



LZ FRIENDLY

Never Again Will One Generation Of Veterans Abandon Another

U C BERKELEY TOWERS



A Salute to all our Men and Women in Uniform
Thank You for Your Service!



EAST BAY ESTUARY



OCTOBER-NOVEMBER-DECEMBER 2017

ISSUE 3 VOL I



Bill Hodges

PRESIDENT'S CORNER:

The 2017 VVA National Convention was attended by a record crowd of 816 delegates from every state and a couple territories.

Lest you think it was all fun and games, be assured that Andy and I were up and ready to go bright and early each day, headed off to attend various committee meetings.

We split up to partake of as many functions as possible, which included POW/MIA, Veterans Incarcerated, PTSD, Constitution, Agent Orange/Toxic Substances, Resolutions, and a couple more.

Most mornings we were up at 0600, and one night, we worked until just past 2100. One of the most controversial subjects was "Last Man Standing", and how we would leave our organization, when the last Vietnam Veteran is standing alone, and what we should do to assure that our "legacy" lives on.

There was an issue that concerned Arnold, and that was the method of communication amongst committee members. This was resolved by restricting it to "live" comes only, which was defined as "Go to meeting" (or other conference call method), SKYPE, or the like. E-mail would not be acceptable.

My own project was for VV A National to establish a template for VV A State and/or Chapters to use to create websites.

I spoke with National president John Rowan about this, and he concurred that it was needed.

He then directed me to contact the VV A Communications Director (Mokie Porter) about it.

Mokie had the VV A Webmaster sit down with me, and we discussed how it could be done.

The example that I used was VistaPrint. When you wish to design a business card, the template is there, and all you have to do is fill in the boxes with type and/or photos.

Very simple!

A happy note was that the VVA CSC Newsletter "ZAPHYR" was named Best State Newsletter of the year!

Of the four National conventions that I've been a Chapter 400 delegate at, this was by far the best and most productive.

I'm glad that I had the chance to go, but I'm damn glad I'm back home !!

Chapter 400

Meets on the 3rd Tuesday of the month at 1830 (6:30pm).
The meetings are at the Alameda Veterans Memorial Bldg.
2203 Central Avenue
Alameda CA 94501

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A Non-Profit 501(c)

Open your wallet and if moths fly out or there ARE cobwebs it means it is time to consider making a donation to your VVA Chapter 400. Just write a check payable to "VVA Chapter 400" for \$20...\$40...\$60 or ...\$_. That wasn't so hard to do after all or was it? Support Ch400!!

MEMBERSHIP COMMITTEE REPORT

by: John DI Lillo, Chair

Once a month we get the national Membership Affairs Committee (**MAC**) Report showing the national gains and losses (deaths) in our field-of-membership.

The information provided at this time is the most current one received before the LZ publication and it is the most current as of August 2017.

As time goes on and our health panorama keeps on changing the more we will see how the national will increase its field-of-membership. Yes, more and more Vietnam Era Veterans are realizing they have been missing on a lot on the care of their health and are not in as good health as they have thought. On the other side of the coin, the cost of healthcare is another factor influencing the increase.

Now, I hope it means more members attending the meetings!!

(See Chart at the bottom of page to read Membership Report)

MEMBERSHIP TOTALS by CLASSIFICATION					
VVA		AVVA		NEW MEMBERS	
IND	13,738	AIND	2,726	VVA	353
LMP	65,247	ALP	5,938	AVVA	86
IVI	2,231	ALT	15	TOTAL	439
VPHV	468	AIVI	639	DECEASED	
		APHV	14	VVA	54
TOITAL	81,684 *	TOTAL	9,332	AVVA	2
* Includes 1,254 Women				TOTAL	56
Dual Membership		418			
CHAPTER'S MEMBERSHIP TOTAL					
VVA		AVVA		NEW MEMBERS	
IND	8	AIND	5	VVA	1
IVI	0	ALP	2	AVVA	0
VPHV	0				
LMP	63				
TOTAL	71	TOTAL	7	TOTAL	1

YOUR QUARTERLY CALENDAR OF EVENTS

OCTOBER			NOVEMBER			DECEMBER		
Th	5	3-7pm Veterans Employment Committee Job Fair Hayward VMB	T	7	Election Day	Th	7	PEARL HARBOR DAY
M	9	COLUMBUS DAY Fed., State and Local government offices closed	S	11	VETERANS DAY Fed., State and Local government offices closed	M	18	No Veterans Affairs Commission Meeting
S	14	Alameda Park Street Auto Show Chapter Participation Needed Call: 918-4429 or 719-1363	S	11	11am VETERANS DAY Celebration & BBQ at Alameda VMB Chapter Participation Needed	T	19	6:30pm Chapter Meeting
S	14	Kruzin' for Kidz Boat Ride in the Bay Chapter Participation Needed	M	20	10am Veterans Affairs Commission Meeting	W	27	10am Veterans Employment Committee Meeting
M	16	10am Veterans Affairs Commission Meeting	T	21	6:30pm Chapter Meeting	T	25	CHRISTMAS DAY Fed., State and Local government offices closed
T	17	6:30pm Chapter Meeting	W	22	10am Veterans Employment Committee Meeting			
W	25	10am Veterans Employment Committee Meeting	Th	23	THANKSGIVING DAY Fed., St. and Local government offices closed			
F	27	VVA CSC QTR MTG FRESNO						
Sa	28	VVA CSC QTR MTG FRESNO						
Su	29	VVA CSC QTR MTG FRESNO						

CHAPTER PARTICIPATION NEEDED

When the call is made its due to the need to have enough members participation at each of the events shown in the "your quarterly calendar of events." It is not only to assure the Chapter has the number to relieve those members in attendance, as to assist Veterans and their families as to how they can get access the VA system or the Alameda County Veteran Service Officer or other agencies. Remember not all who have served in the military consider themselves Veterans. Why? Some feel as they were not in a combative duty while in the service, therefore, not entitled to VA benefits. And then we have our own contemporary brothers and sisters who have not come forward to receive what is due to them.

By being a Chapter participant, you can make a difference in someone's life ... !

EDITOR'S CONTACT:

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HOW TO READ THE MEMBERSHIP CHART SHOWN AT THE TOP OF PAGE

IND Individual
LMP Life Member
IV Incarcerated Veteran
VPHV Permanently Hospitalized Veteran

AIND Associate Individual
ALP Associate Live
ALT Associate Life Time Payment
AIVI Associate Incarcerated
APHV Associate Permanently Hospitalized



VICE PRESIDENT'S CORNER:

**We should not forget!!!!
"Vietnam Wall Facts!"**

A little history most people will never know. Interesting Veterans Statistics off the VIETNAM MEMORIAL WALL.

Sgt. R. A. Rocha There are 58,267 names now listed on that polished black wall, including those added in 2010.

The names are arranged in the order in which they were taken from us by date and within each date the names are alphabetized. It is hard to believe it is 57 years since the first casualty.

The first known casualty was Richard B. Fitzgibbon, of North Weymouth, Mass. Listed by the U.S. Department of Defense as having been killed on June 8, 1956. His name is listed on the WALL with that of his son, Marine Corps Lance Cpl. Richard B. Fitzgibbon III, who was killed on Sept. 7, 1965.

There are three sets of fathers and sons on the WALL. 39,996 on the Wall were just 22 or younger.

8,283 were just 19 years old.

The largest age group, 33,103 were 18 years old.

12 soldiers on the Wall were 17 years old.

5 soldiers on the Wall were 16 years old.

One soldier, PFC Dan Bullock was 15 years old.

997 soldiers were killed on their first day in Vietnam.

1,448 soldiers were killed on their last day in Vietnam.

31 sets of brothers are on the WALL.

Thirty one sets of parents lost two of their sons.

54 soldiers attended Thomas Edison High School in Philadelphia. I wonder why so many from one school.

244 soldiers were awarded the Medal Of Honor during the Vietnam War; 153 of them are on the WALL.

Beallsville, Ohio with a population of 475 lost 6 of her sons.

58 Women are on the WALL, nursing the wounded.

West Virginia had the highest casualty rate per capita in the Nation. There are 711 West Virginians on the WALL.

The most casualty deaths for a single month was on May 1968 - 2,415 casualties was incorrect.

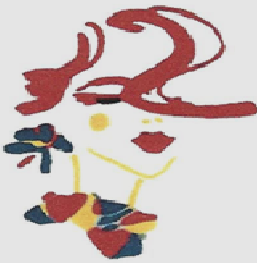
The most casualty deaths for a single month was on January 31, 1968 - 245.

The Marines of Morenci - They led some of the scrappiest high school football and basketball teams that the little Arizona copper town of Morenci (population 5,058) had ever known and cheered. They enjoyed roaring beer busts. In quieter moments, they rode horses along the Coronado Trail, stalked deer in the Apache National Forest. And in the patriotic camaraderie typical of Morenci's mining families, the nine graduates of Morenci High enlisted as a group in the Marine Corps. Their service began on Independence Day, 1966. **ONLY THREE CAME HOME.**

The Buddies of Midvale - LeRoy Tafoya, Jimmy Martinez, Tom Gonzales were all boyhood friends and lived on three consecutive streets in Midvale, Utah, on 5th, 6th and 7th Avenues. They lived only a few yards apart. They played ball at the adjacent sandlot ball field. And they all went to Vietnam. In a span of 16 dark days in late 1967, all three would be killed. LeRoy was killed on Wednesday, November 22, the anniversary of John F. Kennedy's assassination. Jimmy died less than 24 hours later on Thanksgiving Day. Tom was shot dead assaulting the enemy on December 7th, Pearl Harbor Remembrance Day.

For most Americans who read this they will only see the numbers that the Vietnam War created. To those of us who served in the war, and to the families of those who did not, we are, until we too pass away, haunted with these numbers, because they are our friends, fathers, husbands, wives, sons and daughters.

**THERE ARE NO NOBLE WARS,
JUST NOBLE WARRIORS ... !**



**EMILY'S
BEAUTY SPOT**
AT SALON MARCELLO

**3137 FERNSIDE BLVD,
ALAMEDA CA 94501**

510-521-5530

**IF YOUR HAIR LOOKS GOOD,
YOU FEEL GOOD!**

YOUR CALL...When was the last time you attended a Chapter's meeting? If you can't remember it's not due to dementia or the other mental diseases. It's most likely memory lost, as it has been a very long time. There must be several reasons why you don't attend. Could it be you just joined to make your buddy feel good? Or did you do it just to get a mouth full of saying "I am a member for the Vietnam Veterans of America?" It's time to take inventory by jotting down in two columns, PROS & CONS, the real reason for not attending and what are you missing by it. We would say some of the positives (PROS) for attending is the knowledge you acquire; the opportunity to vent your frustrations within the VA system or other entity. On the other side of the coin (CONS) it is not participating at different events the Chapter is involved with, which assure people are aware we are Vietnam Veterans and are here to help others. And not attending the California State Council quarterly meetings, where a lot of beneficial information you can use for yourself and other Veterans.

PENCIL your calendar with the Chapter's meeting dates so you wouldn't forget to attend....!

OVC Food Bank



Our office is now a distribution site for service members and their families. Our goal is to ensure every Veteran knows where their next meal is coming from. We can provide non-perishable food, 1 bag per household a day.

Pick up hours:
Monday-Friday
9:00AM-3:00PM
7700 Edgewater Dr. Suite #125
Oakland, CA 94610

For more information
please contact our office at 510-562-7906

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In the Spotlight

Can I Get Travel Costs for VA Health Care?

Many Veterans can be reimbursed for travel costs related to VA health care services.

The Beneficiary Travel program helps eligible Veterans receive mileage reimbursement. In some cases, it can pay for the costs of an ambulance or a wheel chair van.

When a privately-owned vehicle is not reasonably accessible or travel by a common carrier such as a plane, train, bus, taxi, or light rail is medically necessary, Veterans may be reimbursed.

The transportation is to help Veterans get to and from their VA health care facility, or to VA-authorized non-VA health care for which the Veteran is eligible.

Veterans may apply for travel reimbursement by completing VA Form 10-3542 (Veteran/Beneficiary Claim for Reimbursement of Travel Expenses).

Veterans usually receive payments from electronic fund transfers to a bank account or a debit card.



Free Vaccines & Exams for Veterans' Pets at the Livermore VA

Friday, October 6 🐾 Friday, October 20

🐾 Friday, November 3 🐾

Friday, December 1 🐾 Friday, December 15

ARF's Mobile Clinic will be on-site to perform wellness exams, give vaccinations, and answer questions about basic pet wellness.

Time: Check-in begins 9:00 am
Check-ins accepted until 11:00 am or FULL
First come, first served

Location: 4951 Arroyo Road, Livermore (behind Building 54)

Contact: Timothy Gallegos

Admin. Assistant, East Bay Operations, (925) 373-4700, ext. 35129

Cats and dogs only; limit 2 per veteran. Services are provided at no cost to veterans presenting military ID. Dogs must be on-leash and under control at all times. Bring pet's prior vaccination history with you.

Cats must be in carriers. Please clean up after your pets.

Wait times may vary; please wear comfortable clothes. Water will be provided for people and pets.

no-cost flu shots for VA patients*



For veterans enrolled in the VA Health Care System, getting a flu shot at Walgreens or Duane Reade is easy

Step 1 Just fill out the flu vaccination form below

Step 2 Bring the completed form, your VA ID card and a photo ID to your neighborhood Walgreens or Duane Reade location

Step 3 Walgreens or Duane Reade will automatically update your VA Electronic Health Record in the VA Health Care System

Patients will also be asked to complete a vaccine consent form at time of service

A wellness benefit brought to you by Walgreens and the U.S. Department of Veterans Affairs

Information below must be completed prior to receiving your shot.

Name: _____

Date of birth: _____ Home ZIP code: _____

Plan ID: VAFLU

Recipient # (Social Security number): _____

Walgreens pharmacies:

- Only veterans enrolled in the VA Health Care System are eligible. Family members and Troop members are NOT eligible.
- Verify information by checking VA ID card and a photo ID.
- Use the Social Security number in the Recipient # field.
- This voucher is for quadrivalent vaccine only.

To find a location near you, call 800-WALGREENS (800-925-4733) or visit Walgreens.com/FindAStore

Walgreens

DUANE READE

For questions or more information about the program, call 866-964-1812 or go to www.va.gov/COMMUNITYCARE/programs/veterans/immunization.asp

*This wellness benefit is only for veterans enrolled in the VA Health Care system. Family members and Troop members are not eligible. No-cost flu shot option is for quadrivalent vaccine only, available now through March 31, 2018. Vaccines subject to availability. State, age, and health-related restrictions may apply. Vaccine may be in limited supply after March 1, 2018. This does not constitute an endorsement of Walgreens or Walgreen products. Patients will also be asked to complete a vaccine consent form at time of service.

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U.S. Department
of Veterans Affairs

Walgreens



Contact: Melinda Krigel
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MEDIA ADVISORY **10/10/17**

UCSF Benioff Children's Hospital Oakland Patients and Families to Cruise San Francisco Bay Aboard the U.S.S. Potomac this Saturday Morning

Oakland, CA (October 10, 2017) – The Northern California Fleet of the Classic Yacht Association, in partnership with the USS Potomac, will take over 200 patients, families and staff from UCSF Benioff Children's Hospital Oakland, for a very special cruise on the Bay this **Saturday, October 14**. The fifth Annual "Kruzin' 4 Kids" will treat patients and their families to an incredible journey aboard the USS Potomac, and UCSF Benioff Oakland staff will escort them in ten classic yachts from the 1920's through the 1970's.

This procession of artisan-built and historic yachts will leave **Jack London Square at 10 am** with Potomac Association docents onboard to cruise through the Oakland Estuary into San Francisco Bay to pass under the Western section of the Bay Bridge while headed to the middle of the Bay near Alcatraz Island. This esteemed fleet of yachts will then head straight to the San Francisco waterfront near Pier 39 then head due south to be greeted by the City of San Francisco's fire boat with a full water canon salute. The flotilla will proceed under the Bay Bridge where shortly after the 10 escort yachts will pay homage to the USS Potomac and its special passengers by each escort yacht, in single file, passes to the Potomac's Starboard(Right) side. Then the Potomac and the escort yachts will head to the Potomac's homeport of Jack London Square.

"Kruzin' 4 Kids allows us to celebrate these children, their families and hospital staff by creating an experience that shows how deeply we care about them all," says Shawn Ball, Event co-Chair. "The seeds that created this event came from the notion of doing something for our community and for these special kids using our classic yachts," adds John John Di Lillo, Event Co-Chair.

"Each year we look forward to going out to on the Bay with our patients and enjoying these magnificent yachts," says Angela Baker, UCSF Benioff Oakland Child Life Specialist. "It's wonderful that the Classic Yacht Association and its members are creating this incredible experience for our patients, families and staff."

The U.S.S. Potomac is the largest member of the Classic Yacht Association fleet. The 165-foot, former presidential yacht of Franklin Delano Roosevelt launched in 1934. In addition to preserving the heritage of FDR's yacht, the association provides educational and history cruises for hundreds of Oakland public school children every year.

The Classic Yacht Association Team:

The Classic Yacht Association was founded in 1971 and is dedicated to the promotion, preservation, restoration, and maintenance of fine, old, power driven pleasure craft. Their Northern California Fleet has about sixty classic vessel members.

About UCSF Benioff Children's Hospital Oakland:

UCSF Benioff Children's Hospital Oakland (formerly Children's Hospital & Research Center Oakland) is a premier, not-for-profit medical center and is the only hospital in the East Bay 100% devoted to pediatrics. UCSF Benioff Children's Hospital Oakland is a national leader in many pediatric specialties including cardiology, hematology/oncology, neonatology, neurosurgery, orthopedics, pulmonology, and sports medicine. The hospital is one of only five ACS Pediatric Level I Trauma Centers in the state, and has one of largest pediatric intensive care units in Northern California.

UCSF Benioff Children's Hospital Oakland's research arm, Children's Hospital Oakland Research Institute (CHORI), is internationally known for its basic and clinical research. CHORI is at the forefront of translating research into interventions for treating and preventing human diseases. For more information, go to www.childrenshospitaloakland.org and www.chori.org.



Free Vaccines & Exams for Veterans' Pets at the Martinez VA

Friday, October 13 🐾 Friday, October, 27
🐾 Friday, November 17 🐾
Friday, December 8 🐾 Friday, December 22

ARF's Mobile Clinic will be on-site to perform wellness exams, give vaccinations, and answer questions about basic pet wellness.

Time: Check-in begins 8:30 am
Check-ins accepted until noon or FULL
First come, first served

Location: 150 Muir Road, Martinez CA 94553

Contact: Gary (925) 370-4790

Cats and dogs only; limit 2 per veteran. Services are provided at no cost to veterans presenting military ID. Dogs must be on-leash and under control at all times. Bring pet's prior vaccination history with you. Cats must be in carriers. Please clean up after your pets.

Wait times may vary; please wear comfortable clothes. Water will be provided for people and pets.



Vietnam Veterans of America
200 Grand Avenue
Oakland CA 94612-0208

www.vvchapter400.org
510-444-5235

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ADDRESSEE:

WOMEN VETERANS
1-800-855-829-6636

VETERANS CRISIS LINE
1-800-273-8255 Press 1
TEXTING ... 838255
www.VeteransCrisisLine.net

ALAMEDA COUNTY

Veterans Services 510-577-1925
Oakland Veterans/EDD 510-564-0500
Fremont Veterans/EDD 510-794-3892
Non-Emergency 24/7 Assistance
in Alameda County. . . .dial 211

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OAKLAND VET CENTER
510-562-7906

HOMELESS VETS
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OPERATION DIGNITY

Support Services for Veterans Families
1-800-686-6465
www.operationdignity.org

fold mark

fold mark

THE REUSE PEOPLE

Once upon a time people would just tear down buildings and send the rubbish to fill-in sites or served other purposes than what they started to be for. A long came **TRP** and saw value in such a vast waste of already spent energy to create it. However, their intention was not for profit, it was to assure the materials were repurposed to either function as they were originally created for or find a new way to use them. During the process they were faced with other articles which still could be used and still were safe as it was their mission for which they were intended for.

Many construction contractors have taken advantage of such a unique depot resource and benefits, not only their bottom line, but of the people they have served.

What a novel idea and one that could go beyond just helping those that can afford renovation. Now, who/whom could benefit from it? Our U.S.A. Veterans, the ones more often than not are over looked or are unaware of such people as **TRP**. And NO, you just can't walk-in

and expect to get a discount by saying I am a Veteran.

Yes, you could get the same material or item the renovator gets at a Veterans discount. However, there are some eligibility conditions to be met. Why is the question asked? One reason and one reason alone. **TRP** wants to be assured the materials are actually going to be used at a Veteran's home for renovation and not to construct a brand new home or building.

For further information, please e-mail your request to us at:
sarg.rocha.vva.cal.ch400@gmail.com

or fax your request at
510-865-6372
to complete the eligibility process and receive a letter of eligibility to present at the **TRP** outlet.

If you need it, get it. We are here to help you.

NOW HEAR THIS ... ! NOW HEAR THIS ... !

The Chapter wants to establish a "Go To List" assist Veterans with their repair needs (i.e. electrical work done or plumbing or painting or mechanical car work, etc.) If you are the person the Chapter is looking for, please contact us. However, must be licensed to perform any work. There is an issue of liability for you, and for most the safety of those you help. **DO YOU WANT TO HELP?** E-mail us or fax the information.

sarg.rocha.vva.cal.ch400@gmail.com
VOICE/FAX: 510.865.6372

WRITE INS ... ?

Do you have any comments or want to air out some issues? Please feel free to e-mail or write to us. See page 2 for to get in touch with LZ FFRIENDLY Chapter 400 Editor.

NOTE: Submission should not be any longer than 300 words w/picture or 440 words with out it.

Space is limited.

We reserve the right to edit content!

Hi! Any landscaping around the yard? Call us at 510-XXX-XXXX
or miricalelandscaping@xxxx.com
For an estimate and saving your aching back!



THIS COULD BE YOUR AD's Space
For Just \$25 per quarter.