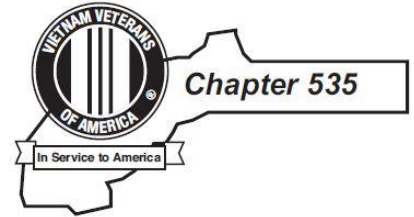




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



Website: www.vva535.org

Volume 32 Issue 5

May 2022

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

Thank You for the Opportunity to serve as President of VVA Chapter 535, Nevada County, CA. I will do my best to fulfill these duties to the best of my ability.

Now what do I think is important for the next year? I believe there are 4 main categories of focus, but not limited to:

- Remain Financially Viable
 - Membership to bring forward fund raising ideas/activities
 - Continue to fund the Harold Graves Scholarship(s)
 - Keep spending in line with revenue (Ralph Remick has done a great job here!)
- Grow Our Membership
 - Current Members continue to recruit new members
 - Look for opportunities to be visible in the local and surrounding communities
 - Place pieces in the Union Club News
- Help Veterans in Need
 - Beginning with our current membership
 - Ask David West for opportunities

- Does not need to be only financial, but also a physical helping hand
- Find ways to enjoy each other's company
 - BBQ's, Breakfasts, etc. (Jose Gonzales has done great things here!)
 - Members to suggest speakers for our meetings
 - Members give presentations at our meetings

In endeavoring to do my best in the coming year, I will need your help. Although we are residents of Nevada County, we live in South County, with Auburn our community of interest, so I need help with local contacts, etc.

I will try and attend meetings of the All-Veterans Group and the State VVA Meetings. This is not to replace current representatives, but to attend with them.

I am fortunate to have followed so many great leaders as role models, most recently Keith Grueneberg and Bart Ruud!

Will welcome all comments and ideas!

Dave Chaix
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Auburn, CA 95602-8502
(530) 260-1431
dmcb402@gmail.com

Modified Veterans Court – May 20, 2022
 Memorial Day – May 30, 2022
 Craft Show – June 4, 2022 to benefit WHVs.
 Flag Day – June 14, 2022
 CSC meeting: Visalia, CA – June 16 -18, 2022
 July 2, 2022 – Penn Valley Gateway Park
 Community fun day
 July ??? – Chili Cookoff
 October ??? VSO Conference, Gold Country Inn
 December 1, 2022 – Christmas pot luck dinner

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.

Table of Contents

Pg. 1 President’s Message
 Pg. 2 Mission Statement
 Pg. 2 Table of Contents
 Pg. 2 Upcoming events
 Officers, Directors & Committee
 Chairs
 Pg. 3 Matters of Interest
 Pg. 3 GTMO Detainees
 Pg. 4 Old Guard Horses
 Pg. 5 VA Service Dog Program
 Pg. 6 USS Gerald R. Ford
 Pg. 7 Obstructive Sleep Apnea
 Pg. 8 Cybersecurity
 Pg. 9 Russian Tank Decapitation
 Pg. 11 Honey Update
 Pg. 12 Writing Your Story
 Pg. 13 VVA Application
 Pg. 14 Calendars

Upcoming Events

Placer Veterans Stand Down May 2 – 5, 2022,
 Gold Country Fairgrounds, Auburn
<https://www.placerveteransstaandown.org>
 NCCVC Meeting – May 5, 2022
 VVA General Meeting – May 5, 2022

Chapter 535 Officers

President David Chaix
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 1-530-269-1431

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

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
 Ric Sheridan530-274-1413
 Corbin Smith 916-833-7860

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..... Dave Chaix
 NCCVC Open
 Speakers Bureau Ray James
 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 April 7, 2022

The Vietnam Veterans Memorial Bridge project
has been completed and the signage has been
installed by CalTrans.

Jose Gonzales suggested consideration of an
Indian Taco Fundraiser.

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.

The Harold K. Graves Memorial Scholarship has
been awarded and the awardee will be invited
to attend a VVA 535 meeting to receive the
\$1,000 award.

Jose Gonzales, Ralph Remic and Bart Ruud
attended a family memorial service for past
president Chuck Holmes in Silver Springs, NV.

Guest Speaker for May 5, 2022

Unknown at this time.

County VSO Resource Closet Needs

Sleeping bags, duffel bags, small lightweight
tents, socks, briefs/bras, tee shirts (white/olive
drab), sweatshirts, sweat[pants jeans, shoes,
boots hygiene supplies, grocery store gift cards,
gas cards, blankets.

These kinds of items will become components of
life packs to assist those in need that are seen by
staff at VSO David West’s office. Thank you for
your assistance with this project.

GTMO Detainees: Detainee Repatriated To Native Country of Algeria

CNN & The Daily News | Aileen Graef, Ellie Kaufman / Joseph
Wilkinson | April 2, 2022



The Department of Defense announced 2 APR
the repatriation of 48 year old Sufiyan
Barhoumi from the Guantanamo Bay detention
facility in Cuba to his native county of Algeria.
Barhoumi was cleared for transfer in August
2016, but had continued to be held in
Guantanamo while he waited for the US
government to find a willing third-party country
to repatriate him to, as the government does

with all Guantanamo detainees who are cleared for transfer. Barhoumi was detained at Guantanamo nearly 20 years ago, according to the Center for Constitutional Rights.

Barhoumi was captured by U.S. forces in Pakistan and had been in military custody ever since. According to 2004 documents obtained by WikiLeaks, Barhoumi was suspected of being an al-Qaeda trainer and having ties to the group's leadership. However, Barhoumi never actually got a trial. He was so desperate to have a formal criminal case that in 2012 he offered to plead guilty to any charges just so he could have a definite prison term. The feds didn't take him up on the offer though.

"On August 9, 2016, the Periodic Review Board process determined that law of war detention of Mr. Barhoumi was no longer necessary to protect against a continuing significant threat to the national security of the United States saying he actually wasn't tied to al-Qaeda or the Taliban. Therefore, the PRB recommended that Mr. Barhoumi be repatriated to his native country of Algeria, subject to security and humane treatment assurances," the Defense Department said in the announcement. Defense Secretary Lloyd Austin informed Congress in February of the department's intent to repatriate Barhoumi, the release said. "Our government owes Sufiyan and his mother years of their lives back," Sufiyan's attorney, Shayana Kadidal of the Center for Constitutional Rights, said in a statement. "I'm overjoyed that he will be home with his family, but I will dearly miss his constant good humor and empathy for the suffering of others in the utterly depressing environment of Guantánamo."

Barhoumi is the third Guantanamo detainee to be repatriated under the Biden administration. Mohammed al-Qahtani's repatriation to Saudi Arabia for mental health treatment was announced by the Defense Department in March. Abdul Latif Nasir's repatriation to his native country of Morocco was announced in July 2021. Both Barhoumi and Nasir were

cleared for transfer during the Obama administration. Al-Qahtanini was cleared for transfer during the Biden administration. President Joe Biden has said he wants to close the Guantanamo Bay detention facility. With Barhoumi's transfer, 37 detainees remain at the prison, 18 of whom are cleared for transfer.

Arlington National Cemetery: Old Guard Horses Suffer Poor Living Conditions | 2 Die

ArmyTimes | Rachel Nostrant | April 7, 2022



An Army report covered by CNN this week revealed that military horses serving as pallbearers for Arlington National Cemetery have been suffering poor-living conditions, with one horse recently dying in February with 44 pounds of gravel and sand in his stomach. The report was compiled in February by the U.S. Army's Public Health Command-Atlantic after two horses with the Old Guard — known for guarding the Tomb of the Unknown Soldier — died within days of each other. A lack of space, inadequate funding and the turnover of unit commanders were noted as the primary issues. The horses were fed poor-quality feed, suffered parasite infestations and lived in excrement-filled mud lots.

More than a dozen inspections conducted between 2019 and 2022 gave the horse facilities "unsatisfactory" sanitary ratings, despite supposed efforts made by the soldiers of Caisson Platoon, who train and care for the horses, the report found, according to CNN. There are more than 60 horses attached to the Old Guard, all of which are rotated between stables at Fort Meyer and a six-acre pasture complex at Fort Belvoir, both near Washington,

D.C. Tony, the horse with 44 pounds of sediment in his gut, died of sand colic, the result of being fed in inappropriate feeding areas.

Dr. Gabriele Landolt, an assistant professor of equine medicine at Colorado State University's veterinary college, told CNN that the amount of sediment found in Tony's stomach was definitely outside the norm. "No, that is a lot," he said. "That should not be in the colon." Mickey, the other horse that died in February, died of septic colic, which was caused by an untreated gastrointestinal illness or injury. Manure and bacteria made their way into his bloodstream, causing an infection. Following Mickey and Tony's deaths, stool samples were collected from 25 other horses in the unit, with the report showing that 80% of the horses had "moderate to high levels of sediment in their stool," according to CNN.

The report also revealed the horses were being fed low-nutritional hay, CNN reported. The "color is yellow-brown with large amounts of thick stems and few leaves; dry, dusty, and brittle," the report showed. A senior leader with the Old Guard interviewed by CNN reportedly said that "short-term fixes" were already underway, including the purchase of mats for the feeding areas and contract changes to improve the quality of hay fed to the horses. Longer-term improvements, though, like those needed at the facilities at Fort Belvoir and Fort Myer, rely on increased or repurposed funding and "may take multiple years to fix," the senior leader said.

VA Service Dog Program Five Facilities Chosen to Start Program for Veterans with PTSD

Military.com | Jonathan Lehrfeld | April 4, 2022



The Department of Veterans Affairs released its plan 4 APR to launch a canine training pilot program for eligible veterans with post-traumatic stress disorder. Five VA medical centers have been chosen across the country to offer the pilot program over the next five years, including the Anchorage VA Medical Center in Alaska, the Charles George Department of Veterans Affairs Medical Center in Asheville, N.C., the Palo Alto VA Medical Center in California, the Audie L. 25 Murphy Memorial Veterans' Hospital in San Antonio; and the West Palm Beach VA Medical Center in Florida.

"There are many effective treatments for PTSD and we're looking at service dog training as an adjunct to those options to ensure Veterans have access to resources that may improve their wellbeing and help them thrive," VA Secretary Denis McDonough said in a press release announcing the chosen pilot locations. Advocates have long put pressure on lawmakers to finance service dog training for veterans as an option to deal with mental-health challenges. The program they hope will "raise awareness for this treatment option as a proven method for mitigating debilitating symptoms of PTSD and suicidal ideations," Rory Diamond, CEO of the nonprofit K9s For Warriors, said in a press release last year that coincided with the passage of a law creating the pilot program.

The pilot program was required under the Puppies Assisting Wounded Servicemembers for Veterans Therapy Act, or the PAWS Act, signed into law on Aug. 25, 2021. Advocates and officials say that service dogs can help bolster veterans' sense of self-worth as well as help the retired service members regulate their emotions as they establish trust with their

service animal. Veterans in the program will help train potential future service dogs and engage in a social cohort. Following the eight-week program, qualified veterans will have the option to adopt the dog they assisted in training. The VA has not named the partner organizations it will work with to run the training.

A report from the Congressional Budget Office estimates the total expense for the VA to include this treatment option through 2026 -- from the training to the veterinary health care -- will be roughly \$30 million at roughly \$27,000 per dog. Participating in the program, however, will come at no cost to veterans. To be eligible to participate, veterans must meet three primary requirements. First, they must be enrolled in the VA health-care system; second, they must be diagnosed with PTSD; and third, they must be recommended by a VA mental health-care provider or clinician. Receiving that final endorsement will come only after veterans have had a visit to their primary care or mental health-care provider within the last three months. The VA has not yet announced whether it will expand the program to additional VA medical centers beyond the five sites it chose to first start the pilot.

USS Gerald R. Ford Surprise! The Navy Declared Its Newest Carrier Battle-Ready

Defense One & NavyTimes | Marcus Weisgerber / Diana Stancy
Correll | April 5 & 6, 2022



USS Gerald R. Ford—the Navy’s oft-troubled next-generation aircraft carrier—was declared battle-ready in December, but defense officials only announced it on 5 APR. This revelation

about the lead ship of its class—delivered years late and billions of dollars over cost—was matter-of-factly mentioned by Capt. Brian Metcalf, the Ford program manager, when asked about its battle status by a reporter on Tuesday at the Navy League’s Sea Air Space convention in National Harbor, Maryland. It’s...a very acquisition-specific milestone,” he said. “The conditions on the ship don’t really change because of [initial operational capability], so we did not make a public announcement.”

The Ford has had numerous problems throughout its development, including with its propulsion system, aircraft-launching electromagnetic catapults, and innovative magnetic weapons elevators to haul bombs up to the flight deck. “All 11 of the advanced weapons elevators have been turned over to the crew,” Metcalf said. “The crew is operating those elevators [and sailors] are gaining proficiency for the deployment.” The Navy approved initial operational capability on 22 DEC when the last of its elevators was certified, Metcalf said. She also has checked off flight deck certification. F/A-18E/F Super Hornets, E-2D Hawkeyes, and MH-60S Nighthawks from Carrier Air Wing 8 completed over 400 day and night catapult launches and trap recoveries as part of the certification. The ship is poised to get underway again this month for more testing to gear up for its scheduled deployment this fall. “Flight deck certification is a significant milestone in preparation for our first deployment,” Capt. Paul Lanzilotta, Ford’s commanding officer, said in a Navy news release. “We have more tests and evaluations to complete during our next underway periods, and I have no doubt that our Sailors will rise to the challenge and accomplish the mission.”

The certification comes after the ship wrapped up a maintenance availability and sea trials last month for a sixth-month Planned Incremental Availability at Huntington Ingalls Industries Newport News Shipbuilding in Newport News, Virginia. The carrier is expected to embark on an unconventional deployment later this year, according to the head of Naval Air Force

Atlantic. Rear Adm. John Meier told sister publication Defense News in February that the carrier would deploy for a “service-retained early employment” period, instead of falling under the operational command of a regional combatant commander like standard deployments.

“I think it’s a great opportunity for us to demonstrate the new technology,” Meier said at the American Society of Naval Engineers’ Technology, Systems and Ships Symposium. “We will be working with partners, we will be working all over the place as 2nd Fleet takes charge of that carrier and operates with a wide variety of operations, up and down the coast, across the Atlantic, down to the Caribbean.” The carrier was originally scheduled to deploy in 2018. It concluded its first crew certification in November 2021.

Obstructive Sleep Apnea Not Getting Your Zs? OSA Might Be the Answer

Shift Colors | Spring-Summer 2022

Do you sometimes wake up feeling tired, headachy, or have a sore or dry mouth? These could be symptoms of obstructive sleep apnea, also known as OSA. It’s one of several common sleep disorders on the CDC website affecting service members. Getting proper sleep means sleeping at least seven hours a night and sleeping continuously through the night. Good sleep remains vital to service members’ physical and psychological strength and resilience.

“OSA is the most common sleep related breathing disorder,” said Army Lt. Col. (Dr.) Jennifer Creamer, a sleep specialist at Fort Leavenworth, Kansas. Yet it “remains undiagnosed in most affected men and women.” “It’s caused by the repetitive collapse of your upper airway during sleep,” she said. This occurs when your throat muscles relax, blocking your airway while you sleep. That makes it harder to get enough air, which decreases the oxygen levels in your blood, 79 explained Creamer. Your brain senses your breathing

problem and wakes you up briefly throughout the night so you can reopen your airway.

Symptoms include loud snoring, choking or gasping. The repeated sleep interruptions can make you feel tired, irritable, or unfocused throughout the day. “Sleep fragmentation contributes to lighter and less restorative sleep,” said Creamer. It can affect your mood, your performance and your quality of life.

Who’s At Risk for OSA?

OSA can affect anyone at any age. However, it affects younger men at a higher rate than younger women, Creamer said. Among older people, that gender gap closes. “Sleep apnea increases in women at the time of menopause,” she said. The symptoms for women with OSA are distinct. Women are more likely to have insomnia and less likely to snore or show noticeable pauses in breathing, she explained.

Still, several factors can influence a sleep apnea diagnosis, including excessive weight. Other risk factors include advancing age, having a recessed jaw or enlarged tonsils, Creamer added. Sleep apnea can also be linked with other health problems, such as heart, kidney, and pulmonary diseases; high blood pressure; and stroke, she said. It can also contribute to depression or anxiety.

How Is It Diagnosed?

Health care providers can evaluate people at risk for OSA and order a sleep study to confirm evidence of the disorder. Some sleep studies require a patient to stay overnight in a sleep lab. Home sleep tests are also available. During an overnight lab study, a technician attaches electrodes to your scalp to record your brain waves. They also monitor your breathing, the oxygen levels in your blood and your heart rate as well as your eye and leg movements during the night. The home tests use breathing monitors with sensors that track your breathing and oxygen levels. One type has a probe that

goes over your finger and the other has probes over your finger, under your nose, and on chest belts.



A service member participates in a sleep study at Madigan Army Medical Center, Joint Base Lewis-McChord in Washington. Sleep technicians connect 26 sensors to patients that measure eye and muscle movements, brain activity, heart rate, and breathing.

How Is It Treated?

Depending on each patient, doctors can recommend numerous treatments for mild OSA. Losing weight can be helpful. Another tactic is to change your sleeping position, such as sleeping on your side if your OSA occurs when you sleep on your back, continued Creamer. Reductions in smoking or alcohol consumption can also reduce OSA, according to the National Institutes of Health NIH's National Heart, Lung and Blood Institute website on sleep apnea. Another option is to wear a device over your teeth while you sleep. It fits over your teeth like a retainer to keep your jaw in a forward position and keep your airway open.

For moderate to severe OSA, treatment options include upper airway surgery or Continuous Positive Airway Pressure, known as CPAP, therapy. CPAP machines use a facemask and mild air pressure to keep the airways open. For more information, or if you're concerned that you may have OSA, see your primary care provider for further evaluation. If you meet criteria, your provider can refer you for a sleep

study. Some sleep studies are covered by TRICARE.

Cybersecurity U.S. Warns Newly Discovered Malware Could Sabotage Energy Plants

Washington Post | Joseph Menn | April 13, 2022



U.S. officials announced 13 APR the discovery of an alarmingly sophisticated and effective system for attacking industrial facilities that includes the ability to cause explosions in the energy industry. The officials did not say which country they believed had developed the system, which was found before it was used, and they kept mum about who found the software and how. But private security experts who worked in parallel with government agencies to analyze the system said it was likely to be Russian, that its top target was probably liquefied natural gas production facilities, and that it would take months or years to develop strong defenses against it.

That combination makes the discovery of the system, dubbed Pipedream by industrial control security experts Dragos, the realization of the worst fears of longtime cybersecurity experts. Some compared it to Stuxnet, which the United States and Israel used more than a dozen years ago to damage equipment used in Iran's nuclear program. The program manipulates equipment found in virtually all complex industrial plants rather than capitalizing on unknown flaws that can be easily fixed, so almost any plant could fall victim, investigators said. "This is going to take

years to recover from,” said Sergio Caltagirone, vice president of threat intelligence at Dragos and a former global technical lead at the National Security Agency.

The initial report of the system’s discovery came in a joint warning notice issued by the National Security Agency, the Energy Department, the Cybersecurity and Infrastructure Security Agency and the FBI. The agencies urged the energy sector and others to install monitoring programs and require multifactor authentication for remote logins, among other steps. The “tools have a modular architecture and enable cyber actors to conduct highly automated exploits against targeted devices,” the advisory said. Dragos said the malicious computer code was probably aimed at liquefied natural gas plants because its most detailed attack methods appeared intended to target equipment that would be in such facilities.

In particular, the programs contains methods for subverting controllers made by France’s Schneider Electric and Omron of Japan, as well as open-source framework for moving data from sensors into applications, called OPC Unified Architecture. The software is intended to take advantage of longstanding issues that make defending control systems difficult. Those include the industry’s requirements for compatibility among products made by different vendors, which means that data flowing from one type of equipment to the next must do so unencrypted. Another systemic flaw is that it is hard to monitor what is going on inside physical equipment.

Perhaps the most concerning aspect of the software was its seeming effort to target the way most industrial facilities protect themselves from cyberattack by keeping aspects of the operation separated from one another. Pipedream can target hundreds of types of what are known as programmable logic controllers, or PLCs, which link operations. A few previous industrial attacks, including one attributed by Western intelligence to Russia against energy

facilities, attacked a specific kind of PLC used in safety equipment. Two years ago, the United States sanctioned a Russian lab it said was behind the software, called Triton or Trisis, used in that 2017 attack on a Saudi petrochemical plant. That attack cost millions of dollars to the plant’s production but could have been far worse if it had worked as designed.

Pipedream goes further, using the omnipresent code in PLCs to break through layers and probe more deeply into the heart of a facility. Based largely on previous attacks, security firm Mandiant said Russia was probably behind the new system and that those at greatest risk from it in the near term included Ukraine and NATO countries protecting it from Russia’s attack. The attack kit “contains capabilities related to disruption, sabotage, and potentially physical destruction. While we are unable to definitively attribute the malware, we note that the activity is consistent with Russia’s historical interest,” said Mandiant Director of Intelligence Analysis Nathan Brubaker.

Liquefied natural gas, including from the United States, is playing a growing role as an alternative to Russian oil and gas imports that the European Union has pledged to reduce because of the invasion.

Russian Tank Decapitation Why It Keeps Happening in Ukraine

Task & Purpose | Jeff Schogol | April 13, 2022



It’s become a common sight since the start of Russia’s latest invasion of Ukraine: The charred remnants of a Russian tank with its turret blown

clean off. Video posted on social media has also shown the Russian tanks exploding in catastrophic fireballs when hit, causing the turrets to be hurled several feet in the air before landing next to the chassis. Known as the “jack-in-the-box effect,” this type of apocalyptic explosion is caused when a blast’s heat or shockwave causes all the tank’s ammunition to detonate. The resulting overpressure blows the tank’s turret straight up into the air.

Russian-made T-72 and T-80 tanks are particularly susceptible to being destroyed in this manner, in part because they both have autoloading mechanisms that store tank rounds in a carousel at the base of the turret, said Steven Zaloga, an expert on Russian and Soviet armor. Those autoloaders typically store about 20 rounds when fully loaded. “If you see film footage of a hit followed by the ammunition fire, typically what happens is that one propellant casing goes off — or one or two — because of a penetration,” Zaloga told Task & Purpose. “The explosion of the first propellant case tends to trigger more. And so, what you often-times see is a sequence where one propellant case or a couple of propellant cases go off and then the stowage down in the autoloader goes up, basically like a string of firecrackers.”

Some Russian tanks have autoloaders with limited ballistic protection, but there is another problem: The autoloaders only hold roughly half of a Russian tank’s ammunition, said Zaloga, a senior analyst with The Teal Group, a defense and aerospace consulting company. A fully loaded Russian tank can carry up to 40 rounds, many of which are stored in parts of the fighting compartment that are not protected against anti-tank weapons, Zaloga said. Moreover, the internal volume of Russian tanks is very small when compared with their western counterparts. “If you get a penetration to the interior of the tank, there’s a high probability you’re going to hit something,” he said.

Soviet and Russian tanks have been losing their turrets due to catastrophic ammunition

explosions long before the current conflict in Ukraine, Zaloga said. Iraq’s Soviet-made tanks showed the same vulnerabilities during Operation Desert Storm, as did Syrian tanks in previous wars. During wars in Chechnya, the Russians were able to reduce their losses by having their tanks carry fewer rounds so that all the ammunition and propellant was stored in the autoloaders, Zaloga said. “The problem is, in many combat situations, you don’t want to go out with partial ammunition loads,” Zaloga said. “If you get into a serious firefight, you’re going to go through 20, 22 rounds of ammunition pretty quickly.”

In contrast to Russian tank designs, the U.S. military’s M1 Abrams tanks store their ammunition in a way that protects the crew if any of the rounds or propellant explode, Zaloga said. In an M1, the tank rounds are stored behind blast doors, and if an ammunition fire starts the explosion is vented through blow-out panels on the roof to prevent the hot gasses from getting into the fighting compartment, he said. “At a minimum, it gives the crew more time to escape, but there have been crews that survived when the ammo went off,” Zaloga said.

The M1 was designed to take hits because the U.S. military expected to have to face superior numbers of Soviet and Warsaw Pact tanks in Central Europe, said Army Maj. Mike Liscano Jr., chief of tactics for the service’s Armor School’s 2nd Squadron, 16th Cavalry Regiment. Because the M1’s ammunition compartment is separated from the turret by blast walls, the crews are protected if tank rounds start to cook off, Liscano said. Even if the tank is disabled, the crew should still survive so they can jump into another tank and keep fighting. The differences between how the M1 and Russian tanks store ammunition reveal the drastically different philosophies that both militaries have on survivability, he said.

“With regards to fighting outnumbered and winning: We knew that we wouldn’t have the numbers and we’d have to preserve our combat

power,” Liscano said. “Our combat power is our people. On the other hand, if you look at Russia – because they had the Warsaw Pact, the Soviet Union, they had subjugated all those states after World War II – they knew that they had the numbers. For them, it was more of quantity is quality – mass-produce tanks in an efficient, cost effective timeline in order for them to then push those tanks out to their formations so they could mass in case of World War III. So, their priority was lethality vs. survivability.”

Honey Update **Store-Bought VS Local Honey**

Source: Ziggie Social | September 21, 2021

Honey is a superfood with many medicinal benefits. In addition, it has many healthy plant compounds linked to health benefits. But how do we know which honey is pure? Most importantly, which one to choose; store-bought honey or local honey? The United States produces almost 40% of domestic honey; the remaining is imported from Asia or Europe. Most imported honey is pasteurized and filtered, removing all the goodness of honey. In addition, honey imported from nations having high pollution might also contain hard metals, pollutants, and antibiotics.

Raw Honey

Honey that exists in beehives is raw honey. Raw honey is extracted, strained, and directly bottled without the commercial process of filtration and mixing any other ingredients.

Regular Honey

Regular honey goes through a commercial process after extraction. It is filtered, pasteurized, and even added with additives or preservatives before being bottled. Pasteurization involves passing the honey through high heat, which destroys the yeast to make it smoother and extend its expiry life. Filtration removes impurities and debris but

also removes beneficial antioxidants, pollens, and enzymes.

Store-Bought Honey

The majority of store-bought honey is regular honey made by the commercial process. Pasteurization and filtration strip all the goodness of honey, devoid of all the natural benefits that honey offers. Many commercial brands are also adding corn syrup into honey to give it natural color and flavor. It does cost less but is fake honey good for nothing. 60% of commercial honey is imported to meet the demand and may contain sugar syrup. The honey does not have any health benefits and will cause weight gain and diabetes.

Store-bought honey is ultra-filtered and super-heated, stripping it off nutrients and beneficial enzymes. The process suits commercialization of honey to extend shelf life and prevents quick crystallization. The process does not harm the honey but removes many healthy compounds.

Benefits of Local Honey

Local honey is raw honey that is bottled straight from beehives. Local honey contains all the nutrients and is considered beneficial over store-bought honey. Here are some of the benefits of local honey.

- **Loaded with Antioxidants** Local honey is a good source of antioxidants that comes from an array of plant sources. Wild honey has a variety of fruits and vegetable antioxidants. It helps prevent cell damage in the body and keeps your skin glowing. Free radicals in local honey contribute towards keeping you young and active. In addition, it prevents heart disease and cancer.
- **Anti-bacterial Properties** Medical research proves honey destroys bacteria and fungus. Local honey contains natural hydrogen peroxide, which is an antiseptic. However, the effectiveness is only present in local honey and is devoid of store-bought honey. Honey acts as a

medicine to cure sore throat owing to its anti-bacterial and anti-fungal properties.

- Contains Phytonutrients

Phytonutrients are naturally occurring plant compounds that protect plants from diseases. For example, it protects the plant from UV rays and keeps insects and pests away.

Phytonutrients in honey also account for its antioxidants. Local honey boosts your immune system and also has anti-cancer properties.

- Good for Digestion Honey is good medicine for the treatment of digestive issues like diarrhea and indigestion. Local honey is an effective medicine to treat bacteria causing stomach ulcers. In addition, local honey is probiotic, which is excellent for your gut. It improves your digestion and helps in eliminating chronic stomach infections.

- Cures Sore Throat

If you have a sore throat, try a spoonful of local honey. Be rest assured it will activate the healing process, and you will feel good. You can also add it to your lemon tea or take it with warm water. Local honey is a cough suppressant and is prescribed as a cough medicine to children. So next time you have a cough, take a couple of spoons of local honey straight.

Conclusion

After all the comparison and knowing the process, the verdict goes in favor of local honey. Store bought honey is packaged after the commercial process of ultra-filtration and pasteurization. Moreover, imported honey can also contain sugar syrup and pollutants, which is harmful. So if you are looking for pure raw honey, go for local honey.

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

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 CSC meeting - Visalia, CA	15 Good Friday Passover Begins at sundown CSC meeting	16 CSC meeting
17 Easter	18	19	20	21	22	23
24	25	26	27	28	29	30 Saigon falls (1975)

May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Army 173 rd Airborne Brigade begins landing in South Vietnam (1965)	4	5 VVA-535 Board & General Meeting	6 National Nurses Day	7
8 Mother's Day	9 Operation Linebacker begins (1972)	10 Battle of Hamburger Hill begins (1969)	11	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26 Operation Menu ends (1970)	27	28
29	30 Memorial Day	31				

June

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 VVA-535 Board & General Meeting	3	4 VVA 535 sponsored Craft Show- Vet Hall parking lot
5 Pentecost	6	7	8	9	10 Creighton Abrams takes over command from William Westmoreland (1968)	11
12	13	14 Flag Day Army Birthday	15	16 CSC- Visalia	17 CSC- Visalia	18 CSC- Visalia
19 Father's Day	20	21 Summer Begins	22	23	24	25
26	27	28	29	30		

July

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Penn Valley Gateway Park Community Event
3	4 Independence Day	5	6	7 VVA-535 Board & General Meeting	8	9
10	11 U.S. Resumes Diplomatic Relations with Vietnam (1995)	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						