railroad marshaling road at Rouen, northern France, without loss. The raid had been launched from Polebrook in England, the same base from where the B-17 had first gone into combat a little more than a year before. The subsequent success of the B-17 in the Eighth Air Force's daylight precision bombing campaign is well known and, within the space of a year, the USAAF had over 300 B-17s stationed in England. By spring 1944, the Eighth Air Force's Flying Fortresses were marauding as far as Berlin, with fighter escort, demonstrating the ultimate ascendancy of the bomber offensive against a beleaguered Luftwaffe.

So successful, in fact, was the B-17's later career, that it's little wonder that the type's unfortunate combat debut is now barely remembered.

Heat Exhaustion & Stroke Update What You Probably Don't Know But Should

Source: Cheapism | Mia Taylor | June 29, 2021

As extreme summertime heat becomes more common and lasts longer, the risk of heat-related deaths and illnesses increases. There's a new twist during the COVID-19 pandemic, too: Wearing a face mask can make it feel even hotter. While a variety of serious health impacts, including heart attack, can result from excessive temperatures, heat exhaustion and heat stroke are among the most common. Here are some of the most important things to understand about heat stroke (and its precursor, heat exhaustion) as well the primary symptoms.

- It's Not Just Toddlers and the Elderly at Risk

Those most at risk when temperatures rise include the very young — under 4 years old — and the elderly, said Dr. William Hauptman, a gastroenterology specialist in Pennsylvania. "The central nervous system is involved in regulating body temperature, and when you're young or older it may not work as well," Hauptman explained. Those with chronic illnesses such as diabetes, or who take medications for health conditions such as high blood pressure, are also vulnerable.

- Heat Stroke Isn't What You Should Worry About First

Heat stroke begins with heat exhaustion, making it critical to first understand the signs of heat exhaustion. "The way to think about it is there's this continuum," Hauptman said. "Heat stroke is what we would see at 74 the end of that continuum if people aren't tuned into recognizing the early signs. So the really important discussion is what are the signs of heat exhaustion, so that it doesn't progress to heat stroke, which can be life threatening."

- Heat Exhaustion Can Develop Slowly

Among the red flags for heat exhaustion are excessive sweating and muscle cramps, as well as dizziness, fainting, fatigue, headache, nausea, and vomiting. The signs and symptoms may develop suddenly or over time, particularly with prolonged periods of exercise or work in hot weather.

Heat Exhaustion Happens at Lower Temperatures Than You Think

Don't be fooled into thinking it has to be 90-plus degrees for heat exhaustion or heat stroke to occur. "In the mid-80s, with very high humidity, in patients who are predisposed to heat exhaustion, you can begin to see the symptoms," Hauptman said. "You see it more frequently when temperatures are in the 90s, but people should realize you can see in the 80s as well."

- There Are Four Steps to Safety

To stop heat exhaustion from progressing, Hauptman recommends four actions he refers to as "move, loosen, cool, and drink." The first step to take is to move out of the hot sun to someplace cool. "If you're outdoors, move into the shade," he said. "Even better, move into an air-conditioned environment."

- Tight Clothing Can Be Dangerous

The next step to alleviate heat exhaustion is to loosen your clothing. "If you're wearing tight clothing, it's going to increase the progression of symptoms," Hauptman said. So loosen your belt, roll up your pants, and unbutton your shirt to help alleviate the symptoms.

- Going for a Swim to Cool Down Can Be Deadly

Jumping into a pool or a lake to cool down when signs of heat exhaustion are present is not necessarily a good idea. Yes, it will cool the body's temperature, but given that the other signs of heat exhaustion are fatigue and dizziness, swimming is not safe, Hauptman said. Instead, cool the skin by spraying it gently with water or immersing in a cold bath or shower. Cool sponges can also be used, or the person suffering from the symptoms can be wrapped in a cool sheet.

- Water, Not Soda, Is the Way to Deal with Heat Exhaustion

Drink fluids to help counteract the symptoms of heat exhaustion — but don't run out to buy a soda or anything that might have caffeine, which could be dehydrating. It's important to stick to water or sports drinks. As a general rule, those who have to be outdoors during high temperatures should drink 8 ounces of water every 15 to 20 minutes, Hauptman said.

- It Can Take Days to Go from Heat Exhaustion to Heat Stroke

Heat exhaustion symptoms can worsen over the course of several days. "If someone is shut in an apartment, doesn't have ready access to fluids, and is unable to take the necessary measures, the symptoms can evolve," Hauptman said. "And if you don't take the appropriate measures, it can cause heat stroke — and that's when your body's cooling mechanism totally fails." Heat stroke is the most serious type of heat injury, and is a medical emergency.

- The Lack of Sweat Is a Big Warning Sign, but Only One

While heat exhaustion is characterized by excessive sweating, one of the primary indicators that someone has shifted to heat stroke is a sudden lack of sweat, Hauptman said. "Instead of sweating you have dry, hot, flushed skin," he said. A body temperature of between 102 and 104 degrees is another indicator of heat stroke, as is red, hot, and dry skin. Heat stroke victims may also have a change in mental status, including confusion, decreased coordination, or unconsciousness.

- If It's Heat Stroke, Drinking Can Be Harmful

Heat stroke is life-threatening. If it occurs, call 911 — though if it's possible to rush someone with heat stroke to a hospital more quickly on your own, that's an option, Hauptman said. What you should not do, however, is now treat it with a drink. "If someone has progressed to heat stroke, they may not be able to drink," Hauptman said. "Giving them a drink could do more harm than good. Do all of the other things you would do when someone has heat exhaustion: Move them to a cool environment, loosen their clothing, and cool their skin, but do not give someone who may have heat stroke a drink."

- Heat Stroke Can Act Very Quickly

While heat exhaustion may progress over the course of days, heat stroke can have a severe impact in a matter of minutes, Hauptman said. "It can evolve over 15 minutes," he said. "If you don't take care of the initial symptoms of heat exhaustion and the body temperature rises to really dangerous temperatures — and we've seen body temperatures of 106 degrees — then it's life-threatening because it affects the brain, kidneys, and heart."

- Using a Fan Will Likely Do More Harm than Good

Often, during heat waves, those who cannot afford air conditioning go out and buy fans to cool themselves instead, which is a very bad idea, Hauptman said. "Using a fan does more harm than good," he explained. "It's almost like a convection oven. It can worsen the situation. It just moves the hot air around. If people don't have access to air conditioning, they should get to a mall, a library, or a shelter. We have people dying all the time during heat waves who have a fan on."

Iraq War Legacy Update Among Iraqis, the Name Rumsfeld Evokes Nation's Destruction

Source: The Associated Press | Qassim Abdul-Zahra | July 1, 2021
When he heard on the news that Donald Rumsfeld had died, Ali Ridha al-Tamimi and his wife sat down with their four children and told them: "This is the person who ruined our country." "He destroyed many families. And did it under the cover of liberation," Tamimi later told The Associated Press. "I will never forgive him for the pain he caused us." The heated emotions are shared by many in Iraq, where the name Rumsfeld is synonymous with the 2003 U.S.-led invasion that toppled dictator Saddam Hussein — and deaths, arrests and torture that followed. The dark chapter in Iraq's history still echoes in the daily lives of Iraqis today.

~~Secretary of Defense Donald Rumsfeld talks with Maj. Richard Gray, Commander of C Company, 135th General Support Aviation Battalion, at Logistical Support Area Anaconda, during his farewell visit of Iraq Dec. 9, 2006. Photo:~~

Rumsfeld, the defense secretary for President George W. Bush, was one of the architects of the invasion that ousted Saddam on what turned out to be baseless accusations he was hiding weapons of mass destruction. Americans and their allies failed to plan much for what came next, and disbanded Iraqi security forces as one of their first steps — leading Iraqis to hold Rumsfeld and other American leaders responsible for years of unremitting sectarian bloodletting, extremist attacks and endless car bombings. Secretary of Defense Donald Rumsfeld, President George W. Bush and Vice President Dick Cheney look over the program for Rumsfeld's retirement ceremony at the Pentagon in 2006.

Rumsfeld is also linked to the abuse and torture of detainees in U.S. custody in the infamous Abu Ghraib prison west of Baghdad — an episode Rumsfeld later referred to as his darkest hour as defense secretary. The prison was known during Saddam's rule as one of the main facilities for jailing and executing his opponents. After Saddam, Abu Ghraib became notorious once again, for the 2004 scandal over shocking abuses of detainees by American guards. When news broke of Rumsfeld's death in the United States on Wednesday at 88, many Iraqis took to social media to express lingering anger and bitterness. They aired memories of the dark era in Iraq that Bush and Rumsfeld represent. Some tweeted: "Rot in Hell." Others described Rumsfeld as a war criminal.

Al-Tamimi said he holds Rumsfeld personally responsible for his own detention in 2006, on suspicion of undertaking in anti-U.S. activities, including, he said, allegations of inciting against the U.S. presence in Iraq. Speaking to the AP over the phone on Thursday, he would not

elaborate. He was held in Camp Bucca prison in southern Iraq for two years without a conviction. His son was just over a month old when he was detained. "He killed me while I was alive," al-Tamimi said of Rumsfeld. Al-Tamimi's son was growing up for those two years "not knowing he had a father or where he was," he said. Al-Tamimi was later found innocent by an Iraqi court and freed in 2008.

On social media, Iraqis shared stories of what Americans called a war of liberation gone horribly wrong for their country. Muntader al-Zaidi, an Iraqi journalist known for throwing his shoes at Bush during a 2008 news conference to vent his outrage at the U.S.-led invasion, tweeted: "He is gone and Baghdad remains." In Washington, Rumsfeld's former colleagues remembered him as simultaneously smart and combative, patriotic and politically cunning, with a career under four presidents that was tainted by the disastrous invasion of Iraq, for which Rumsfeld served as one of the most visible and vocal supporters. Bush on 30 JUN hailed Rumsfeld's "steady service as a wartime secretary of defense — a duty he carried out with strength, skill, and honor."

But the memories of those whose lives and nation were changed by the U.S. administration's actions could not have been more different. "Rumsfeld was a black mark on the history of Iraq. He brought the corrupt politicians that now control Iraq," said Ihsan Alshamary, an Iraqi researcher in political affairs. He said Rumsfeld is responsible not just for the U.S. occupation of Iraq, but for decisions that had calamitous effects on Iraq's future. "As an Iraqi, I am relieved that one of the people responsible for the deaths of thousands, if not tens of thousands of Iraqis, is now dead. He will face his maker and have to answer for his transgressions in this life," said Jawad al-Tai, a 45-year-old living in Baghdad. "He didn't liberate us. This is a myth. He killed us and told us to thank him for it," al-Tai said.

In the wake of the invasion, many Iraqis were grateful to have Saddam removed by the Americans, and initially hopeful for their country's future. But that changed as it became clear that the Americans were unsure how to proceed after gutting the Iraqi government and security forces — or how to deal with the violent Sunni extremist groups, militants and Shiite militias, some backed by neighboring Iran, that sprang up in the resulting security vacuum.

Sajad al-Rikabi, a 38-year-old Iraqi activist who participated in mass protests against government corruption in 2019, said he holds the U.S. responsible for the broken country that is Iraq today, and the post-war political class that now rules the land. "The only way I will say "Rest in Peace" for him, is if the U.S. comes in and dismantles the system he created," al-Rikabi said of Rumsfeld. "All that we are protesting now came because of his policies."

China's Carrier Program J-35 Carrier Fighter Appears; Step To 'Most Powerful Navy'?

Source: Breaking Defense | Reuben Johnson | July 01, 2021



J-35

China's Navy has taken another step toward eliminating the last advantages that the US Navy enjoys, in the form of the new, stealthy carrier fighter aircraft known as the J-35. What has caught the attention of US 101 defense policy makers is the J-35's appearance at the aircraft carrier building in Wuhan, Hubei Province that

performs research for PLAN naval aviation operations. The photo is the latest of images taken of the Wuhan facility over the years by Chinese aviation enthusiasts and then posted anonymously on various PRC-based websites. Many times these photos are deleted as they constitute violations of Beijing's pathologically secretive and pervasive military security guidelines.

"The J-35 may well represent another significant milestone in the Chinese long-term pursuit of a bluewater carrier based naval aviation capability", said retired US naval intelligence officer, Capt. James Fanell. Looking back over a long career as the most-senior retired analyst in charge of PLAN assessments, he says "we are seeing the goals of [now retired] Admiral Wu Shengli coming to fruition as the PLAN continues its transformation into the most powerful navy on the planet."

The Shenyang Aircraft Corporation aircraft has existed as an actual flying platform since 2011, after which it progressed through three major design iterations and several designators (F-60/J-31/FC-31), until appearing as the J-35 aircraft with a re-configured wing and an elongated fuselage optimized for a lower radar cross section (RCS). The J-35's first public appearance was as the J-31 at the 2014 Air Show China expo. This model was fitted with two underpowered Russian-made engines originally developed for the Mikoyan MiG-29. But even this earlier configuration already appeared to be a twin-engine adaptation of the US Lockheed Martin F-35's design.

The J-35's emergence is not just a major step in the Chinese industry's march to create a modern carrier force, but is a two-generation leap beyond the PLAN's initial choice for a carrier-capable fighter aircraft, another SAC-built aircraft, the J-15. The J-15 was not an indigenous Chinese development but a reverse engineered copy of the Russian Sukhoi Su-33 carrier fighter. It also draws on an early pre-production Su27K prototype that SAC acquired

from a naval aviation research center in then-Ukraine controlled Crimea, which was used to develop many detailed aspects of the Chinese variant. As a 1980s design made almost entirely of conventional metal alloys, the J-15 also suffers from being the heaviest carrier-based fighter in the world. (The weight factor was one reason the Russians declared their Su-33 design obsolete in 2015.) With an unassisted, non-catapult take-off, with a full fuel load, it is limited to only two tonnes of its 12-tonnes weapon capacity — two CASIC YJ-83K ASMs and two older-generation PL-8 infrared-guided AAMs.

A PLA military source who spoke on condition of anonymity said the J-15 is so overweight that, "even the US Navy's new generation C13-2 steam catapult launch engines that are installed on Nimitz-class aircraft carriers, would struggle to launch the aircraft efficiently." This has prompted SAC to pour significant resources into the J-35, which is 22,000 lbs. lighter and carries its missiles in an internal weapons bay to maintain the aircraft's stealth signature.

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

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

August

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Gulf of Tonkin Incident (1964)	3	4 Coast Guard Birthday (1790)	5 VVA-535 Board & General Meeting	6	7 Purple Heart Medal Established (1782) Vietnam War Began (1964)
8 Nixon resigns (1974)	9	10	11	12	13	14 Japan Surrendered Ending WW II (1945) National Navajo Code Talkers Day
15	16 National Airborne Day	17	18	19 National Aviation Day	20	21
22	23	24	25	26	27	28
29	30	31				

September

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 VVA-535 Board & General Meeting VJ Day: Japan signed formal surrender (1945)	3	4
5	6 Labor Day Rosh Hashanah Begins	7	8	9	10	11 Patriot Day and National Day of Service and Remembrance
12 Grandparents Day	13	14 Star- Spangled Banner written by Francis Scott Key (1814)	15 Yom Kippur begins	16	17 Constitution Day - US Constitution Approved (1787) Citizenship Day POW/MIA Recognition Day	18 Air Force Birthday
19	20 National POW Recognition Day	21	22 Autumn Begins	23	24	25
26 Gold Star Mothers Day	27	28	29 VFW Day VFW Established 1899	30		

Nevada County Fair VVA-535 Booth Schedule

August 11, 2021 - August 15, 2021

Project Chair:

Set-Up: Tuesday, August 10, 2021. Volunteers -

Take-Down: Monday, August 16, 2021. Volunteers -

Time Slot	10:00 – 2:00	2:00 – 6:00	6:00 – 10:00
Wed. Aug. 11, 2021 Booth Captain: Dave Chaix	Name: Dave Chaix Phone: 530-305-4961 Name: Bart Ruud Phone: 530-305-0493	Name: Dave Chaix Phone: 530-305-4961 Name: Bart Ruud Phone: 530-305-0493	Name: Dave Chaix Phone:530-305-4961 Name: Bart Ruud Phone:530-305-0493
Thurs. Aug. 12, 2021 Booth Captain:	Name: Keith Grueneberg Phone:916-425-1121 Name: Enrique Vasquez Phone:530-575-4416	Name: Keith Grueneberg Phone:916-425-1121 Name: Peter Hidalgo Phone:530-269-1239	Name: Jose Gonzales Phone:530-446-0780 Name: Peter Hidalgo Phone:530-269-1239
Fri. Aug. 13, 2021 Booth Captain:	Name: Enrique Vasquez Phone: 530-575-4416 Name: Bill Mitchell Phone:916-709-1650	Name: LeeRoy Hubbard Phone:530-460-9172 Name: Gary Tanaka Phone: 530-273-1048	Name:Dave Middleton Phone:925-890-6791 Name: Corbin Smith Phone:916-833-7860
Sat. Aug. 14, 2021 Booth Captain: Mel Williams	Name: Mel Williams Phone:707-391-7692 Name: Phone:	Name: Mel Williams Phone:707-391-7692 Name: Enrique Vasquez Phone: 530-575-4416	Name: Kent Hawley Phone:530-432-3551 Name: Corbin Smith Phone:916-833-7860
Sun. Aug. 15, 2021 Booth Captain:	Name: Phone: Name: Phone:	Name: Phone: Name: Phone:	Name: Ray James Phone:530-273-1087 Name: Ralph Remick Phone: 530-559-7716