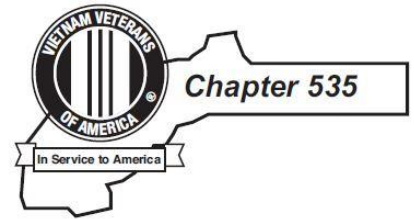




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



Website: www.vva535.org

Volume 32 Issue 3

March 2022

VIETNAM VETERANS OF AMERICA CHAPTER 535 PRESIDENT'S MESSAGE March 2022

I would like to present the slate of officers for this year. Dave Chaix, President, Keith Grueneberg, Vice-President, Bart Ruud, Secretary, and Ralph Remick, Treasurer. We will be voting for this group at our April general membership meeting. Thank you for stepping up to take a leadership role in our organization. There will be a Vietnam Veterans luncheon on March 29, at 1130 hours, at Trailblazers in Grass Valley. The restaurant is located at the entrance to Alta Sierra subdivision. This month Enrique Vasquez is going to bring a small sample of Indian Tacos to the meeting for us to try. Also Enrique has requested if any of us has fabric egg cartons, please bring them to the meeting. A friend of his makes fire starters out of them. (no plastic please). I have been working on the dedication ceremony for March 29. Not having much success due to waiting on a confirmation from Cal-Trans regarding the sign placement and Assembly member Dahle's attendance. I am not sure what is going on in the

Assembly member's office but her staff is not getting back to me. I have given her a deadline of February 25 to get back to me; I have been trying since February 2nd to get her on the schedule. We may have to postpone the dedication until this summer. Many thanks to Dave Chaix for covering the cost of the Vietnam Veterans signs at the bridge. Also, thanks go out to Bart Ruud for covering the cost of comedy night in October as requested by our VSO. We have an outstanding group of people in our organization. Thanks for reading. See you on March 3rd.

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 March 3, 2022

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. 3 Matters of Interest
- Pg. 3 Local VA Hearing Aid Assistance
- Pg. 4 Rosie the Riveter
- Pg. 6 Metal Helmets
- Pg. 7 Drone Defense
- Pg. 9 Gastritis
- Pg. 12 Writing Your Story
- Pg. 13 VVA Application
- Pg. 14 Calendars

Upcoming Events

- NCCVC Meeting – March 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 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

- Finance ...Ralph Remick & Dave Johnson
- Parade and Honor Guard Dick Corn
- Membership AffairsRic Sheridan
- Newsletter Interim Editor Bart Ruud
- Victorian Christmas Cancelled for 2021
- 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
(530) 265-1446 (Office)
(530) 913-5046 (Cellphone)

“Walk-In” opportunities are available M – F.

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. The
Auburn office, at 11562 B Avenue, Auburn, CA 95603, is now
open every Tuesday 8:00am-12:00pm and 1:00pm-5:00pm.
The Carnelian Bay office, at 5252 N Lake Blvd, Carnelian Bay,

CA 96140, is now open every 3rd Monday (excluding Holidays)
9:30am-12:00pm and 1:00pm-3:00pm.

**Matters of Interest as outlined at
Meeting of
February 3, 2022**

VVA 535 voted to participate in a chili cookoff on July 4th or some other date yet to be determined.

With President Keith's leadership, the naming of the Vietnam Veterans Memorial Bridge project has been approved. A date for the ceremonial opening is not yet on the books but there is hope for March 29, 2022, Vietnam Veterans Day. CalTrans has been paid the requested \$1,799.44 for the signage.

David West, our Nevada County VSO presented a wealth of information as reported in the minutes of our Feb. 3rd meeting.

The California Association of VSOs Conference will be held in October 2022 at the Gold Miner Inn. The date is yet to be determined. VVA 535 is sponsoring a comedy show on one evening of the conference.

Four applications for the Harold K. Graves Memorial Scholarship have been received. The Scholarship Committee will forward the name of its selectee to the Nevada Union High School by April 1, 2022.

Guest Speaker for March 3, 2022

Unknown at this time. Very likely no guest speaker as we will close nominations for 2022-2023 Officers and Directors and will hold elections. New Officers and Directors will be installed at our April

2022 meeting. So far, we have the following:

President: David M. Chaix
Vice-President: Keith Grueneberg
Secretary: Bart Ruud
Treasurer: Ralph Remick
Directors: Not yet available for posting

**Nevada County Veterans Need Hearing
Aids? Auburn VA OPC Opens New
Audiology Clinic**

In the fall of 2020, the VA informed the veterans of Nevada County that our medical provider would change from the Reno VA Medical Center to our current provider at the Mather VA Medical Center. When this change was made it was promised that this would be a great benefit to the Auburn VA Outpatient Clinic (OPC), that is located off Bell Rd. This change benefited our local veteran community because the Mather VAMC can more fully support the services available at the Auburn OPC, increasing the quantity, quality, and accessibility of services in our area.

Recently, the Auburn VA OPC announced the opening of a new audiology clinic that increases veterans' access to hearing health care, reduces travel distances for veterans who do not want to travel to Sacramento, reduces the stress of navigating Mather's medical center, provides support for veterans' caregivers, reduces the amount of time a veteran or caregiver needs to take for appointment travel, promotes immediate and convenient access to a specialist, and increases patient satisfaction.

This new clinic uses technology called tele-audiology, which connects a veteran

with an audiologist who is working remotely. This technology allows for the veteran to receive accurate hearing tests, assists with fittings of hearing aids, hearing aid follow-ups, and same day care for veterans who walk-in for hearing aid repairs or other needs. If you are interested in scheduling an appointment with the Auburn VA OPC's new audiology clinic, please reach out to us and we can assist you with applying for VA healthcare. The clinic can be contacted directly at (530) 889-4930.

Additionally, Tera Ireland, Veterans Services Representative of the Nevada County Veterans Services Office (NCVSO), assists veterans file claims for compensation or pension benefits from the Auburn OPC on a bi-weekly basis. This is yet another attempt by your NCVSO to meet our veterans where they are at and in places that they are most comfortable. If you would like to schedule an appointment with Tera when you have your next appointment at the Auburn OPC, you can contact her at: tera.ireland@co.nevada.ca.us or at (530) 265-1490.

Last, the NCVSO previously hosted walk-in Thursdays that allowed veterans without appointments to receive same day service. The NCVSO is now proud to announce that every day is now walk-in day! We will have a staff member dedicated to assisting walk-ins each day of the week to ensure that every veteran receives the highest quality and immediate services when entering our office. We will continue to evaluate how we offer our services and how we can make access to our services even easier for our veterans. But don't worry, there will still be donuts on Thursdays!

Next week, the NCVSO will be releasing its second "All Veterans of Nevada County" survey that we will use to gauge our progress from last year in these areas and obtain suggestions from each of you to ensure that we are meeting our community's expectations and continually improving. The information we collected last year was instrumental in our efforts of reducing veterans homeless to functional zero, diversifying our services, and making our lobby area a more welcoming place for our veterans. This is an opportunity for our veteran community to provide input on our areas of focus as we develop our strategic planning for the next fiscal year.

David West is the Nevada County Veterans Service Officer. Reach him at (530) 265-1446 or david.west@co.nevada.ca.us. The Nevada County Veteran's Services Office, 988 McCourtney Rd, Grass Valley, CA, is open from 8 a.m. to 5 p.m. Monday through Friday.

Rosie The Riveter World War II Home Front

By Douglas Love, Grand Trustee, Napa Parlor #62,
Native Sons of the Golden West

World War Two is the event which changed the World, the United States and California forever. Before the War, California was, and in many places still is, an agricultural powerhouse; but the War made the Golden State an industrial one as well. As recently as 2018, manufacturing accounted for 10.67% of the state's economic output worth \$316.76 billion dollars. As early as the 1850s, there was manufacturing in California, but it was the need for war

material that accounted for the rapid expansion of the industrial sector of the state's economy. With this growth came the need for workers, and millions came to the shipyards, factories, and manufacturing plants located in California, leaving a legacy of demographic diversity which exists today.

Bay Area Transformed

The San Francisco Bay Area was transformed, seemingly overnight. Thousands of workers flooded the area filling jobs in the shipyards and factories which ran twenty-four hours a day, seven days a week to meet the demands of the government for war material. One of the towns most heavily affected was Richmond. In 1930, Ford built a 500,000 square foot assembly plant in Richmond, which became the largest assembly plant built on the West Coast at that time. Production at the plant began in 1931 and Ford became the third largest employer in Richmond after Standard Oil and the Santa Fe Railroad. With the United States entry into World War Two, the Office of War Production issued an order that as of February 2, 1942 all production of civilian automobiles and light trucks would end for the duration of the war. In 1940, Henry J. Kaiser established the first of his four shipyards in Richmond which again provided employment for the citizens of Richmond and the surrounding area.

During the war, the Ford Assembly plant became the "Richmond tank depot", one of only three in the country, and 49,359 jeeps and 90,000 other vehicles were assembled there. The Kaiser Richmond shipyards produced 747 Liberty ships. After the war, the shipyards were shut down; however, the changes made to

Richmond were permanent. Kaiser and others needed workers for their plants so they recruited African-Americans and women to work as many of their male and Caucasian workers went into military service. Housing was built for the influx of new workers and cities boomed.



Kaiser set up a health care system for his workers that became Kaiser Permanente Health Care, one of the country's largest HMOs.

"Rosie the Riveter" Honored

The Ford Assembly Plant still stands and has been repurposed. In the oil building of the plant is the Rosie The Riveter/WWII Home Front National Historical Park Visitor Center. In the Visitor Center is a small museum dedicated to the role of women in war production and how World War Two resulted in huge demographic shifts in the country and in the Bay Area. The park itself consists of twenty-three sites, buildings and markers which tell the story and legacy of the war effort in the Bay Area and beyond.

From the large-scale employment of women and African-Americans, which led to the women's rights and civil rights

movements of the 1950s to today to the sacrifices that the people at home made to support the war effort, to the institutions which were started during the war and continue today, the park does preserve and present the transformation of California and the country as a whole.

Highlights of the park include the Ford Assembly Plant, which today houses several businesses including Mountain Hardware, the Rosie The Riveter Memorial located in Marina Bay Park on land that was the former Richmond Shipyard #2, two former wartime housing developments, Atchison and Nystrom Villages, the Nystrom School, the SS *Red Oak Victory*, the Cafeteria, Riggers Loft and the General Warehouse.

GETTING THERE: From 414 Mason Street, take I-80 East toward Sacramento. From I-80 East, take exit 13B, on the right, for I-580 West toward Richmond/San Rafael. From I-580 West take exit 9B to

If a metal armor is useless against bullets, then why are helmets used in modern combat?

Metal helmets can deflect bullets in the correct circumstances.



Cutting Boulevard. Turn right on Cutting Boulevard. Take the first right onto Harbour Way South. Stay on Harbour Way South until you see the National Park sign. Turn into the parking area and go to the back of the Ford Plant. Turn right and follow the access road to the Visitor Center. The visitor Center is open from 10:00 a.m. to 5:00 p.m. all year with the exception of New Year's Day, Thanksgiving and Christmas Day.

FOR MORE INFORMATION: The Park's website is <https://www.nps.gov/rori/index.htm>. The mailing address is 1414 Harbour Way South, Suite 3000, Richmond, CA 94804. The phone number is 510-232-5050.

In WW II there were a lot of pistol rounds flying around as the submachine guns was very prevalent

all over, especially at the end of the war. A helmet could save your life. Larger rifle rounds had to be at a very low angle to be warded off, but there are still more than a few cases of this happening, so it is far better to have a helmet than to not have a helmet.

So even WWII helmets could, in a pinch, try and deflect bullets from your head. It was mainly designed for shrapnel and other things because combat has a lot of metal and bits and pieces of stuff flying around. All of it trying to really mess your day up. In addition to helmets being much better at deflecting things than your hair, they were a very fast way to identify who you were fighting, and each type of soldier tended to have his own type of helmet.

Drone Defense - Military's New Challenge: Defeating Cheap Hobbyist Drones

Wall Street Journal | James Marsh & Stephen Kalin |
January. 5, 2022



Marine Gen. Kenneth McKenzie, head of U.S. Central Command, shown testifying in Congress in September

Small armed devices, often bought for a few hundred dollars online, are a big battlefield problem for the U.S. military, and developing a defense that is cost-effective against swarms of them is a conundrum. The U.S. is racing to combat an ostensibly modest foe: hobbyist drones that cost a few hundred dollars and can be rigged with explosives. Emerging solutions resemble the stuff of science fiction, from laser zappers to microwave blasters. Small, cheap drones are the most-concerning new tactical threat to face the U.S. military since the rise of improvised explosive devices in Iraq some 15 years ago, according to the head of U.S. Central Command, Marine Gen. Kenneth McKenzie.

The rapid development of inexpensive unmanned aerial vehicles, or UAVs, has enabled irregular forces, terrorist groups and national armies to attack high-value targets at low cost. "I am very concerned about it," Gen. McKenzie told the House Armed Services Committee in April. "We still have a ways to go to get on the right side of the curve with this, because right now you can go out and

buy one at Walmart or some other location, you can weaponize it very readily."

Insurgent groups such as Islamic State and Yemen's Houthi rebels have rigged commercial, off-the-shelf drones with explosives to attack expensive armored vehicles and military installations as well as oil refineries, ports and civilian airports. The UAVs are often bought on the internet or assembled from parts bought online. Iranian-backed Shiite militias in Iraq stepped up drone attacks in 2021. They included strikes on the U.S. Embassy in Baghdad and the Iraqi prime minister's residence, in what security officials called an assassination attempt against him. Drones slammed into a commercial ship in the Arabian Sea in July, killing two crew, as well as the main Saudi royal complex in Riyadh. Armed drones were brought down at the Baghdad airport on Monday and near an air base in Iraq hosting U.S. troops on Tuesday, and another was shot down early Thursday local time near another Iraqi base.

The bargain-basement weapon is a particular challenge for the U.S., which is focused on the threat of potential war with high-end militaries in China or Russia, and is plowing billions into advanced systems, from sophisticated missiles to giant aircraft carriers. The high quantities of drones mean traditional defenses against aerial attacks, such as million-dollar missiles, don't make

sense. Drone attacks on Saudi Arabia by Iran and groups it supports have highlighted the cost imbalance. Riyadh often responds by firing Patriot surface-to-air missiles, which cost around \$3 million each, and scrambling fighter jets to shoot drones down. Saudi Arabia is running low on missile interceptors, The Wall Street Journal has reported. The U.S. is racing to develop defenses that meet the technology at a more-equivalent cost. It is focusing on lasers and microwaves because they are powered by electricity, which gives more bang for the buck and can quickly target large numbers of small drones.

The U.S. has fielded a variety of systems across the armed services, from hand-held signal

jammers that look like a weapon from Ghostbusters or Star Wars to laser shooters mounted on trucks. The military has been unable to deploy the systems in large numbers, and no single one has integrated the abilities to track and target several types of drones with the most suitable weapon. Recognizing the urgency and need to consolidate efforts, the Army in 2020 took charge of a new office to lead and direct the search for solutions.

Small drones fly low, slowly and can sharply change course, confusing radar that is scanning for large, fast, highflying aircraft or missiles. If drones are laden with explosives, simply forcing them out of the sky can endanger people and facilities on the ground. And when deployed in large groups, drones could overwhelm even sophisticated defenses. To better identify and track drones, militaries are seeking to fuse data from various sensors including radar, cameras and radio-frequency scanners.

U.S. forces first encountered small attack drones in large numbers in Iraq in 2016, fielded by Islamic State militants. The Pentagon quickly equipped its forces with dozens of hand-held anti drone weapons that jam the signal between aerial vehicles and their base stations. The downing of an Iranian drone in 2019 in the Strait of Hormuz by a radio-frequency jammer mounted on a Marine utility vehicle aboard the USS Boxer was a turning point. The downing by the electric- powered weapon, its first in the field, was a cheaper option than firing one of the ship's missiles. But jamming quickly became outmoded. Drones' anti-jamming capabilities improved, and attackers adapted by putting drones on autopilot, which curtailed communications and rendered jamming ineffective. Jamming has other drawbacks, because it can interfere with the signals of friendly military or civilian equipment.

The most promising systems, military leaders and defense contractors say, intercept drones by firing microwaves to fry their electronics or

lasers to burn holes in their motors or other critical parts. A big reason for the focus on these tactics, known as directed-energy weapons, is the cost. Initial investments can be high, in the millions of dollars, but once operational the cost per shot is about the price of electricity: "A cup of diesel," says Ron Dauk, program manager for laser and electro-optical systems at Boeing Co. Compared with missiles, "your cost goes down substantially, and you've got enough munitions that you can fire again and again and again at however many UAVs are coming," said Air Force Major Gen. Alexis A. Grynkewich, U.S. Central Command's operations director.

The systems vary in power and size. A 300-kilowatt laser under development by Boeing and General Atomics is aimed at shooting down missiles and manned aircraft as well as drones. Kord Technologies, a unit of KBR Inc., and Raytheon Technologies Corp. won an Army contract to deliver 50-kilowatt lasers mounted on Stryker armored fighting vehicles. The Marines and Air Force have already fielded laser systems from Boeing and Raytheon that can be fixed to tripods to provide area security, for example around a forward operating base, or deployed on tactical vehicles for greater mobility, including near the front lines of battle.

The Navy began trying out laser prototypes in 2009, on land and later at sea. In December, it tested a high-energy laser weapon aboard a ship sailing off the coast of Yemen, where Houthi rebels backed by Iran have weaponized bomb-laden drone boats in addition to unmanned aircraft.

The Navy said the system "successfully engaged" its target, without providing more details. High- powered microwave weapons use bursts of intense radio waves that can cook electronics - just like food - and drop small, unmanned aircraft out of the sky. The Air Force is developing a high- powered microwave weapon to defeat

groups of drones with a system made up of a radar dish and microwave cannon mounted atop a 20-foot shipping container. In a recent field assessment, the system zapped down 90% of its targets, and officials say they can edge toward 100%.

Lockheed Martin Corp. has developed an interceptor that can fit in a backpack and be launched from a six-inch tube to target other drones with microwaves. The weapon can be recovered, charged and reused. Epirus Inc., a Silicon Valley startup, is collaborating with General Dynamics Corp. to integrate a microwave weapon on Stryker vehicles. Still, microwaves can interfere with other systems, so they are less effective in urban environments. Even in open fields they can produce “friendly fire,” damaging other weapons systems. Their impact on birds and other animals isn’t known. Lasers can be impaired by rain, snow, fog or smoke, and they can bounce off reflective surfaces or miss their target and carry on farther, potentially causing collateral damage. Compared with microwaves, which can target a broad area, they can engage only one drone at a time and must focus on each one for a longer period.

Because no single system is capable of defending against the full and growing range of drone threats across the various environments where they operate, the challenge for counter drone strategists is how to stitch together multiple weapons. Most U.S. bases in the Middle East have layered their defenses with a variety of systems, which are each designed to confront different threats with varying degrees of effectiveness. The proliferation of systems — each with a specific capability for a specific drone and in various stages of development - complicates operators’ ability to respond to attacks. “Everything evolved piecemeal. We’ve frankensteined it together a bit,” said Gen. Grynkewich.

The Pentagon is now working toward a unified system that can give early warning, identify a drone’s origin and altitude, and provide options for engagement, according to Gen. McKenzie. “We do not yet have a single system that can do all that,” he said. “That’s part of the problem:

We’re not integrated.”

The target for military planners is evolving as drone technology rapidly evolves. One growing concern is swarms, where dozens of small drones controlled by artificial intelligence attack a target simultaneously. The problem is compounded if the drones are of various sizes and capabilities, requiring different weapons to counter them.

Epirus is testing a high-powered microwave system it developed for the military. The company says artificial intelligence enables quick targeting of individual aircraft or swarms. Advancements in counter drone technology won’t fully address the problem without regular adjustments, said Austin Doctor, a political scientist and counterterrorism researcher at the University of Nebraska at Omaha. As the Pentagon and others invest in new technology, armed groups will keep innovating as well.

“This is the dance—the back and forth of adaptation,” said Mr. Doctor. “In many ways, the battle between governments and militants is about creativity and anticipating the next move.”

Gastritis

Inflammation of the Stomach Lining

<https://www.informedhealth.org/gastritis.html>

| November 2021

The membranes lining the stomach wall protect it from acid and germs. If this protective lining is irritated or damaged, it can become inflamed. Long-lasting inflammations can further damage the stomach lining and lead to stomach (gastric) ulcers. Inflammation of the

stomach lining is called gastritis. It's usually caused by certain bacteria or the regular use of anti-inflammatory painkillers. There are two kinds of gastritis: acute and chronic.

- Acute gastritis is typically accompanied by very noticeable stomach and bowel problems that usually go away again on their own after a few days.
- Chronic gastritis, on the other hand, may go unnoticed or damage the lining of the stomach over time. Sometimes it is not discovered until stomach ulcers have developed, which then cause noticeable symptoms.

The symptoms of acute gastritis include the following: Stomach pain, Feeling full, Flatulence ("gas"), Heartburn, Nausea and sometimes vomiting, Belching, Bloating, Lack of appetite and Bloating. Some of these symptoms may also be signs of appetite, and Bloating. Some of these may also be signs of other conditions like gastro-esophageal reflux disease (GERD), an irritable stomach or bowel, and diarrhea (gastroenteritis). People with chronic gastritis often only have mild symptoms, or none at all. But they may have symptoms like those associated with acute gastritis.

Causes -- Gastritis is most commonly caused by an infection with *Helicobacter pylori* bacteria or taking inflammation-reducing painkillers known as NSAIDs.

- *Helicobacter pylori* bacteria -- These bacteria upset the balance of stomach acid production. As a result, too much acid is made. This can damage the lining and wall of the stomach. But *Helicobacter* infections only rarely lead to gastritis: Although an estimated 40 out of 100 people in Germany have *Helicobacter pylori* in their stomach, only about 4 to 8 of them develop gastritis or a peptic (stomach or duodenal) ulcer.

The bacteria can be spread through saliva (spit), vomit, stool, drinking water or food. It is thought that most people already become infected in childhood, through close contact with family members.

- *Non-steroidal anti-inflammatory drugs* (NSAIDs) -- This group of drugs includes acetylsalicylic acid (the drug in medicines like Aspirin), diclofenac, ibuprofen and naproxen. Side effects are rare when these painkillers are taken for only a short time to treat acute pain. But if they are used for a longer time - such as several weeks or months - they may affect the protective function of the stomach lining because they block the production of the hormone prostaglandin. Prostaglandin regulates the production of gastric (stomach) mucus and substances that neutralize stomach acid. If there's not enough prostaglandin, the stomach wall no longer has enough protection against stomach acid. Combining pain killers with steroids can make this damaging effect worse.
- *Alcohol and other causes* -- Drinking too much alcohol can lead to acute gastritis too. Smoking, long-term stress and certain kinds of foods (like fatty, sugary or spicy dishes) may also cause stomach problems. Another, less common, cause of gastritis is a condition called bile reflux. This is where bile flows upward out of the small intestine and into the stomach, where it damages the lining.

Gastritis is common. It is estimated that 20 out of 100 people have acute gastritis at some point in their lives. Most women get gastritis between the ages of 45 and 64, and most men develop it over the age of 65. The risk of gastritis generally increases with age.

Effects -- If the lining of the stomach or bowel no longer provides enough protection to the wall of the stomach or the duodenum, their walls may become inflamed or damaged. An ulcer may develop in the stomach or duodenum as a result. The duodenum is the first part of the small intestine, just after the stomach. In rare cases, gastric (stomach) ulcers and duodenal ulcers can lead to serious complications like bleeding. If gastritis becomes chronic and the membrane lining is always inflamed, you might become anemic too. Cancerous tumors may develop, but that is very rare.

Diagnosis -- To find out what is causing the symptoms, the doctor will first feel your stomach and upper abdomen area. Depending on the type of symptoms, your stomach might also be examined from the inside to find out more. This examination takes five to ten minutes. It is done using an instrument called a gastroscopy which is gently inserted into your stomach through your mouth and food pipe (esophagus). Doctors can use the gastroscopy camera to look at the walls of your food pipe, stomach and duodenum. In this way, they can find changes such as inflammation or bleeding in the stomach lining. They can also use the gastroscopy to take some tissue from the lining and then have the sample checked for *Helicobacter pylori* bacteria or abnormal cells such as cancer. Sometimes a special breath test is done to confirm the presence of a *Helicobacter pylori* infection. These bacteria can also be detected using a blood test or stool test.

Treatment

Gastritis is treated in various ways, depending on what the symptoms and causes are, and how severe the inflammation is.

- *Without medication* -- It is important to avoid alcohol and nicotine (smoking) if you have acute gastritis. Doctors commonly recommend eating food that is gentle on your stomach, like toast or porridge

while avoiding coffee and foods that are greasy or spicy.

Getting some rest is also advisable. They also often recommend eating either small portions or nothing at all for 1 to 2 days. There has hardly been any scientific research on whether these things can help, though. If you notice that stress is making your stomach problems worse, you can try coping with it differently and look for ways to relax more in your everyday life.

- *With medication* -- If the problems don't go away or are very severe, gastritis is usually treated with medication that reduces the amount of acid. Until the symptoms go away, the following medications can be used, depending on the type and severity of the symptoms:
 - Antacids like aluminum hydroxide or magnesium hydroxide neutralize the acid already in your stomach.
 - Proton pump inhibitors (PPIs) like omeprazole or pantoprazole reduce the production of stomach acid.
 - H2 blockers such as ranitidine and famotidine also reduce acid production.
- If the gastritis is caused by a *Helicobacter infection*, proton pump inhibitors are combined with two or three antibiotics. The treatment lasts about 1 to 2 weeks.
- If it's caused by a *painkiller*, you can ask your doctor about switching to a different medication or combining the painkiller with an acid-lowering drug. Should an NSAID have to be taken regularly, it's possible to take it along with acid-lowering medication from the start, as a precaution.

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

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					

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 No Host Luncheon at Trailblazer Pizza, Alta Sierra	30	31		

April

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 VVA 535	8	9
10	11	12	13	14	15 Good Friday Passover Begins at sundown	16
17 Easter	18	19	20	21	22	23
24	25	26	27	28	29	30 Saigon falls (1975)