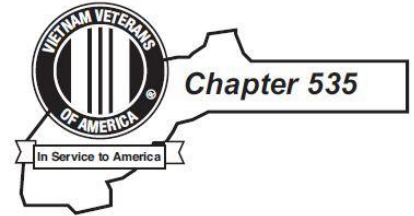




INCOMING

VIETNAM VETERANS OF AMERICA

CHAPTER 535



Website: www.vva535.org

Volume 33 Issue 9

September 2023

VIETNAM VETERANS OF AMERICA CHAPTER 535 PRESIDENT'S MESSAGE August 2023

come into their office to get updates on veteran benefits.
Ray James
President

Hello Everyone,

VVA Chapter 535 Mission Statement

We had a busy August with our regular meeting and the Nevada County Fair. The Fair started for us with booth setup on Tuesday and ran thru Monday booth takedown.

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.

First of all, thank you Bart Ruud for all your efforts to getting us started in the booth process and then coordinating all the signups it took to man the booth.

Veterans Crisis Line

Second, I would like to thank all who participated in working the shifts from 10 in the morning to 10 at night. This required at least six people or more each day. We made many contacts throughout the Fair days; from Korean Vets to young people interested in joining the military.

**DIAL 988 then PRESS 1
Or text 838255**

**(Put these numbers into your phone)
Attention**

Third, I would like thank our Veteran Service Officer, David West, and his staff for being there with us each day. They spoke to many veterans about benefits available to them and encouraged them to make appointments to

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.

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Upcoming Events

NCCVC Meeting – September 7, 2023
VVA 535 General Meeting – September 7, 2023
CSC : Oct. 27-29, 2023 - Visalia
Christmas potluck – December 7, 2023
December 16, 2023 - Wreaths Across America

Chapter 535 Officers

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Enrique Vasquez 530-575-4416
Mel Williams 707-391-7692

Committee Chairs

Finance ...Ralph Remick & Kent Holley
Parade and Honor Guard Dick Corn
Membership AffairsRic Sheridan
Newsletter Interim Editor Bart Ruud
Victorian Christmas ...Cancelled for 2022; 2023?
Nominations Ralph Remick & Dick Corn
Veterans Assistance Ray James
NCCVC Dick Corn
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 Services Officer

David West II
Nevada County Veterans Service Officer
988 McCourtney Road
Grass Valley, CA 95949
David.West@co.nevada.ca.us
(530) 265-1446 (Office)
(530) 913-5046 (Cell phone)
“Walk-In” opportunities are available M – F.

Placer County Veterans Services Officer

Richard “Steve” Johnson: 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 open every
Tuesday 8:00 a.m.-12:00 p.m. and 1:00 p.m.-5:00 p.m. The Carnelian Bay
office, at 5252 N Lake Blvd, Carnelian Bay, CA 96140, is now open every
3rd Monday (excluding Holidays) 9:30 a.m. -12:00 p.m. and 1:00 p.m.-
3:00 p.m.

County VSO Resource Closet Needs

Sleeping bags, duffel bags, small lightweight
tents, socks, briefs, bras, tee shirts (white/olive
drab), sweatshirts, sweatpants, 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.

Guest Speaker:

Marilyn Schneider, Wreaths Across America

Matters of Interest as outlined at the Meeting of August 3, 2023

Jose Gonzales has shared several thoughts:

- Members could build birdhouses in Jose's shop and market them as a fundraiser.
- VVA 535 could consider building a float for local parades.
- A luncheon could be planned which would be attended by members and wives from the Marine Corps League, VFW, American Legion and VVA 535.
- An "Adopt a Road" for roadside trash pickup but too little interest was shown to move forward with such a project.

A memorial brick honoring deceased VVA 535 past president Chuck Holmes will be purchased for \$150 at the Forgotten Soldier Veterans Garden in Auburn, CA.

Ideas were solicited on how to best utilize the \$3,000 in funds donated to VVA 535 by the Friends of Nevada County Military.

WHETHER OR NOT HE KILLED CUSTER, THIS LAKOTA PROVED A COURAGEOUS WARRIOR

White Bull marked a decade-plus string of victories.

By DENNIS GOODWIN 7/21/2023



Whether or not White Bull was the warrior who killed George Custer on the Little Bighorn, the Minneconjou Lakota chief distinguished himself

in battle over the years, earning every eagle feather in his warbonnet. (Denver Public Library)

After solemnly surveying the mingled corpses of fellow warriors and 7th U.S. Cavalry troopers on the hillside above Montana Territory's Little Bighorn River (the Greasy Grass to Indians), the pair of Lakota warriors focused on the lifeless body of Lt. Col. George Armstrong Custer at their feet. "Long Hair thought he was the greatest man in the world," one said. "Now he lies there." White Bull, the warrior he was addressing, had killed two men in battle that morning, June 25, 1876. "Well," White Bull replied, "If that is Long Hair, I am the man who killed him."

Historian Stanley Vestal recounted this alleged conversation in the February 1957 issue of *American Heritage*, published a decade after White Bull's death. Vestal had interviewed the warrior chief and said White Bull had asked not to be revealed as Custer's killer during his lifetime, to avoid retaliation.



Stanley Vestal (Oklahoma Historical Society)

"A tall, well-built soldier with yellow hair and a mustache saw me coming and tried to bluff me," White Bull had told Vestal. The soldier drew a bead on the warrior with a rifle. Before he could fire, White Bull rushed in, and the soldier threw

the rifle at him, missing. According to White Bull, the two then locked in hand-to-hand combat. Amid the dust and smoke, he noted, “It was like fighting in a fog.” Grabbing White Bull’s braids, the soldier pulled the warrior close and tried to bite off his nose. White Bull called for help from a pair of fellow Lakotas, but their blows mostly landed on their friend as the combatants whirled around. Finally, the soldier drew his pistol. Wresting it away, White Bull repeatedly struck the soldier over the head with it and then delivered two shots—one to the soldier’s head, another to his chest. Though he didn’t recognize the man he’d killed, White Bull knew he’d slain a worthy opponent.

With the publication of Vestal’s article Minneconjou Chief White Bull joined the short list of possible candidates for the man who killed Custer. While the lens of time will forever blur the specifics of Custer’s death, two facts remain clear—White Bull was a dynamic participant in the Battle of the Little Bighorn, and his demonstrated courage over 11 years on the warpath is well documented.

In 1932 Vestal visited the Cheyenne River Indian Reservation, in north-central South Dakota, to interview 83-year-old White Bull, who poured out his life story to the prolific journalist and biographer. According to his own account, the future warrior chief entered the world in April 1849 in the Black Hills of what a dozen years later would be designated Dakota Territory. Known as Bull-Standing-With-Cow until the summer of his 16th year, he was born into a lineage of strong Sioux warriors. His father, Makes Room—like his father before him—was a chief of the Minneconjou, and his mother, Good Feather Woman of the Hunkpapa, the favorite sister of the legendary Sitting Bull.

The games of Bull-Standing-With-Cow’s youth often centered on simulated combat. He and his friends formed their own warrior societies and learned the intricacies of warfare by play

fighting. To count coup on one’s enemy by striking him with a hand or a stick was considered especially courageous.

Up to four warriors were permitted to count coup on a single foe in the same fight—the most honored being the one who counted first coup. Such feats were recorded in the language of feathers. The man striking first coup could wear a single eagle feather lodged upright in his hair at the back of his head. A second coup was identified by a feather angling upward, a third by a horizontal feather and a fourth by one sloping downward. In their war games Bull-Standing-With-Cow and friends would count coup on each other and keep score by sticking small feathers in their hair.

As childhood gave way to adolescence, Bull-Standing-With-Cow grew determined to make his reputation as a warrior. In July 1865 noted Minneconjou warrior High Hump recruited volunteers for a war party. White soldiers had violated a recent treaty, and High Hump resolved to seek enemy scalps and horses.

Sixteen year old Bull-Standing-With-Cow didn’t need to be asked twice, and Makes Room saw there was no stopping him. After presenting his son with a fast dapple-gray pony, the chief had half brother Horse Tail, a medicine man, create protective “medicine” for the boy and his horse. Horse Tail hung a leather pouch painted with a war eagle around the gray’s neck, then painted its legs and jawline with wavy red lines. After fastening a soft eagle plume in Bull-Standing-With-Cow’s hair, he finally draped a leather thong suspending an eagle-bone whistle around the boy’s neck.

“Nephew,” he declared, “this medicine will make your horse strong and long-winded.”

Following an evening of singing and dancing, the warriors left camp early the next morning. One evening several days later a scout pinpointed an

enemy camp. Anxious to be the first to the fight, Bull-Standing-With-Cow slipped away from camp early. When the sun broke over the horizon, he made a solo charge into the soldiers' remuda. Cutting out eight horses, he blew his eagle-bone whistle to scare them into a run.

Unfortunately for him, the whistle also roused the enemy. Moments later the neophyte warrior found himself the target of a running pursuit by 10 mounted bluecoats. Lashing his pony's flanks while bullets whizzed past, he likely prayed his uncle's medicine would indeed make his horse "strong and long-winded." Just when his pony began to tire and the soldiers were about to catch up with him, he encountered his own war party. His pursuers abruptly retreated.



The June 25, 1876, Battle of the Little Bighorn has spawned many inaccurate depictions. For instance, Custer wore buckskins (not blues) and didn't use a saber as shown above. Who killed him that day will never be known with any certainty, White Bull's claims aside. (Anne S.K. Brown Military Collection, Brown University Library)

Bull-Standing-With-Cow's daredevil spirit and eight captured horses made quite an impression on his friends. Meanwhile, the dissatisfied High Hump organized another raid. Near the headwaters of the Powder River the party encountered seven bluecoat scouts driving horses. Bull-Standing-With-Cow was riding down on one of the scouts with his lance when the soldier whirled in his saddle and fired a revolver at nearly point-black range.

Miraculously, the bullet missed. Moments later Bull-Standing-With-Cow stabbed the bluecoat in the shoulder, counting first coup. By the time the party turned for home he'd counted three coups and stolen 10 horses.

When Bull-Standing-With-Cow returned to camp, his father arranged a victory dance for his son. Astride his horse, resplendent in warpaint, the boy warrior rode toward a black pole in the center of the ceremony grounds. "From this day," proclaimed his Uncle Black Moon, "Bull-Standing-With-Cow will lay down his boy name. From this time, he shall be called by the name of his grandfather, White Bull."

In the coming years White Bull racked up an impressive string of coups, finally realizing the future he'd envisioned when he and young friends ran about play fighting and sticking small feathers in their hair. As a member of both the Minneconjou and Hunkpapa bands of the Lakota Nation, he fought in nearly every battle waged by either band—and who knows, he just may have counted coup on Custer.

Research Finds Safer Way to Detect Colon Polyps

Microbiota signatures unique to specific precancerous colon polyps may lead to better tests with less risk

By Amy Denney. Epoch times. July 24, 2023

The key is to discover the polyp before they become cancerous.

A new study conducted by researchers from the Broad Institute of MIT and Harvard, Harvard Medical School, and Massachusetts General Hospital linked precancerous colon polyps to specific gut bacteria.

Published in Cell Host & Microbe, the study compared the stool samples and colonoscopies of 971 participants. Stool samples

were used to get a snapshot of the gut microbiome—the community of bacteria, viruses, and fungi that live primarily in the colon.

The study revealed a distinct microbial fingerprint among those who were found to have tubular adenomas and sessile serrated adenomas—two types of colon lesions that are considered premalignant. One of the largest studies of its kind, it detected 19 significantly different bacterial species in those patients with tubular adenomas and eight significantly different species in those with sessile serrated adenomas.

The finding suggests that a simple stool test may be able to reduce the number of more invasive and dangerous colonoscopies performed.

The research also raises the question of whether bacteria—in the form of a probiotic supplement or pill—could become a third way, with diet and medication, to reduce risk of colon cancer.

“The goal is ultimately to determine if there are species of bacteria we want to use to influence our patients’ outcomes. Getting to this point is still a ways away,” Dr. Daniel C. Chung, medical co-director of the Center for Cancer Risk Assessment at the Mass General Cancer Center, told *The Epoch Times*. “The other potential way this can be applied is to study whether we can use this as a diagnostic or risk-assessment measurement.”

That could drastically change the approach to early detection of colorectal cancers, which is the third most common cancer and is on the rise in developing countries and, more recently, among young adults. About 18,000 people younger than 50 were diagnosed with colorectal cancer in the United States in 2020, according to the National Cancer Institute. Similar trends have been documented in Canada, New Zealand, Australia, and some parts of Europe and Asia.

Colonoscopy—an invasive procedure requiring sedation recommended for adults as young as 45—is the gold standard test for detecting colorectal cancers. It has side effects and risks that make a simpler test an appealing alternative. Dr. Chung said the study makes a case for a stool analysis as a tool that could determine which patients might be in need of a colonoscopy.

Why Polyps Matter

Polyps—growths from clumps of abnormal cells—are still a bit of a mystery in the medical world. Without a known cause, colon polyps are more common in people 45 and older and in those who are overweight, have diabetes, have a family history of polyps, use tobacco, or have certain gastrointestinal conditions such as Crohn’s disease and ulcerative colitis. It may take years for a polyp to turn into cancer, if it ever does, which is why colonoscopies are believed to be the best option for early detection.

“Understanding polyps is an important way to influence the rise of colon cancer,” Dr. Chung said. “Not every polyp becomes cancer. Most adults will get polyps, but most will not get colon cancer.”

Medical researchers are still trying to determine whether there is a way to tell which polyps will develop into cancer and which ones will not.

Colon polyps are currently detected and usually also removed via colonoscopy, which was scrutinized for not significantly reducing mortality in a study published last year in the *New England Journal of Medicine*. The study had more than 84,585 randomized participants from Poland, Norway, Sweden, and the Netherlands.

A Johns Hopkins study in 2018 also found that some outpatient centers have infection risks 100 times higher than expected for patients

undergoing colonoscopies and upper gastrointestinal endoscopies.

Other Ways to Test

There are three tests currently used to help physicians determine whether someone should have a colonoscopy. Because colonoscopies are usually only recommended every 10 years, these other tests can help screen more frequently. In some instances, they are the only screening tests recommended for healthy adults.

The fecal immunochemical test and fecal occult blood tests both detect blood in the stool. Medicaid will pay for one of these tests annually. Usually, people with blood in their stool are referred for colonoscopies.

A stool DNA test, also called a Cologuard test, is able to detect changes in the cells of the colon by looking at DNA in the stool and blood. It's recommended every three years for adults 45 to 85 who don't have a high risk of or symptoms of colorectal cancer.

Rising Rates of Colon Cancer

While colorectal cancer rates are decreasing in older adults, they've been steadily increasing in adults 50 and younger. Colorectal cancer causes more deaths in the United States than all but two other types of cancer.

Nearly all colorectal cancers arise from a precancerous polyp, and one of the best ways to reduce the incidence of colorectal cancer is to stop growth at the polyp stage.

Risk factors for colorectal cancer and polyps include being overweight, having low physical activity levels, eating a diet high in red and processed meats, smoking, and using alcohol. These risk factors also influence intestinal bacteria. It's unknown whether the bacteria are initiating polyps or the polyps are progressing because of the microbial makeup, Dr. Chung said.

"There are these changes in the bacteria, but they aren't necessarily because these bacteria have just changed. There are changes in our lifestyle that are changing the bacteria," he said.

Lowering Risk

While there's some genetic connection, polyps and colorectal cancer are largely preventable by avoiding risk factors. But in terms of actual therapies, studies haven't found specific doses or duration of a given food, drug, or supplement that helps prevent problems.

"Yet some of the reviewed studies did show a link between a lower risk of colon cancer and use of nonsteroidal anti-inflammatory drugs (NSAIDs)—such as aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve)—and a higher intake of fruits, vegetables, and fiber. But other studies did not," a Harvard Medical School article reads.

The article advised against taking NSAIDs without consulting a doctor. NSAIDs have been linked to a wide range of side effects, including gastrointestinal bleeding.

There are countless anecdotes of people resolving polyps or possible cancer, but these haven't yielded a specific treatment or protocol that is widely accepted and used.

For example, Jillian Burne recently helped a client whose colonoscopy showed a possible cancerous lesion. Doctors wanted to operate, but Ms. Burne, a certified health coach and nutritional therapist, talked her client into giving her 30 days to try to reverse his gastrointestinal damage.

After analyzing his diet, which consisted of sushi eaten all over the world, she put him on a parasite protocol. He returned to the doctor for a sigmoidoscopy, a scope that examines the descending colon, and a second biopsy, and the precancerous cells were downgraded to inflammation.

“This client was very lucky that he was able to turn it around as fast as he did. He could have very well ended up in a diaper and a colostomy bag,” Ms. Burne told The Epoch Times. “The real problem I see is the fear tactics doctors use to drive people into procedures and medications. “People are signing on the dotted lines before they leave the office and they don’t go home and research and find out that a lot of these are conditions that can be healed.”

Preventing Cancer

Normally, stomach acid will help kill parasites, but Ms. Burne said Americans largely suffer from low stomach acid due to diet and habits such as eating too fast, too much, and too frequently. Additionally, she said many people are eating when they are in a state of stress, and digestion requires relaxation. Processed and fast food made with cheap seed oils also cause inflammation that can aggravate the colon.

The body has the capacity to heal when it’s given the right environment. But Ms. Burne said it does take discipline to turn things around, and most people aren’t motivated to make meaningful changes in diet or exercise until faced with a drastic situation such as the potential loss of part of one’s colon.

“People get better when they tend to stick to the basics, just real food without the food colorings, without the dyes, without the toxic oils,” Ms. Burne said. “There’s no biological purpose for a polyp. The body finds ways to store [excess] if it can’t get rid of it in the normal elimination pathways. We’re putting too much stress on the system. People need to demand better care ... other than just cutting things out or getting a pill.”



Creamed chipped beef from the Vietnam War era.

Chipped Beef: History of the Meal Soldiers Love to Hate

Whether you know it as SOS or something less printable, this storied meal has become an iconic part of military life

By Richard H. Halloway. History Net. June 28, 2022

Gravy’s so easy to make — just mix meat drippings and a pinch of flour to thicken it and you are done. But the pan-scraping sauce, particularly creamy white gravy, has had a surprising sojourn throughout history. Along with its cousins gruel and chocolate gravy, it makes up part of a family of simple, filling foods that anyone can make and nearly everyone enjoys.

And though its legacy is wide, white gravy’s chief contribution to American military cuisine may be one that soldiers, sailors, Marines and airmen loudly profess to loathe — but that they actually seem to love.

But before we get to that, a brief history of white gravy and how it led to the military staple known as “SOS.”

WHITE GRAVY AND CHOCOLATE GRAVY

White gravy, the broadly Southern staple found blanketing chicken fried steak and biscuits, is a version of a fancier sauce. Actually François de la Varenne, chef de cuisine for Louis XIV's diplomat Nicolas Chalon du Blé, gets credit for first concocting it. La Varenne authored the world's first commercial cookbook, "Le Cuisinier François" ("The French Cook"), and the recipe for béchamel sauce accompanied early French explorers to Louisiana, where meatier variants soon followed.

One cousin of white gravy is the lesser-known chocolate option. In the early 1500s, one of the most prized spoils from the Spanish conquest of the Americas was the secret of the cacao tree, the seed of which forms the basis for chocolate. This discovery led to the eventual transport of the precious commodity of chocolate to the Spanish-held territories of Louisiana and Texas in later years.

At some point, very possibly along the frontier between Spanish Louisiana and the first-British, then-American-held Tennessee Valley, the chocolate was mixed with other ingredients to formulate a sweetened version of the gravy with the same purpose, poured over pancakes, biscuits, and the like, gradually spreading throughout the Upland South. Folks in the Ozark Mountains use this version of gravy nowadays more often than they do along the coastline.

GRUEL, WHITE GRAVY'S UNLOVED COUSIN

On the other hand, white gravy's distant relative gruel suffers from a stigma. Gruel is typically associated with both the sick and downtrodden; the fact it rhymes with "cruel" does not help its standing. However, Ursuline nun Marie-Madeleine Hachard excitedly wrote her father in 1727 about the wonderful food in Louisiana. She seemed almost giddy, expounding, "We are getting remarkably used to the wild food of this

country ... rice cooked in milk [gruel] is very common and we eat it often"

In the mid-1700s, Native American tribes in Louisiana offered a resident Frenchman, Lt. Dumont, a similar type of mixture that he described as gruel made from husked maize, water and oil from bear fat. Dumont, receiving this repast in return for some gifts and trinkets, noted, "The French eat it on salads and also ... for making soups."

(White gravy on a salad is quite a concept!)

GRUEL AS MIRACLE CURE

A century later, gruel was reintroduced across the United States via an 1860 marketing surge driven by its supposed medicinal value. Newspapers were saturated with advertisements lauding its "invigorating" qualities. One particular brand of gruel claimed to be helpful to children as well as "highly useful and beneficent to Women in the state of Pregnancy."

During the Civil War, Ransler Wilcox of the 49th Massachusetts Infantry was stationed in Baton Rouge, Louisiana, and jotted this in his diary: "I do not feel well ... have been to the doctor and got some medicine ... gruel for dinner ... tea and gruel for supper."

Samuel Haskell of the 30th Maine Infantry on duty at Morganza, Louisiana wrote, "I have been sick [and] I dare not eat the rations we draw ... [we can get] every thing but flour I have bought some to make some grewall."

Modern postnatal care research papers have lauded its benefits in artificial infant feeding. Maybe there is something to this aspect of gruel being a cure for your ailments after all.

In the aftermath of the Battle of Gettysburg, Pennsylvania, in July 1863, women from the surrounding area flocked to the battlefield to assist with the large number of wounded soldiers. Supplies being minimal, the makeshift hospitals resorted to whatever was at hand to ease the pain and hunger of the injured men.

Farina is mentioned in lots of reminiscences from nurses and ladies of the Sanitary Commission. The caretakers would add water or milk to the farina and heated it to a palatable gruel mixture. This allowed the comforting, warm food that would stretch to larger groups of troops. The concoction was also very nourishing and easy to eat and digest.

One Union soldier marching through the south recalled: "Many a soldier will remember how, when he fell out of the ranks during one of those severe marches, and the planter nearby scowled and glowered so that he could not enter the rich man's door," some sympathetic slave woman "helped him to her own cabin . made him tea and gruel, and nursed him as tenderly as his sister would have done."



Meals Revolting to Eat: The most disgusting military rations ever

GRAVY ON THE GO

During the 1864 Red River Campaign, Lt. George G. Smith of the 1st Louisiana (U.S.) Infantry put the two staples of rations together out of

necessity. All he had available to eat was "a piece of boiled salt pork, a few pieces of hard tack and some coffee. Salt pork I could not, and hard tack I would not eat."

Finally, Smith decided, "I will soak my hard tack in some hot water and soften it up a little, and fry some of the salt pork in my tin plate and then fry the soaked hard tack in the gravy. Very good!"

After creating the makeshift white gravy, Smith noticed comrades were watching the process. Within a week, instead of garnering the credit for the mixture, he noticed the entire camp was relishing the new dish made from items everyone had in their haversacks.

Whether a remedy for sickness or not, anyone who has ever read the book or watched one of the numerous movie versions of Charles Dickens' classic "Oliver Twist" surely recalls the protagonist uttering the plaintive line about gruel: "Please, sir, I want some more." One can assume this is the juncture where being orphaned, poor and homeless became associated with the term "gruel." The derogatory meaning associated with the word has even found its way into mainstream media thanks to a statewide sports column. Headlines of a postseason loss for Louisiana State University football a few years back opined, "LSU's holiday bowl gruel typified a mushy season."

S* ON A SHINGLE**

White gravy has ingratiated itself with the United States military; for example, add sausage and you have sawmill gravy. Chipped beef even found its way into the white gravy mixture with the future doughboys right before World War I.

Soldiers and sailors eventually dubbed it "SOS" ("Save Our Souls" or "Same Old Slop" being the

PG-rated translations) when served on a piece of toast. The very first documented proof of the military making SOS was the 1910 “Manual of Army Cooks.” Field conditions caused some ingredients to change due to availability but for the most part the stuff used to make the concoction for the troops included ... well, see for yourself.

RECIPE #251. BEEF, CHIPPED: 15 POUNDS OF CHIPPED BEEF; 1 POUND FAT, BUTTER PREFERRED; 1½ POUNDS FLOUR, BROWNED IN FAT; 2 12-OUNCE CANS OF EVAPORATED MILK; BUNCH PARSLEY; ¼ OUNCE OF PEPPER; 6 QUARTS OF BEEF STOCK

Before you start cooking this up, please realize you have to invite 59 friends over to consume this massive portion with you, as it was measured out to feed 60 hungry soldiers.

One of the stories of the famous “Band of Brothers,” Easy Company of the 506th Parachute Regiment of the 101st Airborne Division, happened stateside, before they crossed the ocean to fight the Germans in World War II. They boarded a train bound for Sturgis, Kentucky. At the railroad depot, women from the Red Cross gave them doughnuts and coffee. The soldiers camped outside of the town and were treated to what seemed to be the Army’s meal of choice to offer troops in the field, creamed chipped beef on toast.

Gerry Stearns of the 89th Infantry Division recalled his experiences with SOS in World War II.

“Sometimes the GI’s names for staples could have been off-putting,” he wrote. “The Mess Sergeant’s menu listed ‘cream chipped beef on toast.’ What we called it was ‘Something on a Shingle,’ or usually ‘S.O.S.’ I was uneasy about trying that until about three or four o’clock one morning I was checking the buildings of the reception center where I was a limited service

MP. There was an interesting smell of frying meat as I approached the mess hall. I am pretty sure my General Orders required me to investigate. What I found were mounds of hamburger being cooked in big pans, a milk and flour sauce being prepared and hundreds of bread slices being toasted. I became an instant fan and a regular participant in this and many subsequent S. O. S. Breakfasts.”

SOS TAKES OFF

SOS grew in popularity during both world wars and in Korea and Vietnam. Near the end of World War II, the Army published the recipe in “TM 10-412” in August 1944 but made a few changes in the previously standard ingredients. The parsley and beef stock had been removed in an effort to make a creamier chipped beef serving. It was a success, but cooks still had to be reminded to soak the chipped beef beforehand to remove the preservative salt. The U. S. Air Force joined in serving SOS in World War II and through the next few wars.

Dennis Peterson of the 309th Tactical Fighter Squadron fondly recalled many SOS meals during the Vietnam War.

“Good eating,” Peterson wrote. “It [SOS] was always available on the food tray. Eggs and bacon were my preference, but SOS was delicious, too.”

Becoming a professional truck driver after the war, Peterson would often sample similar food on his travels across the Southern United States roadways.

The U. S. Navy had their own varied ingredients, which included tomatoes, fresh ground beef and nutmeg. One sailor commented that his ship got upset when they were given the SOS with chipped beef Army variant instead of the minced beef style they had been served for so

long. They eventually convinced the cooks to restrict the chipped beef version to once a year.

Interestingly enough, if you look through any Navy cookbook from 1927 until 1952, you will find that there is no recipe for making creamed beef. Hands down, they preferred minced beef, something unique to their branch of service. The only other group to eat it were U. S. Marines being transported on Navy vessels. A Navy cook was taught to thicken the tomato sauce for the minced beef with cornstarch. Their nautical SOS was served for an entire week and then alternated the next week with corned beef hash and hard-boiled eggs and so on throughout the year.

“Probably because space is such a premium aboard ship, we did not have chipped beef, just good old hamburger meat, minced with plenty of black pepper and salt,” said U. S. Navy Cook Striker (apprentice) Jon Lord, aboard the U.S.S. California from 1974 to 1975. “It was more of what today we would call sausage gravy. We fed 450 men, three times a day at sea. Breakfast was the favorite meal. As I recall, there would be one or two meats on the line every morning: bacon, sausage, ham, or SOS. SOS was always a crew favorite.”

SOS TODAY

More recently, some branches of service have decided to go with a healthier SOS, using very lean ground beef (less than 10% fat) or implementing ground turkey to provide the meat in the meal. Regardless of the mixture, the popularity of this dish has persevered in the military over the years.

In the aftermath of the disastrous Hurricane Katrina along the Gulf coast in 2005, the makeshift kitchens at Camp Beauregard in Pineville, Louisiana, were full of continuous large containers of the white gold, this version

mixed with ground beef. This was used to fill the many hungry stomachs of the various units from across the United States sent down on rescue missions throughout the state and nostalgically housed in the old World War II-era barracks on post. Considering the disaster areas they were confronting on a daily basis and the shortage of generators on post, the warm, tasty SOS made a lasting culinary experience akin to the earlier days of the military camp.

In garrison situations, the Army SOS would be served over toast. In field-based scenarios, the SOS would be put atop baking powder biscuits.

“Since the cooks started to cook breakfast before sunrise, they had to work under blackout conditions,” one cook said later. “The walls of the mess tent were drawn, and the cooks had to work with flashlights. This was important because you could see a cigarette for miles.”

But whether you can see it or not as you eat, SOS or chipped beef, or whatever you prefer to call it, has seemingly made itself a permanent home in America’s military mess halls.

Elon Musk-Mark Zuckerberg fight confirmed, proceeds to go to veterans

By [Jon Simkins](#). Army Times. August 11, 2023



An MMA fight between Mark Zuckerberg and Elon Musk is confirmed. (Manu Fernandez, Stephan Savoia/AP/Getty via Canva)

Facebook founder Mark Zuckerberg and Twitter (X) owner Elon Musk have formally agreed to a mixed martial arts fight in the ancient city of Rome, with all proceeds going to veterans charities, [Musk tweeted Friday](#).

The yet-to-be scheduled billionaire beatdown, which will be streamed on both Twitter and Meta, has been approved by Italy's minister of culture to take place in an "epic location" that will "pay respect to the past and present of Italy," Musk wrote. Musk did not specify exactly what charities will benefit from the Thrilla of Vanilla.

Rumblings of a techie tussle between the two social media magnates first began circulating in June along with the development of Zuckerberg's Twitter competitor app, Threads, [TMZ Sports reported](#).

"I'm up for a cage match if he is lol," Musk tweeted in June.

"Send me the location," the 39-year-old Facebook founder responded.

Musk, 52, noted there would be a "chance [the] fight happens in [the] Colosseum," hallowed grounds that once played host to songs of steel and fury authored by decidedly non-techie gladiators.

As the Silicon Valley Skirmish has continued to gain steam, multiple UFC icons have volunteered their services to train the tech bosses.

In the training corner of the [shockingly shredded](#), 5'7, 155-pound Mark "Better off Threads" Zuckerberg are UFC middleweight champion Israel Adesanya and UFC featherweight champion Alexander Volkanovski.

Training the 6'2, 187-pound Elon "The Bird Killer" Musk, meanwhile, is none other than UFC

legend Georges St-Pierre, who offered to train Musk in June, which [Musk accepted](#).

Massive size difference aside, the fight would inevitably have the chance to be one of the most-viewed bouts in the history of combat sports. The May 2015 [Floyd Mayweather-Manny Pacquiao](#) boxing match in Las Vegas is currently ranked as the highest-grossing fight, with 4.6 million Pay-Per-View purchases and \$410 million in revenue.

'Guard the forks!' — the Great Submarine Utensil Heist of 1988

By David Chetlain. The War Horse. August 16, 2023



A bunkroom on a Trident ballistic missile submarine. The crew broke the monotony of submarine life with pranks. (Photo courtesy of David Chetlain)

Editor's note: This commentary was first published in The War Horse, an award-winning nonprofit news organization educating the public on military service. Subscribe to their newsletter.

"Hey, Eeyore, we need to do something big," Jim Gover said, using my nickname since we couldn't use our real ones in sonar for security reasons.

We were on day infinity of submarine patrol and my partner in mischief, Jim Gover, was about to get me in trouble again.

"We are 400 feet under the water in the middle of the Pacific Ocean with 24 Trident C-4 missiles pointed at the Soviet Union," I responded. "Isn't that big enough?"

“No, you idiot. I’m talking about something really important — a big *prank*.”



Filming a special operation on the USS Nevada in the middle of the Pacific Ocean in 1990. From left: Mike Williams, David Chetlain, and Jeff Taylor. (Photo by Scott Rieger)

“Dude. We’ve been out to sea for seven weeks now. We’ve done all the usual pranks — the ‘mail buoy,’ ‘relative bearing grease,’ ‘water slug serial numbers,’ ‘blow the DCA,’ ‘feed the shaft seals.’ We even stole the executive officers’ stateroom door and replaced it with the door from the officer’s head. It doesn’t get much ballsier than that.”

Jim chuckled. “Yeah, the XO’s door heist was a lot of fun, but I think we can do better. Think big, man. How can we pull something off that would impact everyone on the crew and still be 100% safe? What’s something that touches everyone?”

“Easy,” I said. “Toilet paper.”

“Great. Let’s steal all the toilet paper and cause a

Capt. Thomas Gorey III was one of the last active duty service members to have served on a diesel-electric attack submarine.

By Jonathan Lehrfeld

Some things sound simple when you are sleep deprived and bored out of your mind on a slow watch. Executing them is far more challenging.

We started small — just grabbing a few rolls and stashing them after each watch. Jim started spreading a rumor that the supply officer didn’t order enough toilet paper and we might run out.

Gossip spreads quickly in tight quarters with a small crew, and it didn’t take long until people were walking around with their own personal rolls of toilet paper. Jim and I chuckled with delight. It was already working! But our celebrations were woefully premature. Our plan was fatally flawed.

First off, the sub had plenty of toilet paper — enough for another 100 days at least, and God forbid we stayed out that long. Second, the toilet paper was stored in the chief’s quarters where the old goats jealously guarded it like dragons sitting on a mountain of treasure. Finally, and most importantly, we ran out of places to store it. Sure, hiding 20 or 30 rolls doesn’t seem that hard. But a submarine isn’t that big. Where are you going to hide 600 rolls? After about two weeks of effort, we realized the plan wasn’t going to work and spent the rest of patrol “reintegrating” the toilet paper into the ship’s supply.

But we couldn’t give up on the big idea just yet. Jim and I spent that next off-crew tossing ideas back and forth and finally we settled on FORKS! We hatched a plan to slowly and methodically steal all the forks on board.

Once we started our next patrol, I rounded up everyone in the sonar division and outlined the strategy. First, each person at the end of every pre-watch meal would slip their fork into the pocket of their coveralls instead of returning it to the scullery for cleaning.

Next, they’d bring the forks up to the sonar control room and stash them in a safe place. Five people per watch section and four watch rotations a day mean that we could conceivably steal 20 forks per day. By the end of the month, we’d have 600 forks in our possession! I

wondered how many forks were on board, anyway — the crew numbered only 165.



In 1988, forks began to disappear in the USS Nevada, thanks to a prank cooked up by David Chetlain and partner in mischief Jim Gover. From left: Carl Brisson, Jim George, and Wayne Alderman. (Photo courtesy of David Chetlain)

We started the heist, but it was going at a glacial pace. Still, the great thing about forks is that they don't take up a lot of space. We stored them in a toolbox in the Sonar Control Room. We hid them under a false bottom that was difficult to see in the darkened "blue room of doom." After about a month, I took inventory and we had over 400 forks — but there seemed to be no shortage of them on the mess decks.

"Time to step it up," I told the guys.

On mid-watch, when most of the crew was sleeping, I sent the sonar auxiliary operator to the mess decks on recon missions to steal a few extra forks. Each night they came back with an additional handful.

This went on for another week, and finally, Jim overheard the cooks yelling at the mess attendants: "What's happening to all the Goddamned forks?!"

"I don't know," the hapless mess attendant said. "I just put out a bunch more last night and now they're all gone!"

"We're down to our last box," the cook said. "You need to guard the forks!"

Now things were starting to happen. The cooks made sure the forks stayed in sight of someone on the mess decks. Rumors started flying among the crew and people started keeping their own personal forks and washing them in the crew's head. Unintentionally, the cooks had made the problem worse — now the entire crew was hoarding forks.



Sitting topside on the USS Nevada in 1987 during a Panama Canal transit. (Photo courtesy of Nathan Shimp)

Meanwhile, we continued our pace of thefts and probably added another 100 forks to our stash. This was great! We weren't even to the halfway point of patrol and we'd stirred up a good fork panic.

Finally, the supply officer stepped in and replaced the remaining metal forks with plastic forks. Then he went to the XO and informed him of the problem. The XO, sensing a rat but not yet wanting to upset crew morale, decided to have every officer in the wardroom search the entire boat looking for the missing forks.

He divided up the boat amongst all the officers, gave them each a flashlight, and they spent an entire watch rifling through every locker, shelf, cubby, and possible hiding place from bow to stern.

I was on watch when the search team came into sonar. They tried — they even opened up the toolbox where we'd hidden the forks, but they

didn't notice the false bottom before closing it and moving on. Disaster averted; the prank was still alive!



Sunrise over the Marshall Islands. Bill Kammer, left, and Stan Jankowski in the background. (Photo courtesy of David Chetlain)

Still, I knew the powers that be would regroup and our days were numbered. About this time, I wrote up a fake "plan of the day" and included in it an announcement on the disappearing forks that went like this:

Warning! All hands beware! A herd of renegade forks has escaped from the mess decks and is reported to be at large. Do NOT attempt to apprehend. These forks should be considered disobedient and unruly. If seen, any confrontation should be avoided and the "Fork Apprehension Rehabilitation Team" (FART) alerted immediately.

The crew had a good chuckle and everyone kept on using their personal forks or dealing with the plastic forks. The next Saturday was pizza night. Most of the crew came up for some pizza, and Jim and I were on the mess decks getting ready to go on watch. Now, most people eat pizza with their hands. But for some reason, the chief of the boat and the senior enlisted man on the crew decided to eat his pizza with a plastic fork that night.



From left: Dwayne Wiggin, Scott Rieger, Andrew Frost. (Photo by Brian Pijasik)

Then it happened. His fork broke.

"Goddammit!" the chief of the boat bellowed. "Enough of this bullshit! I want the forks back NOW!"

Jim and I smirked at each other and suppressed our laughter. We knew the gig was up; it was only a matter of time until we paid the piper.

Neither Jim nor I ever announced ourselves as the originators of the prank, but everyone knew. It was always us.

We went on watch, and about an hour later, my boss, Jim Conlin, came into the sonar shack.

"If you return the forks now, you get amnesty," he said. "I would advise you to do as such."

And that is what we did. We loaded all the forks into a brown paper bag, and I had the auxiliary operator set them outside of the wardroom pantry. Once he returned, I placed an anonymous call to the mess decks to inform them that the forks had been miraculously recovered. It had taken nearly 50 days to pull off the prank, and it had affected everyone on the crew. Nobody was hurt, and it gave us all something to help pass the time.

A submarine patrol — like all military service — is long episodes of boredom interspersed with random moments of terror. Isolated for weeks

at a time with no access to news or even letters from home, boredom set in pretty quickly, and we always looked for diversions.

Practical jokes filled that space and helped pass the time; they were a rite of passage. Jim and I staged a lot of practical jokes in our time together on the USS Nevada, but nothing would ever top the "Great Fork Heist of 1988."

David Chetlain spent more than nine years in the Navy as a sonar technician. He qualified in submarines on the USS Georgia SSBN 729 and was subsequently a plankowner on the USS Nevada SSBN 733. He also served as the ship's rescue swimmer and photographer. His last patrol was during Desert Storm in 1991. After completing submarine duty, David spent two years as a recruiter at NRD Portland where he finished college and took an early discharge. He has spent his entire civilian career in the software industry.

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- 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.

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Revised: January 2021

August

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Gulf of Tonkin incident (1964)	3 NCCVC VVA 535	4 Coast Guard Birthday	5
6	7	8 Nixon resigns (1974) Fair Booth set-up	9 Nevada County Fair	10 Agent Orange Awareness Day Nevada County Fair	11 Nevada County Fair	12 Nevada County Fair
13 Nevada County Fair	14 Fair Booth take-down	15	16	17	18	19 The National Vietnam War Museum incorporated (2002)
20	21	22	23	24	25	26
27	28	29	30 Withdrawal of US forces from Afghanistan (2022)	31		

SEPTEMBER

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day	5	6	7 NCCVC VVA-535 Board & General Meeting	8	9
10 Grandparents Day	11 Patriot Day	12	13	14	15 POW/MIA Recognition Day Rosh Hashanah Begins (sundown)	16
17 Constitution Day	18 Air Force Birthday	19	20	21	22	23 First Day of Autumn
24 Gold star Mother's Day Yom Kippur Begins (sundown)	25	26	27	28	29	30

October

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 NCCVC VVA-535 Board & General Meeting	6	7
8	9 Columbus Day (Observed)	10	11	12	13 Navy Birthday	14
15	16	17	18	19	20	21
22	23	24	25	26	27 CSC Visalia	28 CSC Visalia
29 CSC Visalia	30	31 Halloween				

November

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 VVA-535 Board & General Meeting	3	4
5 Daylight Saving Time Ends	6	7 Election Day	8	9	10 Marine Corps Birthday	11 Veterans Day
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day	25	26
27	28	29	30			