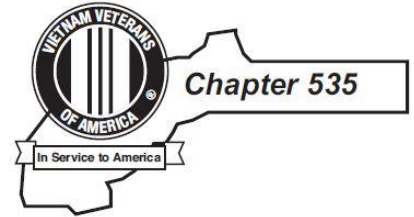




# INCOMING

VIETNAM VETERANS OF AMERICA  
**CHAPTER 535**



Website: [www.vva535.org](http://www.vva535.org)

Volume 32 Issue 2

February 2022

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## VIETNAM VETERANS OF AMERICA CHAPTER 535 PRESIDENT'S MESSAGE February 2022

I hope all of you got through the storm without too much damage. I had minimal damage to some small trees and waist high snow. I have not heard anything from Cal-Trans as of yet regarding our signage on the bridge. I suspect our sign crew is up on the summit. I am receiving a lot of input regarding a ceremony at the Vietnam Veterans Memorial Bridge. We should have a lively discussion at our February meeting. Our VSO David West is working on a project scheduled for October. He will need our support financially and physically. I have not heard of any restrictions imposed upon us by the county regarding meeting in person so we are moving forward as normal. We need to start thinking about new officers for 2022. Elections are in April. If anyone is interested in serving in any capacity for the Chapter please let it be known. This is going to be a very busy year for me serving on the fire board. I probably will not have enough time to commit to the Chapter. That is all folks! See you at our February 3 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 February 3, 2022

Unknown at this juncture.

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**Upcoming Events**

- NCCVC Meeting – February 3, 2022
- VVA General Meeting – February 3, 2022
- VVA General Meeting – March 3, 2022
- Vietnam Veterans Day – March 29, 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 Vasquez .....530-575-4416
- Ray James .....530-478-1126
- Dave Johnson .....530-887-8297
- Dave Middleton .....530-205-9375
- Ric Sheridan .....530-274-1413
- Corbin Smith ..... 916-833-7860
- Mel Williams .....1-707-391-7692

**Committee Chairs**

- Finance .....Ralph Remick & Dave Johnson
- Parade and Honor Guard ..... Dick Corn
- Membership Affairs .....Ric 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**

David West II  
Nevada County Veterans Service Officer  
988 McCourtney Rd.  
Grass Valley, CA 95949  
[David.West@co.nevada.ca.us](mailto:David.West@co.nevada.ca.us)  
(530) 265-1446 (Office)  
(530) 913-5046 (Cellphone)

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  
January 6, 2022**

No minutes. Meeting cancelled due to weather  
and road conditions and pandemic  
considerations.

**Guest Speaker for February 3, 2022**

Unknown at this time.

### Lt. Henry Fonda, U.S. Navy (1942-1946)



Lt. Henry Fonda, of the US Navy between 1942 and 1946, interrupted a prominent career as a film actor in order to serve his country when it needed him most. Fonda's commanding screen presence made him a favorite of theatergoers for five decades, culminating in an Oscar for his final performance.

### Henry Fonda's Stage Beginnings

Born in Grand Island, Nebraska, in 1905, Fonda was the son of a printer. Raised in Omaha, he witnessed and was profoundly affected by the horrors of the Omaha race riot of 1919. After high school he attended the University of Minnesota, but did not graduate. At the age of 20 he joined the Omaha Community Playhouse. He grew to be fascinated by the stage and learned many aspects of stagecraft, eventually growing to enjoy acting as taking on a role and speaking someone else's words gave him respite from his shy personality.

In 1928 he moved to Massachusetts and met his future wife Margaret Sullivan while working for the University Players, a theater troupe. They married in 1931 and moved to New York City, Though the marriage only lasted two years, it was here that Fonda would meet and become lifelong friends with James Stewart. They lived together and honed their dramatic skills on Broadway, barely keeping the wolf from the door. In 1934, his acting career took a turn for the better, when he was the leading man in the Broadway production of The Farmer Takes A Wife. The next year, he was tapped to star in the Hollywood adaptation opposite Academy Award-winning actress Janet Gaynor.

### From the Golden Age of Hollywood to the Bronze Star

Stewart moved with him to Hollywood, where they found money much easier to come by. He landed one lead role after another, I Dream Too Much (1935), The Trail of the Lonesome Pine (1936), The Moon's Our Home (1936, in which he starred with his ex-wife Margaret), and You Only Live Once (1937). These and other successes led to his casting in what many consider his finest work, The Grapes of Wrath (1940), based on John Steinbeck's work from the previous year. For his depiction of Tom Joad, Fonda was Academy Award nominated. Fonda also remarried in 1936, to the socialite Frances Ford Seymour. They had two children, Jane (born in 1937) and Peter (1940), to go with Frances de Villers, Frances' daughter with her deceased first husband.

### The WWII Service of Henry Fonda



Fonda's career was going from strength to strength. He had worked with James Stewart to fundraise for Britain's defense. Yet, he was dissatisfied with the idea of acting while America went to war. He enlisted in the Navy during World War II, initially serving as a Quartermaster 3rd Class on the destroyer USS Satterlee. However, he later applied to become an officer and, thanks to his age, was commissioned as a Lieutenant Junior Grade in Air Combat Intelligence. Fonda proved worthy of his commission, and was awarded the Bronze Star Medal in 1945 for his untiring energy in repelling Japanese forces, helping to plan and execute air operations to neutralize hostile installations on nearby atolls and islands. Fonda contributed to the conditions which made possible the strategic bombings of the Japanese mainland by B-29 bombers, including the nuclear strikes on Hiroshima and Nagasaki which ended the war. After being discharged from active duty, Fonda served in the Naval Reserve.

#### **After Henry Fonda's Military Career**

Fonda was not terribly keen on acclimatizing to Hollywood after his service. He fulfilled his contractual obligations to Twentieth Century Fox from before the war, then returned to Broadway. There he won a Tony Award for his depiction of the title role in Mister Roberts, a play about a junior officer of an American ship in the South West Pacific Theater. Fonda revived his theatrical career, and requested a divorce from Frances, who committed herself to a

sanitarium in 1950 and killed herself shortly after. Fonda married his young mistress Susan Blanchard that same year, with whom he would later adopt a daughter, Amy. He would not return to the silver screen until 1955, when John Ford revived his film career by casting him in the Hollywood adaptation of the play. After starring opposite Audrey Hepburn in War and Peace (1956) and working with Alfred Hitchcock on The Wrong Man (1956), Fonda divorced Susan and turned to producing and starring in the adaptation of the teleplay 12 Angry Men, which was released in 1957. The film is on many critics' greatest hits lists and has been preserved in the Library of Congress for being 'culturally, historically, or aesthetically significant'. While working on War and Peace, Hepburn introduced Fonda to the woman who would become his fourth wife, the 25-year old Italian baroness Afdera Franchetti, in 1957. They would divorce four years later.

#### **Henry Fonda's Silver Years**



In the 1960s, Fonda played a number of roles in Westerns and war epics. The Longest Day (1962), Battle of the Bulge (1965), and In Harm's Way (1965) among them. He also married for the final time, tying the knot with Shirlee Mae Adams in 1965. He appeared against type as the villain in Once Upon a Time in the West (1968). Fonda was slowing down at this point, and was also taking more of an interest in television roles. During the 70s, Fonda took an interest in stage work, but was advised by his doctors to wind down his theater career due to his failing health. Fonda was battling prostate cancer at the time. However, he still found time for roles in features such

as *The Cheyenne Social Club* (1970), and the made-for-TV historical drama *Collision Course: Truman vs. MacArthur* (1976), in which he depicted General Douglas MacArthur. Though he was taking longer breaks between filming, Fonda found time to appear alongside his son Peter, who was starring in *Wanda Nevada* (1979).

Fonda's final film role was *On Golden Pond* (1981), an adaptation of an Ernest Thompson play. The rights were purchased by his daughter Jane, so that they could work on the film together. They played father and daughter in a strained relationship that closely mirrored their real life situation. The film was an unexpected blockbuster, making \$120 million dollars and earning 10 Academy Award nominations. Fonda won his first Oscar, also receiving a Lifetime Achievement Award that year. Sadly, Henry was too ill to attend the ceremony, and the award was accepted by Jane.

In August 1982, Fonda died in his LA home from heart disease. He is remembered as a screen legend and an award-winning actor, but *Together We Served* also seeks to recognize his service to his country during the Second World War.

## **Defendant Who Stole Veteran and Social Security Benefits Sentenced to Federal Prison**

**Department of Justice**  
U.S. Attorney's Office  
Southern District of Florida  
January 19, 2022

Miami, Florida – A 27-year-old Georgia man who redirected the benefits of veterans and Social Security Administration beneficiaries to accounts that his co-conspirators set up and controlled has been sentenced to 78 months in federal prison, to be followed by five years of supervised release. The defendant was also

ordered to pay more than \$1.3 million in restitution to his victims.

Defendant Jamare Mason was a member of a conspiracy that obtained the personal information (including names, dates of birth and Social Security numbers) of disabled veterans and Social Security beneficiaries. The conspirators used this information to fraudulently open bank accounts and prepaid debit cards in the victims' names. They also forged documents in the victims' names that directed the U.S. Department of Veterans Affairs and the Social Security Administration to deposit benefit payments into those fraudulent accounts, instead of the victims' legitimate bank accounts.

Mason, together with other co-conspirators, withdrew these funds from ATMs and banks throughout South Florida and Georgia for their own personal use. Much of the funds were ultimately funneled to the architects of the scheme in Jamaica.

Over the course of five years, from 2012 to 2017, members of the conspiracy attempted to redirect over \$1.8 million in benefits from more than a hundred disabled veterans and Social Security beneficiaries. Although several of these attempts were blocked, the defendants' scheme resulted in the actual loss of over \$1 million, money that was diverted from disabled veterans and Social Security beneficiaries. In each instance, the federal government reimbursed these victims for the full amounts of their stolen benefits.

In November 2021, Mason pled guilty to conspiring to commit bank and wire fraud. U.S. District Judge Raag Singhal, who sits in Ft. Lauderdale, imposed Mason's sentence.

U.S. Attorney for the Southern District of Florida Juan Antonio Gonzalez; Special Agent in Charge David Spilker of the Department of Veterans Affairs, Office of Inspector General's (VA-OIG) Southeast Field; Special Agent in Charge Rodregas W. Owens, Social Security Administration Office of the Inspector General (SSA-OIG); and Inspector in Charge Tommy D.

Coke, U.S. Postal Inspection Service (USPIS), Atlanta Division made the announcement.

U.S. Attorney Juan Antonio Gonzalez commended the investigative efforts of the Transnational Elder Fraud Strike Force, including our partners at the Department of Veterans Affairs' Office of the Inspector General, United States Postal Inspection Service, Homeland Security Investigations, and the Social Security Administration's Office of the Inspector General.

The case was prosecuted by Assistant U.S. Attorneys Lois Foster-Steers and Sajjad Matin. Assistant U.S. Attorney Annika Miranda is handling asset forfeiture.

Combatting elder abuse and financial fraud targeted at seniors is a key priority of the Department of Justice. The mission of the Department's Elder Justice Initiative is to support and coordinate the Department's enforcement and programmatic efforts to combat elder abuse, neglect and financial fraud and scams that target our nation's seniors. To learn more visit <https://www.justice.gov/elderjustice>. The public is encouraged to report their victimization and suspected fraud schemes. To find the right reporting agency visit <https://www.justice.gov/elderjustice/roadmap> or call the victim connect hotline at [1-855-484-2846](tel:1-855-484-2846).

Related court documents and information may be found on the website of the District Court for the Southern District of Florida at [www.flsd.uscourts.gov](http://www.flsd.uscourts.gov) or at <http://pacer.flsd.uscourts.gov>, under case number 19-cr-60313.

### **Get Ready for Computer Assisted Shooting with the Army's new optic**

Army Times, Jan. 19, Todd South

How soldiers see their downrange target, from basic grunt to advanced sniper, is about to go high-tech. The Army recently announced its selection of Vortex Optics/Sheltered Wings as

the producer of its Next Generation Squad Weapon Fire Control on a \$2.7 billion, 10-year contract for 250,000 devices.

Traditional optics essentially just magnify the sight picture for the shooter and provide a reticle to align a sight to the target for better accuracy than what iron sights can provide.

But the new NGSW Fire Control mimics in some ways what's been available to gunners on ground vehicle platforms such as the Abrams tank, Stryker and Bradley Fighting Vehicle for decades — computer-assisted shooting. That's one reason the NGSW Fire Control will eventually replace the close combat optic, rifle combat optic and machine gun optic within the close combat fighting force. That force is primarily special operations, infantry and immediate infantry support such as scouts and combat engineers.

This year, the Army is also expected to select a Next Generation Squad Weapon prototype to replace the M4, M16 and M249 Squad Automatic Weapon.

The NGSW will fire a never-before-seen cartridge — a government-developed 6.8 mm round. That round falls into what engineers call the "intermediate caliber" range. It's noticeably larger than the 5.56 mm in squad weaponry but only slightly smaller than the heavier 7.62 mm used for medium machine guns such as the M240 at the platoon level.

But, according to Army experts, the 6.8 mm outperforms both existing rounds for range, accuracy and lethality while coming in at a lighter weight than the 7.62 mm.

While the new weapon will be built around that round, the new fire control is platform agnostic.

Matt Walker, a retired Army command sergeant major and career Ranger now with the Army's Cross Functional Team-Soldier Lethality, told Army Times that the ballistics computer inside of the NGSW Fire Control allows it to be used

with just about any existing individual or crew served weapon. And thanks to software upgrades and data changes, new caliber combinations could be added in the future. “We put just about every ballistic calculation you could put into it,” Walker said. The Army expects future shooting engagements to take place over great distances. Studies showed that 5.56 mm rounds were less than effective at standard fighting distances in the mountains of Afghanistan, for instance.

Developers determined what the round needed to do on target and then worked backwards from there to the platform that would need to launch that projectile, Walker said. “And obviously, if you don’t hit the target you get none of the effects that we just described,” Walker said.

So, other than the shooter, the NGSW Fire Control is in some ways the most important part of getting that round on target.

The NGSW Fire Control will contain the following features in one device:

- Variable magnification optic
- Backup etched reticle
- Laser rangefinder
- Ballistic calculator
- Atmospheric sensor suite
- Compass
- Intra-soldier wireless
- Visible and infrared aiming lasers
- Digital display overlay

The wireless feature should allow it to connect with another soldier device under development, the Integrated Visual Augmentation System, a kind of “do-it-all” goggle that is going through testing and evaluation this year.

The IVAS features augmented reality capabilities based on the Microsoft HoloLens virtual reality goggle. The ruggedized version for military use will eventually include a Rapid Target Acquisition software that allows shooters to toggle through displays, seeing a camera view from the goggle, from the weapon

sight and a picture-in-picture to see both.

The goggle also allows users to see through dust, smoke and other obscurants, use a thermal view and use navigation headings, wayfinding points and other situational awareness tools, such as wireless drone feed footage, in real-time.

But even without the goggle, the NGSW Fire Control can use the rapid target acquisition feature to better lock onto targets. An in-line thermal sight can be added in front of the device to give thermal options as well.

The user won’t even have to remove the fire control to mount the thermal, which is the case with some optics now.

The host of capabilities inside of the device might seem overwhelming to a new infantry soldier or Marine. But the device can be tailored to the needs of each individual user, Walker said. “We’re not going to do away with training, the most important thing we can do with our soldiers is train them to be effective,” Walker added.

That means soldiers are still going to be spending plenty of trigger time on iron sights, basic optics and shooting the M4 carbine before they shoulder the NGSW and use its space-age fire control.

While the fire control does many things not previously seen in one package, one hurdle that remains is windage — how the wind affects the round’s trajectory downrange.

Troops can simply eyeball flags or windsocks on known distance ranges and adjust fire to hit the target, but the means to do that using technology is still too large to fit atop an individual weapon, Walker said.

Maj. Wyatt Ottmar, also with CFT-SL, told Army Times that a total of 1,000 soldiers with 101st Airborne Division, 10th Mountain Division and 82nd Airborne Division ran through 25,000 hours of evaluating the entire NGSW program, to include the fire control, as it progressed

through development.

The Army is also in the midst of a Platoon Arms Ammunition Configuration study that is likely to determine what will replace the M240 medium machine gun, potentially a counter-defilade weapon and other platoon-level firepower decisions. More to follow on that one.

The Army is currently formulating the fielding plan for the NGSW Fire Control, which will include what unit will be the first equipped. But Walker did share that while the fire control will eventually reach the schoolhouses for infantry, scouts and engineers, it is first going to the operational force.

### **Troops, bureaucrats will sub for sick teachers in New Mexico**

The Associated Press, Jan. 19, Morgan Lee

New Mexico is asking National Guard troops and state bureaucrats to volunteer to serve as substitute teachers as preschools and K-12 public schools struggle to keep classrooms open amid surging COVID-19 infections.

Democratic Gov. Michelle Lujan Grisham announced Wednesday the unprecedented effort to reopen classrooms in the capital city of Santa Fe and shore up staffing across the state. Her administration says school districts and preschools are seeking as many as 800 substitute teachers and day care workers for shifts ranging from one classroom period to the entire day.

New Mexico has been struggling for years to recruit and retain educators, leaving teaching routinely to long-term substitutes who do not have teaching credentials.

A surge in infections linked to the omicron variant among school staff and teachers prompted a weeklong switch to remote classes at Santa Fe Public Schools that could end as soon as Monday.

State public education officials say volunteers

from the National Guard and state agencies can qualify for substitute teaching with as little as two hours of training and a two-step background check. School districts will decide whether military personnel appear in uniform or casual dress.

The recruiting program seeks volunteers from a pool of 16,000 state workers and 4,000 troops.

### **Military Uniform Flag The Real Reason Why it is Backwards on Uniforms**

The Veterans Site | Matthew Russell | December 2021



For over 230 years, whenever our troops have marched, sailed, flown, swam, or paraded into battle, the American flag has been there. Between the Mexican and Civil Wars, it was carried out front by a flag bearer. In later conflicts, the standard was converted into a patch worn on the service member's right shoulder. And it's always "backwards." Most Americans see the flag every day, flying outside government buildings, schools, and other institutions. We saluted it in - 55 - primary school, and we know what it looks like. The blue field of white stars is in the top left corner, with red and white stripes making up the rest of the right and bottom.

So, did someone make a mistake on these uniforms? Actually, the flag patch is worn backwards to give others the same impression it did when it was first carried into battle. The momentum of the flag bearer would leave the flag streaming behind, appearing backwards to enemies, or anyone else close enough to catch a glimpse. According to Army Regulation 670-1: "The American flag patch is to be worn, right or



left shoulder, so that the star field faces forward, or to the flag's own right. When worn in this manner, the flag is facing to the observer's right, and gives the effect of the flag flying in the breeze as the wearer moves forward."

This feature is unique to U.S. military uniforms. No other country in the world maintains this symbolic standard. The next time you see an American service member in uniform, show them your gratitude, and take pride in the fact that the flag is always on the advance, never retreating.

### **Food Cures Update**

#### **What to Eat When You're Feeling Bad**

Cheapism | Mary Shustack | December 9, 2021

Chicken soup may be the ultimate comfort food when you're not feeling well, but there's plenty more to turn to when you're sick. Following is a pairing of 13 more recommended foods and drinks with common ailments and conditions to help get you on the proverbial road to recovery:

#### Soda for Dizziness

Feeling dizzy? The sugar jolt from soda can help. According to Livestrong, "When blood sugar drops dramatically, it may cause sudden, intense dizziness. Though such drops can affect most anyone, they are a common complication of diabetes and diabetes treatment. In addition to regular blood glucose monitoring and an overall healthy, doctor-approved diet, the American Diabetes Association (ADA) recommends a snack containing 15 to 20 grams of carbohydrates as a means of remedying sudden blood sugar decline. Try four ounces of "regular" (sugared) soda, pure fruit juice, unsweetened raisins, or other dried fruits.

#### Beef for Anemia

Those suffering from anemia can experience fatigue, skin pallor, shortness of breath and a fast heartbeat. Cleveland Clinic Health Essentials offers a long list of options for an iron-rich diet

to combat the symptoms, since, "Our bodies need iron to grow and develop. Iron can also help prevent anemia and protect your body from infection." Beef and other proteins top the list; for those who don't eat meat, you might want to try tuna, sardines, lentils, figs, or dates.

#### Berries for High Blood Pressure

Everyone knows a low-sodium diet is key to treating high blood pressure. There are also a number of other foods that Healthline says are part of a "heart-healthy diet" to help you combat the condition. "Berries have been associated with a variety of impressive health benefits, including their potential to reduce heart disease risk factors like high blood pressure." That means you can snack away on blueberries, raspberries, strawberries and more.

#### Salmon for Diabetes

If you struggle with diabetes and regulating your blood sugar, there is a whole regime to be followed. Salmon, WebMD notes, is a good choice as both a protein (one of the recommended fish and seafood options) and as a source of omega-3 fatty acids.

#### Almonds for High Cholesterol

Those who want or need to lower their cholesterol have a number of dietary options that will aid the cause. As Harvard Health reports, one of those options is nuts. "A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating two ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways."

#### Low-Fat and Skim Milk for Menopause Discomfort

Women going through menopause can have a variety of health complaints, but The Checkup notes that changes in diet can help ease

discomfort during this transition. Lower estrogen levels can also impact metabolism, leading to weight gain. The plan? Count calories, but also eat more dairy products (low-fat or fat-free choices will complement the calorie counting) for optimal bone health.

#### Green Tea for Arthritis

Those who struggle with arthritis know how challenging it can be. Along with the use of medications, a proper diet can curb the inflammatory responses from the body that cause pain. Eating the right foods also helps you maintain a healthy weight, helps reduce knee and hip issues. Among the recommendations from Penn Medicine is drinking green tea: “This mild-mannered drink contains a natural antioxidant called epigallocatechin-3-gallate (EGCG). This ingredient has been shown to stop the production of certain inflammatory chemicals in the body, including those involved in arthritis.”

#### Dark Chocolate for Brain Fog

Some days we simply feel a bit off. As Clean Eating reports, “Brain fog brings on symptoms like memory issues, a lack of mental clarity and difficulty focusing.” In addition to fine-tuning of your diet, try eating some dark chocolate and other cocoa-based foods. They’re rich in flavonoids, which aid proper body functioning.

#### Tomatoes for Asthma

Those who deal with asthma know it can be a scary condition. An attack is what you definitely want to avoid, and studies have shown that certain foods can help. As WebMD reports, foods made with tomatoes seem to help. “Scientists think it may be the lycopene that helps most, but more research is needed. Some studies show they can keep you breathing better over the long term.”

#### Whole Foods for Surgery Recovery

While every surgery and its after-effects will be different, there is one thing to keep in mind, according to VeryWellHealth: “One of the best things you can do to improve your nutritional status when you are recovering from surgery is to focus on whole foods.” Translation: an orange instead of orange juice, a baked potato instead of fries, and chicken breast instead of chicken nuggets.

#### Cherries for Sleepiness

Those who are not getting the sleep they need are not only cranky but can have health issues that go beyond sleepiness. The Sleep Foundation has compiled a list of foods and beverages that just might make it easier to get “a great night’s sleep” and shares that several studies have shown that tart cherries, also known as sour cherries, offer sleep benefits. “Tart cherries have been found to - 80 - have above-average concentrations of melatonin, which is a hormone that helps regulate circadian rhythm and promote healthy sleep. Tart cherries may also have an antioxidant effect.”

#### Water for Tiredness

If you’re constantly tired — and who isn’t these days? — you might want to know that you can perk things up a bit by drinking more water. As Healthline reports, “Drinking water is essential for optimal functioning of the body. Although water doesn’t provide energy in the form of calories, it helps facilitate the energetic processes in the body, which is an energy boost in itself.” Swap soda, coffee, and other drinks for a cool glass of water.

#### Avocados for Hangovers

If your “under-the-weather” feeling is actually a hangover, there are foods you can eat to help you recover from that one drink too many. There’s a reason avocado toast is found on nearly every brunch menu these days—avocado is packed with potassium, which

combats dizziness and muscle weakness, as well as B6 to replenish lost vitamins and fiber to move toxins out of your body.

### **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](mailto: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

# January

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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	31					

Tet Offensive began (1968)						
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# 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					

# March

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Ash Wednesday	3 VVA-535 Board & General Meeting	4	5
6	7	8	9	10	11	12
13 Daylight Saving Time begins	14	15	16	17 St. Patrick's Day	18	19 Operation Iraqi Freedom began, 2003
20 Spring begins	21	22	23	24	25	26
27	28	29 Vietnam Veterans Day	30	31		