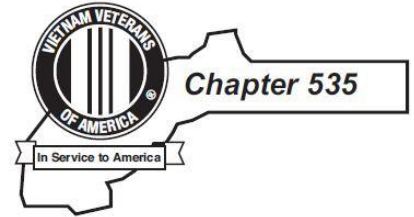




INCOMING

VIETNAM VETERANS OF AMERICA
CHAPTER 535



Website: www.vva535.org

Volume 34 Issue 9

September 2024

**VIETNAM VETERANS OF AMERICA
CHAPTER 535
PRESIDENT'S MESSAGE
July 2024**

Hello VVA 535 members,

Meeting time is 6:00 p.m. September 5, 2024

**We will screen the documentary film,
"Vietnam: The Secret Agent" at 6:30 p.m. The
film is a 56-minute well-researched film
about the legacy of Agent Orange.**

Hello VVA 535 Members,

WOW another Nevada County Fair is behind us!

First: I would like to thank the VFW for their financial and personnel present at the Booth.

Second: I would like to thank a few specific members for making sure our Booth activities actually happen.

Bart Ruud for scheduling of people to man the Booth. (personnel management)
Dick Corn and Keith Gruenberg (logistics) for making sure all materials were delivered to the Fair and then

returned to its proper storage area after the Fair.

Thank you to all who worked shifts at the Fair which required two people per shift for a total of 15 shifts or 120-man-hours in the five days.

And thank you to our Veterans Service Office for being there to answer questions for the many veterans that stopped by to talk.

Ray James
President

The First Day of School

Author unknown

In September of 2005, the first day of school, Martha Cothren, a History teacher at Robinson High School in Little Rock, did something not to be forgotten.

On the first day of school, with the permission of the school superintendent the principal, and the building supervisor, she removed all of the desks in her classroom. When the first period kids entered the room, they discovered that there we no desks.

"Ms. Cothren, where are our desks?"

She replied, "You can't have a desk until you tell me how you earn the right to sit at a desk."

They thought, "Well, maybe it's our grades."

"No," she said.

"Maybe it's our behavior."

She told them, "No, it's not even your behavior."

And so, they came and went, the first period, the second period, third period. Still no desks in the classroom. Kids called their parents to tell them what was happening and by early afternoon television crews had started gathering at the school to report about this crazy teacher who had taken all the desks out of her room.

The final period of the day came and as the puzzled students found sets on the floor of the desk-less classroom, Martha Cothren said, "Throughout the day no one has been able to tell me just what he or she has done to earn the right to sit at the desks that are ordinarily found in this classroom. Now I am going to tell you."

At this point, Martha Cothren went over to the door of her classroom and opened it. Twenty-seven (27) U.S. Veterans, all in uniform, walked into that classroom, each one carrying a school desk. The Vets began placing the school desks in rows and then they would walk over and stand alongside the wall. By the time the last soldier had set the final desk in place, those kids started to understand, perhaps for the first time in their lives, just how the right to sit at those desks had been earned.

Martha said, "You didn't earn the right to sit at these desks. These heroes did it for you. They placed the desks here for you. They went halfway around the world, giving up their education and interrupting their careers and families so you could have the freedom you have. Now, it's up to you to sit in them. It is your responsibility to learn, to be good students, to be good citizens. They paid the price so that you

could have the freedom to get an education. Don't ever forget it."

By the way, this is a true story. And this teacher was awarded the Veterans of Foreign Wars Teacher of the Year for the State of Arkansas in 2006. She is the daughter of a WW II POW.

Let us always remember the men and women of our military and the rights they have won for us.

Note: Snopes Fact Check says this story is true was drawn from former Governor of Arkansas Mike Huckabee's 2 March 2007 address to the Conservative Political Action Conference in Washington, DC.

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.

Veterans Crisis Line

DIAL 988 then PRESS 1

Or text 838255

(Put these numbers into your phone)

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.

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Upcoming Events

NCCVC Meeting – September 5, 2024
VVA Chapter 535 Meeting – Sept. 5, 2024
Wellness Fair - August 29, 2024
CSC Oct. 3,4,5, 2024 – Visalia, CA

Chapter 535 Officers

President Ray James
rjames1087@sbcglobal.net
1-530-273-1087

Vice-President Keith Grueneberg
Kgberg0178@sbcglobal.net
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Treasurer
Ralph Remick 530-559-7716

Secretary
Bart Ruud 530-305-0493
bruud45@gmail.com

Directors

Dale Ferguson 530-272-3300
Armando Garza 530-906-7188
Bob Roberts 530-265-0398
Corbin Smith 916-833-7860

Committee Chairs

Finance ...Ralph Remick & Kent Holley
Parade and Honor Guard Dick Corn
Membership Affairs Ric 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 .. Enrique Vasquez; Carl
Cieslikowski
Web Master Ralph Remick
Quartermaster Dick Corn
Facebook Master Mike Laborico ?
Nevada County Fair Open
CA State Council Rep... Interim: Bart Ruud

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 (for September 5, 2024)

In lieu of a guest speaker we will show a 56-
minute documentary film, “Vietnam: The Secret
Agent.’ The subject centers on the legacy of
Agent Orange.

Matters of Interest as outlined at our meeting of August 1, 2024

The County is looking for Veteran's photos of actions and activities. Submitted photos are destined to become a display in the County's Rood Administrative Center. VFW Post 2655 is collecting photos for distribution to the county.

Jacket orders were again discussed. A minimum order will be 12 jackets at a cost of \$40 each. Additional costs will be incurred for patches and embroidery. Dick Corn is coordinating this project.

We have reserved a booth site at the August 7 – 11, 2024 Nevada County Fair. The site fee of \$455 was approved by the membership in April 2024. Following discussion, VVA 535 will share its site with a VFW 2655 representative on Friday, Saturday and Sunday. The VFW has offered VVA 535 \$250 in a cost-sharing gesture.

US soldier who fled to North Korea will plead guilty to desertion

By Eric Tucker and Lolita C. Baldor,
The Associated Press. Aug 27, 2024



Pvt. Travis King , who fled to North Korea just over a year ago, will plead guilty to desertion, his lawyer said.

An Army private who fled to North Korea just over a year ago will plead guilty to desertion and four other charges and take responsibility for his conduct, his lawyer said Monday.

Travis King's attorney, Franklin D. Rosenblatt, told The Associated Press that King intends to admit guilt to a total of five military offenses, including desertion and assaulting an officer. Nine other offenses, including possession of sexual images of a child, will be withdrawn and dismissed under the terms of the deal.

Hearing for soldier who ran into North Korea delayed for negotiations

By Jonathan Lehrfeld

Pvt. Travis King's attorney said a new date for the preliminary hearing has not yet been scheduled.

King will be given an opportunity at a Sept. 20 hearing at Fort Bliss, Texas, to discuss his actions and explain what he did.

"He wants to take responsibility for the things that he did," Rosenblatt said.

In a separate statement, he added, "Travis is grateful to his friends and family who have supported him, and to all outside his circle who did not pre-judge his case based on the initial allegations."

He declined to comment on a possible sentence that his client might face. Desertion is a serious charge and can result in imprisonment.

The AP reported last month that the two sides were in plea talks.

King bolted across the heavily fortified border from South Korea in July 2023, and became the first American detained in North Korea in nearly five years. His run into North Korea came soon after he was released from a South Korean prison where he had served nearly two months on assault charges.

About a week after his release from the prison, military officers took him to the airport so he could return to Fort Bliss to face disciplinary action. He was escorted as far as customs, but instead of getting on the plane, he joined a civilian tour of the Korean border village of Panmunjom. He then ran across the border, which is lined with guards and often crowded with tourists.

He was detained by North Korea, but after about two months, Pyongyang abruptly announced that it would expel him. On Sept. 28, he was flown to back to Texas and has been in custody there.

The U.S. military in October filed a series of charges against King under the Uniform Code of Military Justice, including desertion, as well as kicking and punching other officers, unlawfully possessing alcohol, making a false statement and possessing a video of a child engaged in sexual activity. Those allegations date back to July 10, the same day he was released from the prison.

IAVA founder launches new effort to put independent veterans in office

By Nikki Wentling. Army Times. Aug 28, 2024



Paul Rieckhoff, the founder of Independent

Veterans of America, speaks during an Iraq and Afghanistan Veterans of America event in 2018.

Before Robert F. Kennedy Jr. ended his long-shot, independent bid for president last week, he beat expectations in his state-by-state battle to access ballots and left some voters intrigued about looking beyond the two-party system.

Increasing hostility between Democrats and Republicans in the lead-up to the 2024 election created an opening for unaffiliated or independent candidates, the Pew Research Center reported. Iraq War veteran Paul Rieckhoff seized on that moment, launching Independent Veterans of America earlier this summer.

Twenty years ago, Rieckhoff founded Iraq and Afghanistan Veterans of America, one of the largest organizations of post-9/11 veterans in the United States. Now, he's looking to harness the recent interest in unaffiliated candidates by encouraging independent veterans to run for office.

While independents aren't likely to win many spots this year — in the race for president or in other national, state and local elections — Rieckhoff is taking a long view, with his new group aiming to propel unaffiliated candidates onto ballots and someday spark a movement in which independents gain more votes.

“Independents can win. It's possible this year, at the local level, undoubtedly,” Rieckhoff said. “And in the future, we're trying to create an America where independents can win at every level, where people vote on the candidate and not just on the party.” Veterans in particular have a political edge, and they bring a “voice of reason and clarity to politics,” he argued.

Rieckhoff said his new group isn't focused on the presidential election this year. Instead, it's vying to get independent veterans into other

offices, ranging from local school boards to the U.S. Senate. Starting last week, candidates could apply to be endorsed by the group. Candidates have until Aug. 31 to apply. To be considered for an endorsement, candidates must register as a member of Independent Veterans of America, file as an independent or unaffiliated candidate for office and complete an interview with the group's leaders. Independent Veterans of America will confirm the military service record of all candidates, Rieckhoff said.

Those veterans selected by the group will receive funding, campaign management tools, voter data, media opportunities, technology training and the opportunity to speak at the group's candidate convention in September in New York City.

"We're going to get behind them as best we can," Rieckhoff said. "We hope to be able to drive media attention, drive online support, drive volunteers and drive money. These folks are against the machine. We're able to bring them together, and we think that's going to be a powerful force."

Independent Veterans of America is expected to announce its endorsed candidates next week. The first wave of endorsements is likely to include about a dozen candidates, Rieckhoff said.

Rieckhoff began interviewing some of those potential candidates in May on his podcast, *Independent Americans*. The first was Shelane Etchison, an Army veteran who's running for Congress in North Carolina's ninth district, home to Fort Liberty. Etchison was based at Fort Liberty for the duration of her military service. She was part of a Cultural Support Team, a pilot program that inserted women alongside Special Operations soldiers on combat missions in Afghanistan.

She later deployed to Syria, where she served with Kurdish women to fight against the Islamic

State. After 11 years in the Army, she earned two master's degrees from Harvard. The district where she's running is a Republican stronghold, with the GOP holding it since 1963. Etchison is campaigning against the incumbent, Rep. Richard Hudson, R-N.C., who has served in Congress since 2013 and touts his status on his website as the "12th most conservative member of the House."

"I don't care how entrenched an incumbent is, we have to have competitive elections. We have to at least try," Etchison said on the podcast. "People still need to have choices on the ballot. I'm excited they're going to have another choice."

Rieckhoff was inspired to create Independent Veterans of America by his experience serving as CEO of Iraq and Afghanistan Veterans of America. That group trained veterans to be political advocates in Washington.

Some of those veterans have since joined the Democratic or Republican parties and continued their careers, but most didn't want to choose a party — and didn't find their path in politics, Rieckhoff said. Since then, Rieckhoff said he has seen more veterans he knows skew independent.

According to a [Gallup poll](#) from January, independents constitute the largest political bloc, with 43% of U.S. adults identifying as such in 2023.

"There's a promising generation of leaders that don't want to be a Democrat or Republican," Rieckhoff said. "Especially now, with our bitterly partisan and divided political landscape, veterans want to be able to continue to serve without having to compromise their values to a party."

This story was produced in partnership with [Military Veterans in Journalism](#). Please send tips to MVJ-Tips@militarytimes.com.

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.

VVA 535 Member Biographies

Do you know _____

Now, our readership and Brotherhood knows _____ better than we might ever have known this man, this leader.

Who will be next to share

US Army picks Sierra Nevada for long-range spy plane integration work

By [Jen Judson](#). Defense News. Thursday, Aug 22, 2024



Defense contractor Sierra Nevada Corp. spent millions of dollars of its own money refining RAPCON-X, depicted here in a company video. (Screenshot/Sierra Nevada Corp.)

Sierra Nevada Corporation has won a U.S. Army contract to serve as the lead system integrator for the service's future long-range spy plane.

The award for the High Accuracy Detection and Exploitation System, or HADES, integration work covers a 12-year period worth \$93.5 million initially and potentially up to \$994.3 million, the Army announced Thursday.

Choosing a lead integrator is a major step in the service's effort to overhaul existing fixed-wing aircraft that perform intelligence, surveillance and reconnaissance missions. The service plans to retire roughly 70 aircraft – its entire ISR fleet – as it brings on the HADES aircraft that will be

able to rapidly deploy and provide deep-sensing capabilities.

“HADES is the centerpiece of the Army’s long-promised aerial ISR transformation strategy,” Lt. Gen. Anthony Hale, deputy chief of staff for Army intelligence (G-2), said in a statement announcing the deal. “HADES allows the Army to fly higher, faster and farther, which directly impacts our ability to see and sense deeper, delivering an organic capability in line with the Secretary of the Army’s number-one operational imperative – deep sensing.”

For the first time, the Army is using a large-cabin business jet – the Bombardier Global 6500 – to serve as the airframe for the spy plane. The service awarded Bombardier a contract in December for one aircraft, with an option to buy two more over a three-year period.

RELATED



US Army closes in on faster jet to replace Guardrail aircraft

By Jen Judson

As Artemis and Ares fly in Europe and the Pacific theater, the service is nearing a decision on what its future fixed-wing ISR capability will look like.

A L3Harris Technologies, MAG Aerospace and Leidos team was competing against Sierra Nevada for the integration contract. All four companies are involved in ISR fixed-wing prototype efforts with the Army.

The Army has spent more than five years assessing ISR fixed-wing prototypes using high-speed jets to inform the HADES program. It began with the deployment of Artemis – or Airborne Reconnaissance and Target Exploitation Multi-mission System – which has flown in the European theater near the Ukrainian border. Leidos built Artemis using a Bombardier Challenger 650 jet.

Then the service deployed Ares – or Airborne Reconnaissance and Electronic Warfare System – to the Pacific region in April 2022. L3Harris built the aircraft using a Bombardier Global Express 6500 jet.

Combined, Artemis and Ares had flown more than 1,000 sorties by April this year, according to Andrew Evans, who leads the Army’s ISR Task Force. They fly roughly 10-hour missions and average 20 sorties a month, he added.

The Army is also preparing to take on four more prototypes that will inform the requirements for the HADES program. The service chose a pair of companies to deliver two jets each with spy technologies to advance long-range targeting plans.

MAG Aerospace and L3Harris will outfit a Global 6500 with ISR sensors for the Army’s radar-focused Athena-R effort.

And Sierra Nevada is providing its RAPCON-X, based on a converted Bombardier business jet, for the service’s signals intelligence-focused Athena-S project.

Now that the Army has picked a team to integrate sensors onto the jet, the process will take 18 months before the aircraft can deploy for a user assessment, the Army has estimated. That assessment moves the aircraft from a

controlled test environment in the United States to operational environments to stress test the systems.

The Army will deploy HADES for a limited period of time and then start building more aircraft as the early prototype remains deployed.

The service plans to field 14 HADES aircraft by 2035, according to a slide Maj. Gen. Wally Rugen, then-director of Army aviation, displayed during a speech at the Army Aviation Association of America's annual conference in Denver in April.

While industry officials said they anticipate the Army will continue to award the same team subsequent contracts to build all of the HADES aircraft, Andrew Evans, who leads the Army's ISR Task Force, noted earlier this year that "the guidance to our acquisition teammates was to ensure that we give ourselves as much flexibility as possible in the process."

Using 70 "very capable" Beechcraft King Air and De Havilland Canada Dash-8 aircraft, the Army, "has done some enormous and powerful work in support of the wars in both Iraq and Afghanistan" Evans said. But the existing fleet won't be able to fulfill long-range missions off the coast of China — which the U.S. government considers its top threat — "or really almost any other place in the world if you're talking about extended geographic ranges with limited basing and access," he added.

How heat waves can kill...and how to stay safe

By Bonnie Liebman, MS. Nutrition Action July/August 2024
Updated: June 20, 2024



“Heat waves are getting hotter, longer, more frequent, and you’re getting less relief at night,” [said](#) Ken Graham, director of the National Weather Service, in April. As the Earth keeps blowing past earlier heat records, here’s what to know and how to protect yourself.

1. How heat stroke can kill you

“Heat is a silent killer,” says Kristie Ebi, professor of global health at the University of Washington. “People typically have a low awareness that heat can be deadly, so they don’t take actions to protect themselves.”

Heat stroke, the most dangerous heat-related illness, is a medical emergency. More than half of older heat stroke victims die.

To understand how heat kills, it helps to know how the body cools itself off:

- **Sweating.** When sweat from the body’s 2-to-4 million sweat glands evaporates, it cools the skin (but may hasten dehydration).

- **Moving blood to the skin.** “You want to get that hot blood from the body’s core to the skin,” says Robert Meade, research fellow at the Harvard T.H. Chan School of Public Health. Why? When tiny blood vessels in the skin dilate—that is, expand—they release heat like a radiator.

But if enough blood gets shifted to the skin, too little is left for internal organs, including the GI tract. “The intestines start to become more permeable,” explains Meade. “So toxins from the gut start to flood into the bloodstream.”

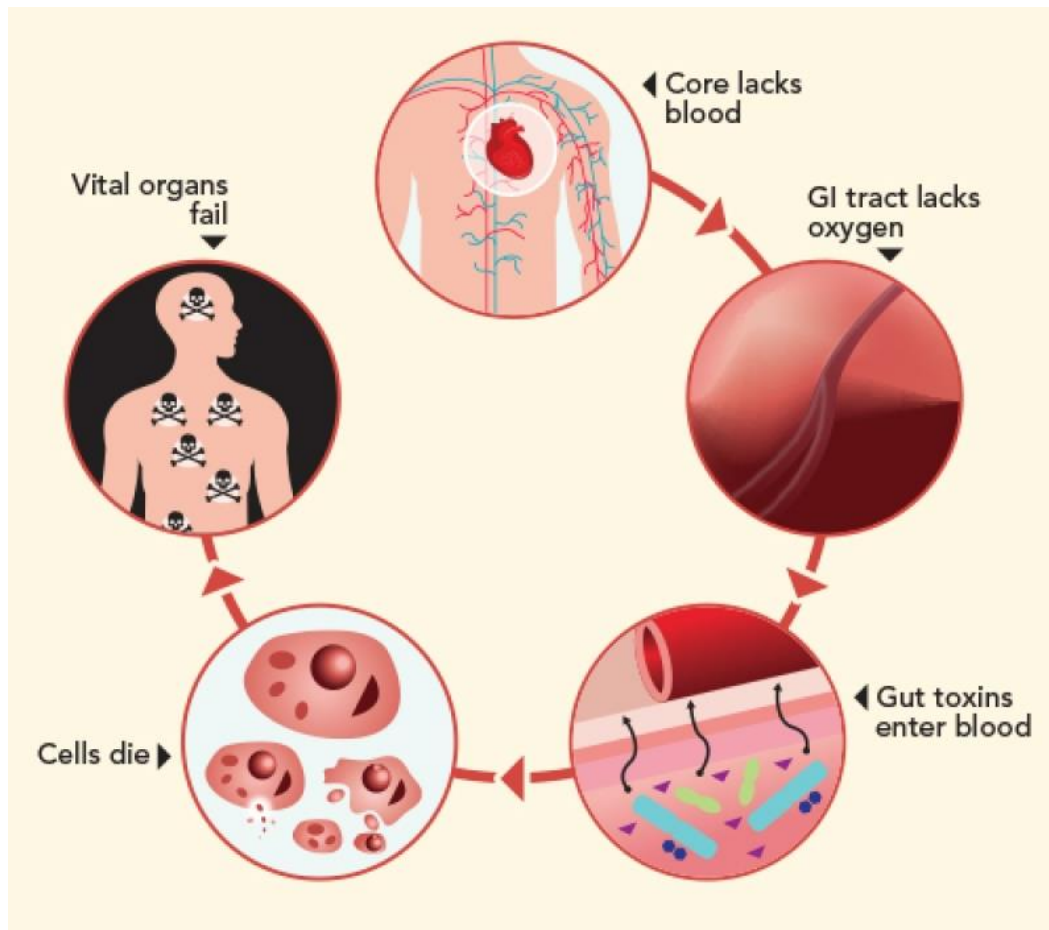
And that can set off another crisis. “The toxins can trigger a systemic inflammatory response,” says Meade. “In many ways, heat stroke is similar to sepsis.”

That’s an extreme body-wide immune reaction to an infection.

“The systemic inflammatory response changes how the blood clots, so it can cause disseminated intravascular coagulation—blood clots in the blood vessels,” Meade explains.

“And when the brain gets hot enough, we start to see neurological effects, so people become very confused.”

The end result: Cells die and critical organs fail. “The heat just wrecks havoc on the entire body,” says Meade.



In heat stroke, dehydration and a shift of blood to the skin leave too little blood (and oxygen) for the gut, allowing toxins to enter the bloodstream.

Jorge Bach - CSPI. Adapted from Lancet 398: 698, 2021.

2. How heat strains the heart

Though heat stroke can be deadly, cardiovascular disease takes the most lives in a heatwave.

“Heart disease puts you at greater risk because your heart is less able to tolerate the higher heat,” says Ebi. “And many people who have underlying heart disease don’t know it.”

How does heat strain the heart? “When the blood vessels in the skin open up, you have the same amount of fluid in a larger container, so blood pressure drops,” explains Meade.

Sweating makes it worse. “When we sweat, we’re losing fluid, so we can become dehydrated,” he adds. Like a hose with less water, that also lowers blood pressure.

“To maintain sufficient blood pressure to feed vital organs, the heart needs to work harder and beat faster.”

“The heart isn’t working as hard as it does when you’re exercising. But during a heatwave, we’re talking about constant stress over a day or multiple days. In a person who has underlying cardiovascular issues, that cumulative strain could be dangerous.”

2. Who is at higher risk in a heatwave

3.

It’s not just heart problems.

“There’s a long list of vulnerabilities that put people at higher risk from heat,” says Ebi. Among them:

Diabetes

“Our lab has shown that type 2 diabetes reduces the body’s capacity to thermoregulate—that is, to boost sweating and blood flow to the skin,” notes Meade, referring to research done by his former colleagues at the University of Ottawa.

“And diabetes often comes with a host of cardiovascular and kidney complications that also raise risk.”

Kidney disease

“As we get older, our kidneys’ ability to filter is already reduced,” says Meade. “So heat is another stress on top of that. And if someone already has weak kidneys, heat can precipitate kidney failure.” How?

“If heat stress is extreme, it can reduce blood flow to the kidney and reduce how much fluid the kidney is processing,” explains Meade. That can cause acute kidney injury

Lung disease

Heat stress can worsen respiratory conditions like asthma and chronic obstructive pulmonary disease (COPD), though spikes in air pollution triggered by heat waves are also partly to blame.

Older age

In one University of Ottawa study, after two hours in 98°F heat, 12 people mostly aged 60 to 70 gained more body heat than 12 people mostly aged 18 to 24.

Why do older people gain more heat? They may sweat less, their blood vessels dilate less, and their hearts are less able to pump harder and faster. “But there’s a huge amount of variation in how people respond to heat stress,” notes Meade.

Staying fit may boost your resilience. His team compared 38 physically fit adults aged 18 to 66 to 35 less-fit similar adults during three 30-minute bouts of cycling in 104°F heat.

“Those who had high levels of physical fitness had less age-related decline in thermal regulation,” says Meade. “Being physically fit may help during heat stress, because some responses—like an increased heart rate—are similar to our response to exercise.” That said, more studies testing fit and less-fit older people are needed.

One caution: “For the same degree of dehydration, older people are not as thirsty,” notes Meade. So you have to drink even if you’re not thirsty.

“Staying hydrated is very important,” he adds. “But don’t overdo it if you’re only drinking water. That can severely dilute sodium levels in the blood.”

A good rule of thumb: Your urine should be the color of lemonade. If it’s darker, you may be dehydrated. If it’s colorless, you may be overhydrated.

Most packaged foods can help restore sodium. That includes yogurt, milk, bread, and other foods that may not taste salty. (Check the label.) “Heat may also reduce appetite, so remember to eat,” Meade advises.

4. Many medications can worsen heat stress

Dozens of drugs may impair the body’s ability to handle excess heat. Some may be surprising.

“Antihistamines like Benadryl have anticholinergic properties,” says Meade. “They block the receptor that activates sweat glands, so you may have a reduced sweating response.”

Antihistamines may also constrict small blood vessels in the skin, making it harder to release body heat.

“Diuretics are easier to wrap your head around because they reduce the amount of fluid in your body,” says Meade. Other drugs that lower blood pressure may also boost heat risk.

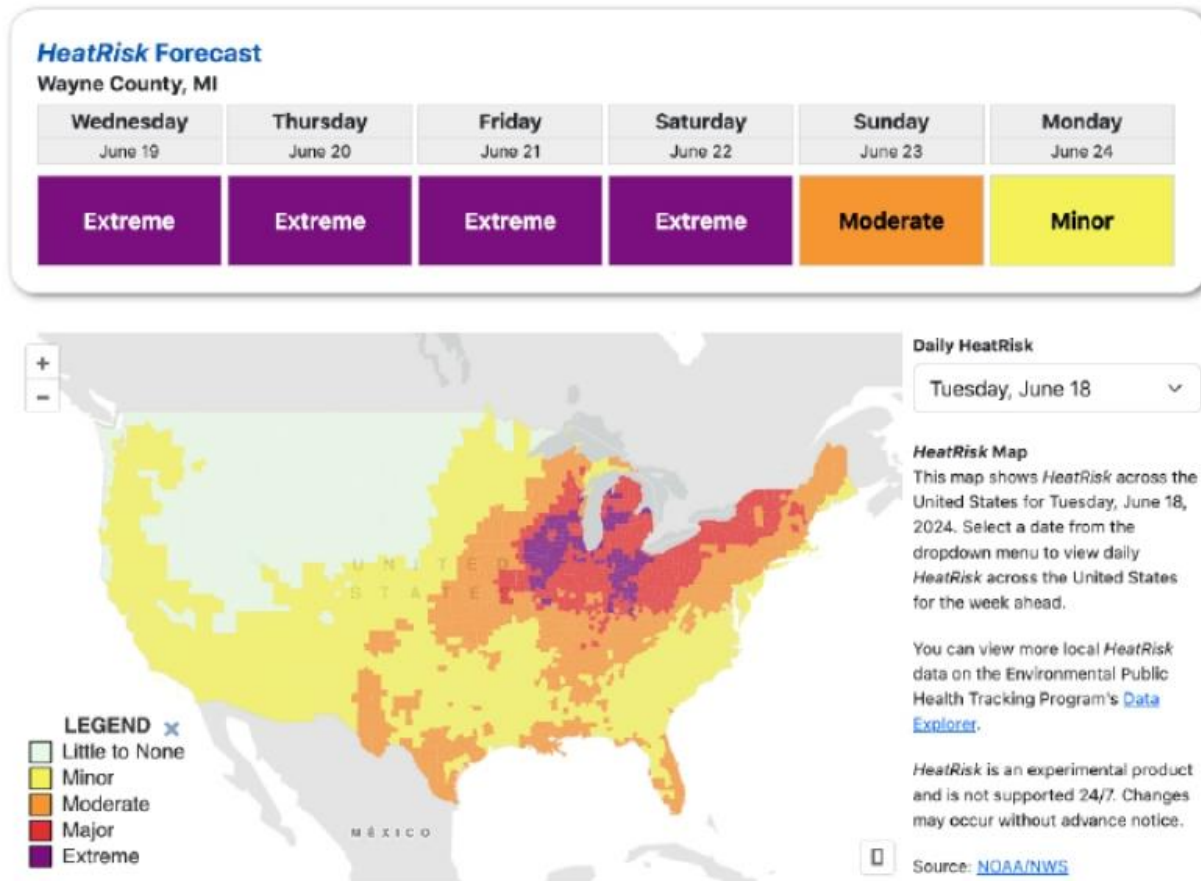
“Beta-blockers reduce heart rate,” notes Meade. And calcium-channel blockers curb the heart’s contractions.

Many drugs that promote mental health—like selective serotonin reuptake inhibitors, tricyclic antidepressants, and lithium—may also alter the body’s response to heat. Check with your doctor or pharmacist if you’re taking any prescription meds. That said, “We know what systems these medications affect,” says Meade, “but we need more research looking at how they actually affect the body’s response to heat stress.”

5. Check your area's heat risk

“Last year, heat-related illness caused over 120,000 emergency department visits,” said Mandy Cohen, director of the Centers for Disease Control and Prevention, at a press conference in April. “To be prepared this summer, CDC has developed a new dashboard that includes the National Weather Service’s heat risk map and EPA’s AirNow air quality index.”

To see the dashboard, go to cdc.gov/heatrisk. Here’s what it looked like in the Detroit area in mid-June.



You can see a 7-day “HeatRisk” forecast for most U.S. area codes using a new website from the CDC (cdc.gov/heatrisk).

The HeatRisk results depend not just on temperature but also on humidity.

“When the humidity is high, sweat may drip off your body, but you get no cooler if the sweat doesn’t evaporate,” explains Meade. And keep in mind that a heat wave is riskier if it hits early in the summer because we’re not yet acclimated.

“The more we’re exposed to heat, the better the body is at dealing with it,” says Meade.

The CDC’s HeatRisk website also has links to local cooling centers for people who have no air conditioning.

“Once your indoor temperature tops 95°F, an [electric fan](#) no longer cools your body,” notes Meade. “If you feel poorly, reach out to someone. Don’t wait.”

And expect more records to fall. “‘Insane’ Heat Has Been Scorching Miami,” ran the New York Times headline in May. “It’s Not Even June.”

Miami’s heat index—which takes humidity into account—reached 112°F on May 18 and 19, “breaking the previous daily record by an astonishing 11 degrees,” noted the Times.

Yet in April, the paper added, Florida enacted a law banning local governments from requiring heat and water breaks for outdoor workers.

“High temperatures can be deadly, but almost all of those deaths are preventable,” says the University of Washington’s Kristie Ebi. “Nobody has to die in a heatwave.”

In heat stroke, dehydration and a shift of blood to the skin leave too little blood (and oxygen) for the gut, allowing toxins to enter the bloodstream.

What to know about heat-related illnesses

Heat stroke (*most severe*)

What to look for

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

What to do

- Call 911 right away. Heat stroke is a medical emergency.
- Move the person to a cooler place
- Help lower the person’s temperature with cool cloths or a cool bath
- Do not give the person anything to drink
- Do not give the person a fever-reducing drug like aspirin to lower their temperature

Heat exhaustion

What to look for

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

What to do

- Move to a cool place
- Loosen your clothes

Heat exhaustion

- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

Heat cramps

What to look for

- Heavy sweating during intense exercise
- Muscle pain or spasms

What to do

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
-

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

Sunburn

What to look for

- Painful, red, and warm skin
- Blisters on the skin
-

What to do

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

Heat rash (*least severe*)

What to look for

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

What to do

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder made with corn starch, not talc) to soothe the rash

Source: Adapted from the Centers for Disease Control and Prevention.

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 2022

August

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NCCVC VVA-535 Board & General Meeting Gold Star Children's Day Bud Anderson Statue Unveiling	2 Gulf of Tonkin Incident (1964)	3
4 234 th U.S. Coast Guard Birthday	5	6	7	8	9	10 Agent Orange Awareness Day
11	12	13	14	15 Yuba Sutter Stand Down	16 Yuba Sutter Stand Down	17 Yuba Sutter Stand Down
18	19	20	21	22	23	24
25	26	27	28	29 Wellness Fair	30	31

September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5 NCCVC VVA-535 Board & General Meeting	6	7
8	9	10	11 Patriot Day	12	13	14
15	16	17	18 77 th U.S. Air Force Birthday	19	20 National POW/MIA Recognition Day	21
22	23	24	25	26	27	28
29 Gold Star Mothers and Family Day	30					

October

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NCCVC VVA-535 Board & General Meeting	2 Rosh Hashana begins	3	4 Rosh Hashana ends	5
6	7	8	9	10 Mental Health Day	11 Yom Kippur begins	12 Yom Kippur ends
13 249 th U.S. Navy Birthday	14 Indigenous People Day Columbus Day	15	16	17	18	19
20	21	22	23	24	25	26 National Day of the Deployed
27	28	29	30	31 Halloween		

November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 All Saints' Day	2
3 Daylight Savings Time ends	4	5 Election Day	6	7	8	9
10 249 th U.S. Marine Corps Birthday	11 Veterans Day	12	13 1982 Vietnam Veterans Memorial Dedicated	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	29	30