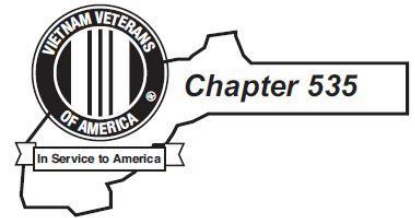




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



Website: www.vva535.org

Volume 31 Issue 12

December 2021

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

Reflecting back on the celebration of Veterans Day at Memorial Park. I would estimate about 200 people attended. The event was very well programmed and the message was about local veterans who I believe served in WW I and the creation of the park. It was also to commemorate the 100-year anniversary of Memorial Park.

I hope all of you had a wonderful Thanksgiving. If anyone deserves a delicious turkey, gravy, and mashed potatoes meal, it is you, our Vietnam Veterans. This is much better than eating a can of C-Rations! Our Vietnam Veterans are an amazing group of human beings. We survived an ugly war with little support. It is just now people are beginning to recognize how badly we were treated. I see overwhelming support throughout the community. I remember reading there are only about 37% of us still alive who served in-country.

Our Christmas potluck dinner is approaching December 2 at the Veterans Memorial building in Grass Valley. This will replace our regular meeting. Like in past years, I suspect no one will go away hungry. This year we have invited

gold and blue star mothers. Speaking of mothers. Did any of you ever receive cookies from home? Once the Air Force was able to track me down, I received a can of cookies, individually wrapped, and packed in popcorn. Mostly all broken up but still eatable and a little old. I think my team ate more of them than I did! But that was OK! We flew some of our heaviest missions on Christmas Day despite the so-called "cease fire." I remember my Captain handing me a turkey sandwich prior to our mission that tasted really good. Never asked him how he got it, just said "Thanks Cap!"

Please don't forget to reply to the invitation Ric sent out. It is important so that we have enough food for everyone. We need this count ASAP! I am thankful for this great organization. See you all December 2. 1700 hrs. social hour, 1800 hours dinner.

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 December 2, 2021

No guest speaker in lieu of Christmas potluck.

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. 3	Matters of Interest
Pg. 3	Burn Pit Toxic Exposure
Pg. 4	U.S. Capitol Riot Update
Pg. 6	VA Prostate Cancer Program
Pg. 6	Navy Covid Discharge Plan
Pg. 7	Russian Drones
Pg. 8	Fall & Fracture Prevention
Pg. 10	GITMO/CIA Torture
Pg. 11	China's Offensive Capability
Pg. 12	Writing Your Story
Pg. 14	VVA Application
Pg. 15	Calendars

Upcoming Events

NCCVC Meeting – December 2, 2021
VVA 535 Christmas potluck, December 2, 2021
~~Director's Meeting—December 2, 2021~~
Victorian Christmas – Dec. 5, 8, 12, 15, 19
WAA – St. Patrick's Cemetery – Dec. 18, 2021
VVA 535 General Meeting - January 6, 2022

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
Dave Johnson530-887-8297
Dave Middleton530-205-9375
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.

Member Spotlight

Acclaimed author, Colin P. Cahoon, in June 2021, through Valor Publishers, released “Mended Wings – The Vietnam War Experience Through the Eyes of Ten American Purple Heart Helicopter Pilots” (ISBN: 978-1-7331707-2-7)

VVA 535 Life Member, **David Middleton**, is the subject of interest in Chapter 8 of this factual showcasing of ten helicopter pilots among roughly 40,000 helicopter pilots who served in Vietnam. Over 2,000 pilots, or roughly seven percent of American war casualties, were KIA. Dave Middleton ran out of luck on January 6, 1972 when his Loach took enemy fire. Severely wounded, Warrant Officer *Mister Dave* Middleton’s Loach smacked the ground, but he and his crew chief survived their hard landing.

For the rest of the story, give this book a read. You will be impressed with the courage and fearless action of those who flew slicks, Loaches and gunships. Below, is a must read:

<https://www.recordonline.com/story/news/2021/11/11/veterans-day-vietnam-helicopter-pilot-book-mended-wings/6319591001/>

Matters of interest as outlined at Meeting of November 4, 2021

CalTrans requested prompt remuneration for fees associated with the Vietnam Memorial Bridge signage at the S. Yuba Hwy. 49 crossing. A check for \$1,799.44 will be delivered. Total fees could reach \$2,159.33 but it is hoped other Veteran organizations might eventually step in with assistance for these costs.

VVA 535 participation in Nevada City’s Victorian Christmas has been cancelled due to lack of volunteerism.

A “Drive-Through BBQ replacement fundraiser might be discussed at a later time. Such an event could occur in 2022.

Burn Pit Toxic Exposure Burn Pit-Related Disability Claims Filing Assistance

Military.com | Patricia Kime | October 20, 2021

A nonprofit veterans legal organization has created a program to help veterans file claims for illnesses related to burn pits and airborne pollutants found in combat zones. The National Veterans Legal Services Program, or NVLSP, announced 18 OCT that its new Burn Pits Claims Assistance Program will represent former service members seeking disability benefits for diseases that may have been caused by the fumes and chemicals emitted from open-air waste disposal sites used in Iraq, Afghanistan and elsewhere, as well as pollution from oil well fires and other hazards in the first Persian Gulf War.

The announcement follows a move in August by the Department of Veterans Affairs to designate three respiratory illnesses as presumed to be related to burn pit exposure: asthma, rhinitis and sinusitis. Presumptive illness status allows veterans to skip a portion of the process to apply for benefits, eliminating the need for them to prove their injuries and illnesses are directly caused by their military service. NVLSP leaders say the burn pits were known to emit chemicals and pollutants that caused respiratory illnesses in addition to various types of cancer and, since the VA has denied more than 75% of disability claims based on burn pit exposure, affected veterans need help. "The Burn Pit Claims Assistance Program is a natural extension of [National Veterans Legal Services Program]'s legal expertise and tenacity in fighting for veterans and their families to ensure they receive the life-changing benefits they need and deserve," Paul Wright, the program's executive director, said in a press release Monday.

The VA maintains an Airborne Hazards and Open Burn Pit Registry for troops to report their deployment history, exposure and any illnesses they believe may be related to their military

service (<https://www.publichealth.va.gov/exposures/burnpits/registry.asp>). The voluntary registry contains the information of 240,000 members deployed during Operations Desert Shield and Desert Storm, Iraqi Freedom, Enduring Freedom and New Dawn to 11 countries, the Persian Gulf, Arabian Sea and Red Sea. Open air burn pits were used in the Middle East, Afghanistan and Djibouti to dispose of household garbage, medical waste, plastics and industrial refuse throughout U.S. combat operations during the past 30 years.

Veterans say they have rare illnesses, including constrictive bronchiolitis; cancers that are rare in young people, such as glioblastoma and pancreatic cancer; chronic skin conditions; and other - 40 - diseases related to living and working near the vast burn pits, the largest of which was 10 acres across. The VA, however, does not cover as part of its burn pit program other respiratory diseases or many types of cancer that veterans and advocacy groups say also are being diagnosed at high rates in vets. VA officials say they will consider expanding the list of burn pit-related illnesses that may be eligible for fast-tracked compensation and health benefits but are currently reviewing the science to determine whether there's proof the conditions are linked.

Veterans organizations have worked for years to expand the list of conditions presumed to be related to chemicals used during the Vietnam War as defoliants, most famously Agent Orange, and expand eligibility to more veterans. Seventeen diseases are now officially linked to Agent Orange, including three that were added to the list this year. Numerous veterans organizations have employees on staff who can help veterans to file federal disability claims. Groups with veterans service officers include the Veterans of Foreign Wars, Vietnam Veterans of America, AMVETS, Disabled Veterans of America, Paralyzed Veterans of America and the American Legion.

The National Veterans Legal Services Program originally was established by attorneys to help veterans appeal less-than-honorable discharges. It has represented veterans in various disputes with the federal government, including a ruling that Vietnam vets who served on ships off the coast of Vietnam should receive retroactive benefits for Agent Orange exposure. The group has created a website (<https://www.nvlsp.org/what-we-do/burn-pits-claims-assistance-program>) for veterans to apply for assistance for burn pit claims and says priority will be given to veterans who contact it before 30 NOV. The organization will send the veteran an application, Privacy Act waiver and form to help its workers obtain military medical records needed to file a claim.

Spokeswoman Patty Briotta said the group will thoroughly review each application received. "Our organization has been representing veterans in VA service-connected disability compensation cases for 40 years," she said in a press release. "We understand the large burden that navigating the world of VA benefits often places on veterans, and we do not take these cases lightly."

U.S. Capitol Riot Update **Army Soldier James P. Mault Charged** Army Times | Kyle Rempfer | October 14, 2021



Screenshots of James P. Mault allegedly show him, pictured here in a hard hat, spraying a chemical agent in the direction of law enforcement.

The FBI had already received an anonymous tip that James P. Mault breached the Capitol

building during the 6 JAN riot in Washington, D.C., when the 29-year-old joined the Army this summer. Mault, who most recently served as a specialist in the 82nd Airborne Division, was also interviewed by FBI agents on 18 JAN in his home state of New York, months before he re-enlisted after a break in service.

Background screenings, to include checking the FBI's Violent Gang and Terrorist Organization file, were conducted, but officials didn't see any red flags, Army spokesman Lt. Col. Gabriel J. Ramirez said in an email to Army Times. "The Army was unaware of any involvement Spc. Mault may have had in the incidents on January 6 or of any information disqualifying him at the time of his enlistment," said Ramirez. "This screening includes identification checks and verification, criminal background checks, a sex offender query, - 43 - fingerprints sent to the FBI, local police checks, and checks of local court documents." During his Jan. 18 interview with FBI agents, Mault admitted he attended the Jan. 6 rally, but denied wrongdoing. He said he had been caught up in the crowd as the mass of people pushed him closer and closer to the Capitol, according to a federal criminal complaint.

The complaint was unsealed after Mault was finally arrested 6 OCT at Fort Bragg, North Carolina, and charged with several federal offenses, including assaulting, resisting or impeding officers using a dangerous weapon or inflicting bodily injury. "Mault claimed to have no choice but to move forward because of the press of people behind him," the complaint stated. "Mault ended up right next to an entrance to the Capitol Building but denied entering the Capitol Building. Mault also denied assaulting anyone or damaging property."

Later, though the complaint does not state when, FBI agents reviewed body camera footage from a D.C. police officer that showed Mault spraying a chemical agent at officers on the afternoon of 6 JAN. Screenshots included in the criminal complaint showed Mault spraying the

chemical agent while wearing a hard hat covered in union-themed stickers. "Mault received a small canister of a chemical agent from an unknown male in the crowd," the complaint reads. "Mault then pointed the canister with his left hand in the direction of law enforcement officers." Mault's hard hat, which helped identify him, carried a sticker from Mault's union, Ironworkers Local 33 of Rochester, New York, according to the complaint.

"Mault claimed that he wore his hard hat from work because he was aware of ANTIFA attacking Trump supporters after events in Washington, D.C., and the helmet would provide some level of protection," the complaint reads. Mault was a prior-service soldier, having been in the New York Army National Guard from 2016 to 2020, according to 18th Airborne Corps spokesman Col. Joe Buccino. Mault re-joined active duty as a combat engineer, Buccino added. "We really don't know about what happened," Buccino said of the circumstances that allowed Mault to re-enlist. "It's not something we'd have any visibility on."

Background checks for new recruits occur during the enlistment process, before troops arrive at their first unit. The checks even include a tattoo screening for symbols or brands that are extremist, indecent, sexist or racist. But Ramirez, the Army spokesman, said there was nothing that would have prevented enlistment in Mault's file. "The Army will continue to work with the FBI and other entities with inputs into the pre-screening process to obtain relevant information to inform Army enlistment decisions," Ramirez said.

More than 600 individuals have been arrested across the country for crimes related to the breach of the Capitol building and the riot, according to the Justice Department. As of this article's publication, 75 people charged after the riot — 12 percent — have military experience, according to George Washington University's Program on Extremism. That number includes

70 veterans, two National Guard troops, two reservists and one active duty service member.

VA Prostate Cancer Program S.2720/H.R.4880 | Vet's Prostate Cancer Treatment & Research Act

TREA Washington Update | October 22, 2021

On 13 SEP U.S. Senators Jerry Moran (R-KS) and Jon Tester (D-MT) introduced the Veterans Prostate Cancer Treatment & Research Act legislation to expand treatment and research of prostate cancer to help diagnose and treat veterans through the Department of Veterans Affairs (VA). H.R.4880 has previously been introduced by Rep. Neal Dunn (R-FL-2) in the house on 30 JUL 2021. The Senate's Committee on Veteran Affairs held hearings on S.2720. The bills would:

- Expand upon the current VA and Prostate Cancer Foundation partnership.
- Require the VA to establish and publish an interdisciplinary clinical diagnosis and treatment pathway in the VA National Surgery Office, in collaboration with the VA National Program Office of Oncology, the VA Office of Research and Development and VA Primary Care for all stages of prostate cancer, from early detection to end of life care.
- Give the VA the authority to collaborate with other research entities on creation of clinical pathway including the National Institutes of Health, National Cancer Institute, Centers for Disease Control and Prevention, Centers for Medicare and Medicaid Services, U.S. Food and Drug Administration, Patient-Centered Outcomes Research Institute (PCORI) and the Department of Defense.
- Require the VA to establish a prostate cancer program utilizing the clinical pathway mandated in this legislation, which will receive direct oversight from the VA Undersecretary of Health, include yearly program implementation evaluation, be metric and data driven, and

include an education plan for patients and providers.

- Direct the VA to produce a plan to Congress detailing funding through the VA Office of Research and Development for supporting prostate cancer research to make certain no funding included is duplicative.
- Direct the VA to submit a report to Congress on the barriers and challenges associated with creating a national prostate cancer registry to include recommendations for centralizing data about veterans with prostate cancer in an effort to improve outcomes and research.

Navy Covid Discharge Plan Unveiled For Sailors Who Refuse Vaccine

Navy Times | Diana Stancy Correll | October 14, 2021

The Navy has announced the formation of a COVID Consolidated Disposition Authority to separate sailors who refuse to comply with the mandatory vaccination policy. Active-duty sailors must receive their final dose of the vaccine by 14 NOV — and those in the Navy Reserve by Dec. 14 — in order to meet the deadlines for fully vaccinated status, which are 28 NOV and 28 DEC, respectively. The shot deadlines provide a two-week buffer for sailors to become fully immunized against COVID-19. “In order to maximize readiness, it is the policy goal of the U.S. Navy to achieve a fully vaccinated force against the persistent and lethal threat of COVID-19,” a naval administrative message released 12 OCT states. For those who don't comply, the Navy is standing up the COVID Consolidated Disposition Authority to “ensure a fair and consistent process” handling separation determinations, and has tapped Chief of Naval Personnel Vice Adm. John Nowell Jr. and Chief of Naval Reserve Vice Adm. John Mustin to head the effort. Vice Chief of Naval Operations Adm. William Lescher is in charge of nonjudicial punishment and courts-martial.

“Commands shall not allow those refusing the vaccine to promote/advance, reenlist, or

execute orders, with the exception of separation orders, until the CCDA has completed disposition of their case,” the NAVADMIN said. “Transfer orders may be cancelled by Navy Personnel Command.” Commanding officers have been tasked with tracking those who deny the vaccine and will confirm that those sailors have had an initial counseling, or “Page 13.” Reporting seniors also must submit a special evaluation or fitness report no later than 30 days after a sailor rejects the vaccine to document circumstances of the rejection and other misconduct information related to the Uniform Code of Military Justice Article 92, that is, failure to comply with a regulation, the guidance said.

Administrative actions against sailors who deny the COVID-19 vaccine or won’t be fully vaccinated by the deadline may commence immediately if the sailor doesn’t already have a pending or approved exemption request. Sailors could receive as low as a general discharge under honorable conditions if they are separated only for their vaccine refusal. A Navy news release on the guidance notes that this potentially causes the sailor to become disqualified from some veteran benefits. Sailors may apply for an exemption from the vaccine on medical or religious grounds.

The Navy says 94 percent of active-duty sailors and 89 percent of the total force are fully vaccinated, while 99 percent of active-duty sailors and 94 percent of the total force have received at least one COVID-19 shot, according to figures released 13 OCT. More than 65 service members across all branches have died due to complications from COVID-19, according to Pentagon data, with at least 14 of those from the Navy. That number grows to nearly 165 when factoring in Navy civilians, dependents and contractors.

“Tragically, there have been 164 deaths within the Navy family due to COVID-19, far exceeding the combined total of all other health or mishap related injuries and deaths over the same time

period,” the NAVADMIN said. “144 of these were not immunized and 20 had an undisclosed immunization status.” Service leaders have voiced strong support for the vaccine, noting that the vaccine is imperative to protect the force and paves the way for normalcy.

“We would not send our folks into combat without flak and Kevlar,” Navy Surgeon General Rear Adm. Bruce Gillingham said at a panel at the the Sea Air Space symposium in August. “The enemy this time is a virus, and we have a biological body armor for them to take and use to protect them ... this is biologic body armor. Put it on, be protected.”

Russian Drones Sarna & Seadrone

www.thedefensepost.com | Hercules Reyes |
September 30, 2021

Under-Ice Aquatic Drone

Russia is working on a UAV able to operate under ice for up to three months. Called the Sarna, the first prototype is expected to be out this year with a target serial production date for 2024. Deputy head of physical and technical research direction of the Advanced Research Fund Viktor Litvinenko pointed out the unparalleled technology of the Sarma: “Today we do not know any analogues with the ability to work for about three months without surfacing.” The Sarma will be able to dive up to 1 km (0.62 miles) and cover a distance of 8,000 kilometers (4,971 miles). According to Interfax, a prototype of the Sarma drone under development will be ready this year, while serial production will begin in 2024.



Water Take-off Rescue Drone

Russian engineers from the company 'Shooting From The Air' have developed a rescue unmanned aerial vehicle (UAV) able to take off from water, TASS reported. Called the Seadrone, the UAV is able to withstand extreme weather conditions and even traverse the Arctic. The idea behind the Seadrone project was to address some of the most prevalent problems in drone use, such as the inability to land or take off in water as well as the ability to withstand harsh weather conditions. The Seadrone can also operate from -22°F to 131°F without freezing or overheating. The Seadrone's maiden flight was conducted in the Kara Sea, where the drone was tested in a mock rescue situation on a simulated drowning victim. Test results showed that "in conditions of salt fog, strong wind and sub-zero temperatures a Seadrone automatically detected a man and returned to the deck of the vessel."



Aging Fall & Fracture Prevention

National Institute on Aging | September 2021

A simple thing can change your life—like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men and women do each year. For older people, a break can be the start of more serious problems, such as a trip to the hospital, injury, or even disability. If you or an older person you know has fallen, you're not alone. More than one

in three people age 65 years or older falls each year. The risk of falling—and fall-related problems—rises with age.

The fear of falling becomes more common as people age, even among those who haven't fallen. It may lead older people to avoid activities such as walking, shopping, or taking part in social activities. But don't let a fear of falling keep you from being active. Overcoming this fear can help you stay active, maintain your physical health, and prevent future falls. Doing things like getting together with friends, gardening, walking, or going to the local senior center helps you stay healthy. Many things can cause a fall.

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance.
- Safety hazards in the home or community environment.
- Scientists have linked several personal risk factors to falling, including muscle weakness, problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension).
- Foot problems that cause pain and unsafe footwear, like backless shoes or high heels, can also increase your risk of falling.
- Confusion can sometimes lead to falls. For example, if you wake up in an unfamiliar environment, you might feel unsure of where you are. If you feel confused, wait for your mind to clear or until someone comes to help you before trying to get up and walk around.
- Some medications can increase a person's risk of falling because they cause side effects like dizziness, sleepiness, or confusion. The more medications you take, the more likely you are to fall.

The good news is, there are simple ways to prevent most falls. If you take care of your

overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen." Here are a few tips to help you avoid falls and broken bones:

- Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis.
- Have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.
- Find out about the side effects of any medicine you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are sleepy, you are more likely to fall.
- Limit the amount of alcohol you drink. Even a small amount of alcohol can affect your balance and reflexes. Studies show that the rate of hip fractures in older adults increases with alcohol use.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- Use an assistive device if you need help feeling steady when you walk. Appropriate use of canes and walkers can prevent falls. If your doctor tells you to use a cane or walker, make sure it is the right size for you and the wheels roll smoothly. This is important when you're walking in areas you don't know well or where the walkways are uneven. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.
- Be very careful when walking on wet or icy surfaces. They can be very slippery! Try to have sand or salt spread on icy areas by your front or back door.

- Use the right shoes. Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet. It is important that the soles are not too thin or too thick. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall. A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

What to Do If You Fall

- Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible.
- Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
- If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.
- Carrying a mobile or portable phone with you as you move about your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.

Keep Your Bones Strong to Prevent Falls

Falls are a common reason for trips to the emergency room and for hospital stays among older adults. Many of these hospital visits are for fall-related fractures. You can help prevent fractures by keeping your bones strong. Having healthy bones won't prevent a fall, but if you fall, it might prevent breaking a hip or other bone, which may lead to a hospital or nursing home stay, disability, or even death. Getting enough calcium and vitamin D can help keep your bones strong. So can physical activity. Try to get at least 150 minutes per week of physical activity.

Other ways to maintain bone health include quitting smoking and limiting alcohol use, which can decrease bone mass and increase the chance of fractures. Also, try to maintain a healthy weight. Being underweight increases the risk of bone loss and broken bones. Osteoporosis is a disease that makes bones weak and more likely to break. For people with osteoporosis, even a minor fall may be dangerous. Talk to your doctor about osteoporosis. Go to <https://www.nia.nih.gov/health/fall-proofing-your-home> and learn how to fall-proof your home.

GTMO Detainees

Majid Khan Gives First Public Account of CIA Torture

The Hill | Ellen Mitchell | October 29, 2021

A Guantánamo Bay prisoner who was brutally interrogated at U.S. government “black sites” described in court for the first time the intense CIA abuse tactics he endured. Majid Khan, 41, a former Baltimore suburb resident turned al Qaeda courier, told a military jury on 28 OCT about forced feedings and enemas, waterboarding and other physical and sexual abuse he was subjected to from 2003 to 2006 in the CIA’s overseas prison network, multiple outlets reported.

Khan is now the first-ever former prisoner of the CIA’s secretive prisons to describe openly the inhumane “enhanced interrogation techniques” that agents used to press information and confessions from terrorism suspects and that were officially ended in 2009. He said interrogators began to torture him shortly after his capture in March 2003 in Pakistan, though he cooperated and told them everything he knew. “Instead, the more I cooperated, the more I was tortured,” he said. Some of Khan’s accounts were included in a 2014 Senate Intelligence Committee report that accused the CIA of torturing al Qaeda prisoners far past legal boundaries with little proof the interrogation techniques produced useful information.

Reading from a 39-page account on 28 OCT, Khan described being beaten, starved, suspended naked from the ceiling with a hood over his head for long periods, chained in a way that kept him awake for days and held under water until he nearly drowned. “I thought I was going to die,” he said. His account did not identify CIA agents or other countries or foreign intelligence agencies that had a hand in his secret detention, as that information is protected at the national security court. “I would beg them to stop and swear to them that I didn’t know anything,” he said, as reported by NPR. “If I had intelligence to give I would have given it already but I didn’t have anything to give.”

Kahn spoke on the first of what is expected to be a two-day sentencing hearing at Guantánamo Bay in Cuba, where a panel of military officers can sentence him to between 25 and 40 years in prison. He is expected to serve a far shorter sentence due to cooperation with U.S. officials and a secret plea deal. That deal will reduce Kahn’s sentence to no more than 11 years with credit for time already spent in custody since his February 2012 guilty plea. Khan, a Pakistani citizen who was born in Saudi Arabia, came to Maryland at the age of 16 when his family moved and were granted asylum in the 1990s.

He graduated from a suburban Baltimore high school and worked for a telecommunications contractor in the Washington, D.C., area at the time of the 9/11 attacks.

Khan said he became radicalized after his mother died earlier in 2001 and during a family trip to Pakistan in 2002 his relatives showed him "propaganda videos" about Guantánamo's detention center. He apologized for his actions, claiming full responsibility, and said he has forgiven his captors and torturers and just wants to be reunited with his wife and a daughter who was born while he was detained.

China's Offensive Capability Nuclear-Capable Hypersonic Glide Vehicle Test

Reuters / Defense News | Hyonhee Shin / Jen Judson |
October 16, 18 & 20, 2021

Quoting five people familiar with the matter, the Financial Times reported on 16 OCT that China had tested a nuclear-capable hypersonic missile that flew through space, circling the globe before cruising down toward its target, which it missed by about 40 kilometers in August. On 18 OCT "It was not a missile, it was a space vehicle," Chinese Foreign Ministry spokesman Zhao Lijian told a regular press briefing in Beijing when asked about the report, adding it had been a "routine test" for the purpose of testing technology to reuse the vehicle and it was in July vice August. The significance of a reusability test is that it can "provide a cheap and convenient method for humans to peacefully travel to and from space," Zhao said, adding that many companies had carried out similar tests.

Whatever it was the test came amid an intensifying race for the next generation of long-range weapons that are harder to detect and intercept. The United States and Russia have conducted tests of hypersonic weapons in recent months, and North Korea said last month

it had tested a newly developed hypersonic missile. The United States is closely watching China's military modernization program to assess the possible risks posed to it by its increasingly assertive strategic competitor.

HOW THE MISSILE WORKS

Hypersonic missiles travel at more than five times the speed of sound in the upper atmosphere - or about 6,200 km per hour (3,850 mph). This is slower than an intercontinental ballistic missile, but the shape of a hypersonic glide vehicle allows it to maneuver toward a target or away from defenses. Combining a glide vehicle with a missile that can launch it partially into orbit - a so-called fractional orbital bombardment system (FOBS) - could strip adversaries of reaction time and traditional defense mechanisms.

Intercontinental ballistic missiles (ICBMs), by contrast, carry nuclear warheads on ballistic trajectories that travel into space but never reach orbit. Both the U.S. and USSR studied FOBS during the Cold War, and the USSR deployed such a system starting in the 1970s. It was removed from service by the mid-80s. Submarine-launched ballistic missiles had many of the advantages of FOBS - reducing detection times and making it impossible to know where a strike would come from - and were seen as less destabilizing than FOBS.

WHO LEADS THE RACE

- In July, Russia successfully tested a Tsirkon (Zircon) hypersonic cruise missile, which President Vladimir Putin touted as part of a new generation of missile systems. Moscow also tested the weapon from a submarine for the first time.
- The United States said in late September that it had tested an air-breathing hypersonic weapon - meaning it sustain flight on its own through the atmosphere like a cruise missile - marking the first successful test of that class of weapon since 2013.

- Days after the U.S. announcement, North Korea fired a newly developed hypersonic missile, calling it a "strategic weapon" that boosted its defence capabilities, though some South Korean analysts described the test as a failure.

WHY IT MATTERS

The recent tests are the moves in a dangerous arms race in which smaller Asian nations are striving to develop advanced long-range missiles, alongside major military powers. Hypersonic weapons, and FOBS, could be a concern as they can potentially evade missile shields and early warning systems. Some experts cautioned against hype surrounding missiles such as the one China tested in July or August.

"China already has ~100 nuclear-armed ICBMs that can strike the U.S.," said Jeffrey Lewis, a missile specialist at the U.S.-based James Martin Center for Nonproliferation Studies, responding to the FT report on Twitter. "Although the glider is a nice touch ... this is an old concept that is newly relevant as a way to defeat missile defenses."

U.S. experts say the test of a Chinese space-based hypersonic missile is unlikely to trigger an arms race, but could influence the White House and Defense Department's effort to shape new missile defense and nuclear posture strategies. Patty-Jane Geller, a policy analyst for nuclear deterrence and missile defense at the Heritage Foundation, told Defense News the implications could be significant. Even though China isn't necessarily explicitly developing a doctrine on preemptive strike, the test suggests it's thinking about the possibility given that it's experimenting with a capability that can evade early warning radars.

Ankit Panda, a senior fellow in the nuclear policy program at the Carnegie Endowment for International Peace said this doesn't fundamentally upend strategic stability or

deterrence. He told Defense News. "Americans don't like it, but the way that the deterrence is most stable is if each side is vulnerable to the other." It's natural to want to avoid vulnerability to attack, Panda said, and so the U.S., Russia and China all invest in offensive and defensive missile capability.

"Our existing missile defenses are, I think, poor enough that China should really have no concern about their ability to penetrate using ballistic missiles," he said. "They don't need this capability.... But, if the U.S. successfully delivers a more robust homeland missile defense and early warning detection capability through programs like the Next-Generation Interceptor and other layered homeland defense technologies, "deterrence is a lot shakier if you are sitting in Moscow or Beijing."

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

November

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Operation Rolling Thunder ends (1968)	2 Election Day VVA National Convention	3 VVA National Convention	4 VVA 535 VVA National Convention	5 VVA National Convention	6 VVA National Convention
7 Daylight Savings Time Ends	8	9	10 Marine Corps Birthday (1775)	11 Signing of WW I Armistice (1918) Veterans Day	12	13 VFW Post 84 Hoe Down for Heroes
14 Battle of Ia Drang begins (1965)	15	16	17	18	19	20
21 Grenada Campaign Ended (1983)	22	23	24	25 Thanksgiving Day	26	27
28 First Sunday of Advent Hanukkah Begins at sundown	29	30				

December

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 VVA 535 Christmas Dinner	3	4
5 Victorian Christmas	6	7 Pearl Harbor Remembrance Day	8 War Declared on Japan (1941) Victorian Christmas	9	10 Human Rights Day	11 Germany and Italy Declared War on U.S. (1941)
12 Victorian Christmas	13	14	15 Iraq War Ended (2011) Bill of Rights Day Victorian Christmas	16 Victorian Christmas	17	18 Wreaths Across America
19 Victorian Christmas	20 Panama Campaign began (1989)	21 Winter begins	22	23	24	25 Christmas Day
26 Kwanzaa	27	28	29	30	31 New Year's Eve Official end of WW II (1946) Kosovo Campaign Ended (2013)	

--	--	--	--	--	--	--

January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3	4	5	6 VVA 535	7	8 ?
9	10	11	12	13	14	15
16	17 Martin Luther King Jr. Day Persian Gulf War began (1991)	18	19	20	21 Battle of Khe San began (1968)	22
23	24	25	26	27 Paris Peace Accords signed (1973)	28	29
30 Tet Offensive began (1968)	31					

February

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Groundhog Day	3 VVA-535 Board & General Meeting	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Presidents' Day	22	23 Flag raised on Iwo Jima 1945	24	25	26
27	28 Persian Gulf War ceasefire 1991					