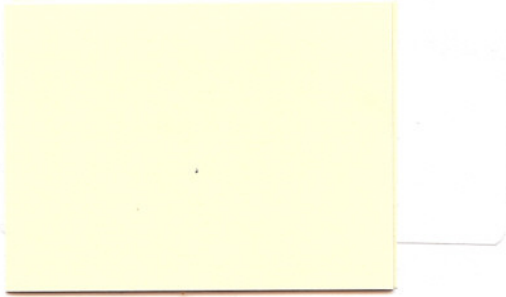


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Vietnam Veterans of America  
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Do you care?



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1050281824 8014



Westchester  
County  
Chapter #49



*Vietnam Veterans of America*



# VVA CHAPTER 49 OFFICERS & COMMITTEES

## Chapter Officers:

President: Al Zawiski ..... 428-9352  
 Vice President: Rick Burns ..... 769-7744  
 Secretary: Jim LaManna ..... 793-6077  
 Treasurer: Al Singerman ..... 930-7433

## Board of Directors: (4)

Bob Kennedy ..... 669-5411  
 Terry Keogh ..... 428-9845  
 Bob Miller ..... 391-8723  
 Ron Stout ..... 739-1088

## State Council Delegates: (6)

Dan Griffin Al Singerman  
 Jim LaManna Al Zawiski  
 Terry Keogh

## Nominating Chairman:

Dan Griffin

## Veterans Offices:

Yonkers: Al Ramsey ..... 377-6700  
 Mt. Vernon: Wil Dubose ..... 665-2319  
 Carmel: Brennen Mahoney .... 845-225-2260

Vet Center: 300 Hamilton Ave, White Plains, NY 10601

Roger Paulmeno ..... 682-6250  
 Vinnie Matthews ..... 682-6250

White Plains Clinic ..... 421-1951  
 23 S. Broadway, White Plains, NY 10601

FDR Montrose Hospital ..... 737-4400

## Vets Employment Counselor:

Greg Whittaker ..... 997-4138  
 Phil Gans ..... 845-356-6438

## Westchester County Veterans Service Agency:

Director: Dan Griffen ..... 995-2146

## Committees:

Membership Phil Wanderman ..... 963-3034  
 Legislation Al Singerman ..... 930-7433  
 Comm. Affairs Dan Griffin ..... 682-4949  
 POW / MIA Dan Griffin ..... 682-4949  
 Member Products Jim LaManna ..... 793-6077  
 Color Guard Richard Palazzo ..... 845-298-1793  
 Scholarship Bob Miller ..... 391-8723

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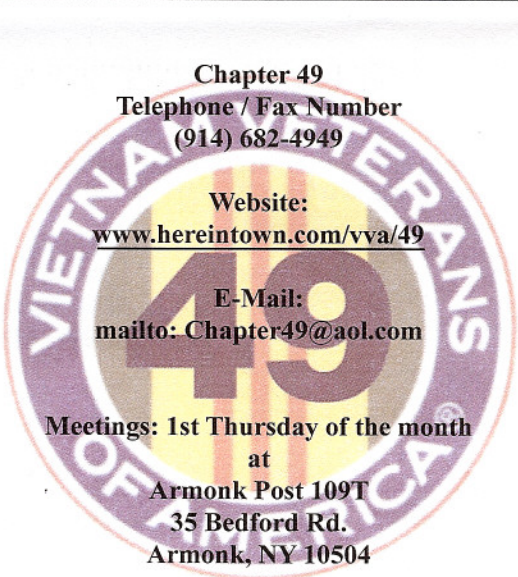
Sundays

Noon to 4:00PM

Phone: (914) 682-4949

No answer

Please leave message



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 Telephone / Fax Number  
 (914) 682-4949

Website:  
[www.hereintown.com/vva/49](http://www.hereintown.com/vva/49)

E-Mail:  
<mailto:Chapter49@aol.com>

Meetings: 1st Thursday of the month  
 at  
 Armonk Post 109T  
 35 Bedford Rd.  
 Armonk, NY 10504

This newsletter is a publication of Chapter 49, however the opinions expressed herein are those of the contributors, and as such, they do not necessarily represent those of Chapter 49. All views are welcome for publication. Submit items of interest, including poems, short stories, photographs, etc., to the Editors at the Chapter address or call for other arrangements. Materials submitted will not be returned unless otherwise requested.

## **EXECUTIVE DIRECTOR'S REPORT**

The flower sale at Lasdon Park went very well. For us helping them, the Friends of Lasdon donated \$500.00 to the Chapter. Thank you very much for helping-Terry Keogh, Bob Miller, Al Zawiski, Jim LaManna and Bob Kennedy.

We have a block of tickets to a Felix Cavaliere from the Young Rascals concert; he puts on a great show of music from our era. See the flyer inside this newsletter for details. This is a great concert and we receive \$10.00 for every ticket we sell, so send your check to us and hope to see you there in October. We have a block of great seats being held for us but they will hold the seats only until July 15<sup>th</sup>. So send in your check now!

The veterans appreciation Day at Playland was great! Everyone had a good time and there were even more that the 1400 vets we had attend last year. Our product sales did very well thanks to Al Zawiski, Rick Burns, Charles Schiavo, Barney Puleo and Bob Miller.

Afterward we held a barbecue for the guys in the PTSD Unit. Thank you Larry Barnett and Al Singerman for a great job as always.

The Watch fire also went well because we got some press ahead of time thanks to Rich Leibson from the Journal News.

Take care of yourselves and each other.  
Dan Griffin

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### **WELCOME TO OUR NEWEST MEMBERS!**

**Michael F. Fogarty from Peekskill**

**Raymond Pena from Dobbs Ferry**

**Eugene Lang from Yorktown Heights**

**Barney A. Puleo from the Bronx**



## MILITARY TRIVIA 5:

- The American actor Douglas Fairbanks Jr. was given the British Distinguished Service Cross for commanding a flotilla of raiding craft for Admiral Louis Mountbatten's commandos during World War II.
- The great military leader Duke of Wellington, Napoleon's nemesis, was an accomplished yo-yo player. At the time, the yo-yo was known as a bandalore.
- Emil R. Goldfus of Brooklyn, New York was in reality Colonel Rudolf Abel, the Soviet intelligence agent convicted of spying on 1957, who was exchanged for downed American U-2 reconnaissance pilot "Francis Gary Powers in 1962.
- The first war in which soldiers wore machine-made uniforms was the American Civil War.
- At the Battle of the Marne in 1914, French reinforcements rushed from Paris to the front in order to help fend off the advancing Germans in commandeered Renault taxis. Each cabbie was paid a 27% tip on top of his metered fare.
- Major Clark Gable's army discharge papers in 1944 were signed by President-to-be Ronald Reagan, then a captain.
- The army of Persian king Xerxes I crossed the Hellespont--the strait between Europe and Asia--in 480 B.C. on two bridges of boats. Alexander the Great duplicated the feat 146 years later.
- The youngest U.S. Army officer ever to be promoted to general was George Custer, a graduate of West Point, who became a general at age 23--14 years before his infamous battle of Little Big Horn.
- The American flag during the Spanish-American war in 1898 contained only 48 stars. The five states not yet admitted to the Union and not represented on the flag were Oklahoma, New Mexico, Arizona, Alaska and Hawaii.
- General John J. "Black Jack" Pershing won a Pulitzer Prize in 1932 for his history book 'My Experiences in the World War'.
- Following the British defeat at Dunkirk in June 1940, British actor Norman Shelley made the stirring broadcast vowing that "we shall fight in the fields and in the streets...we shall never surrender" He sounded just like Winston Churchill and read the address so that the prime minister could deal with pressing matters of state.
- The inspiration for the name Rough Riders--the name of the elite fighting unit Theodore Roosevelt organized for the Spanish-American War-- the Rough Riders Hotel in Medora, North Dakota, where Roosevelt had tried ranching.
- Hyman Rickover, the man credited with propelling the Navy into the nuclear age, served on active duty for sixty years. He was forced to retire at age 82 by President Ronald Reagan.
- Triremes--the fast-moving warships that helped the Greeks rule the Mediterranean during the fifth century B.C. carried 170 oarsmen. They were seated at banks of 31, 27 and 27 oars on each side of the ship.
- 10,000 pounds (50 tons) of feed were consumed daily by the 5,000 horses that pulled the artillery for Napoleon's Army of the North in 1815. That comes to 20 pounds per horse.

[Source: [www.triviacountry.com/19\\_Military\\_Trivia.htm](http://www.triviacountry.com/19_Military_Trivia.htm) May 2010 ++]

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**Heat Exhaustion/Stroke:** Summer means outdoor fun -- from hiking and swimming to music festivals and county fairs to dancing in the street--but summer fun can quickly turn tragic if you or someone you care about ends up with heat exhaustion or heat stroke. As temperatures rise, so does the risk that your body's natural cooling system will malfunction or shut down if you fail to take proper precautions.

Although heat exhaustion and heat stroke (sometimes called sun stroke) can affect anyone, seniors are more prone to heat stress than younger people for a variety of reasons. In general, seniors do not adjust as easily or as well to sudden temperature changes, and they may have chronic medical conditions or take prescription drugs that interfere with their bodies' ability to regulate heat. As part of your preparation for summer you should know how to recognize the symptoms of heat exhaustion and heat stroke plus what to do if you see someone with either of these dangerous conditions. The following will assist you in this:

**Who Can be affected.** As summer temperatures climb in some parts of the U.S., more people are vulnerable to heat exhaustion and heat stroke. The Centers for Disease Control (CDC) report that approximately 400 people die each year from excessive natural heat, and that these deaths are preventable. And while seniors are more likely to be affected by high temperatures and heat-related problems than younger people, heat exhaustion and heat stroke can affect anyone if the conditions are right. This includes animals. Be sure to provide shade and plenty of cool, fresh drinking water for your pets, and never leave a pet, child or elderly person in a locked car on hot days.

**Heat Exhaustion.** Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures, along with dehydration caused by inadequate or unbalanced replacement of fluids.

**Heat Exhaustion symptoms.** People respond to heat exhaustion in different ways, but the CDC reports that common symptoms include: Heavy sweating; Paleness; Muscle cramps; Tiredness; Weakness; Dizziness; Headache; Nausea or vomiting; Fainting; Skin: may be cool and moist; Pulse rate: fast and weak Breathing: fast and shallow

**Heat Stroke.** The CDC reports that heat stroke is the most serious heat-related illness. Heat stroke occurs when the body is exposed to an excessive amount of heat and becomes unable to dissipate the heat through sweating. When heat stroke happens, the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperature can rise to 106°F or higher within 10 to 15 minutes, and at 106°F brain death begins. If emergency treatment is not provided, heat stroke can cause death or permanent disability in humans and animals. **Heat Stroke Symptoms.** The CDC advises that warning signs can vary among individuals, but common signs of heat stroke may include: An extremely high body temperature (above 103°F); Red, hot, and dry skin (no sweating); Rapid, strong pulse; Throbbing headache; Dizziness; Nausea.

**Prevention.** Heat exhaustion and heat stroke can be avoided if you protect yourself from heat-related stress by following these prevention tips from the CDC:

- 1. Drink cool, non-alcoholic, non-caffeinated beverages. The CDC recommends that if your doctor generally limits the amount of fluid you drink or prescribes water pills for you, ask him or her how much you should drink when the weather is hot. It's best to avoid extremely cold liquids because they can cause stomach cramps.
- 2. Drink water regularly throughout the day, even if you don't feel thirsty. Once you recognize the feeling of thirst, dehydration is already taking place.
- 3. Be aware that some medications can make you more vulnerable to heat exhaustion. For example, painkillers can mask some of the symptoms of heat exhaustion, and laxatives can increase the risk of dehydration. If you have any questions about prescription or over-the-counter medications, check with your doctor or pharmacist.
- 4. Rest, often. If you need an excuse to be a couch potato, hot days are just the ticket.
- 5. Take a cool shower, bath, or sponge bath.
- 6. If possible, seek an air-conditioned environment. If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.



- ☐ Wear lightweight clothing.
- ☐ If possible, remain indoors during the hottest parts of the day.
- ☐ Do not engage in strenuous activities.

**Helping Seniors Cope with Hot Weather.** If you have elderly friends, relatives or neighbors, you can help them protect themselves from heat-related stress:

- ☐ Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- ☐ Make sure they are keeping themselves hydrated by drinking plenty of cool water.
- ☐ Encourage them to avoid beverages with caffeine or alcohol. Alcohol, in particular, increases dehydration.
- ☐ Take them to air-conditioned locations if they have transportation problems.
- ☐ Make sure older adults have access to an electric fan whenever possible.

**What to Do If You See Someone With Heat Exhaustion or Heat Stroke.** Keep in mind that if you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. The CDC recommends get the person to a shady area and cool the person rapidly, using whatever methods you can, for example:

- ☐ Immerse the person in a tub of cool water
- ☐ Place the person in a cool shower
- ☐ Spray the person with cool water from a garden hose
- ☐ Sponge the person with cool water
- ☐ If the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously
- ☐ Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F.
- ☐ If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- ☐ Do not give the person alcohol to drink.
- ☐ Get medical assistance as soon as possible.

[Source: About.com | Senior Living Sharon O'Brien 1 Jul 2010 ++] 22

## POW/MIA RECOVERY & INVESTIGATION TEAMS SEARCH FOR MISSING AMERICANS

JOINT BASE PEARL HARBOR-HICKAM, Hawaii (May 23, 2011) - Several archeological recovery teams and investigation teams from the U.S. Joint POW/MIA Accounting Command (JPAC) recently deployed to the Socialist Republic of Vietnam searching for MIA's from the Vietnam War.

About 60 JPAC team members deployed to account for Americans that have been missing for more than 40 years. Recovery teams will search for human remains, life support items, and other material evidence (personal and military issued items) that may further the identification of Americans missing from past U.S. conflicts. Investigation teams will authenticate leads from eyewitnesses, conduct field research, and gather information throughout the various provinces to determine whether or not there will be a return visit for excavation at a later date.

Socialist Republic of Vietnam: Five JPAC teams will investigate and excavate multiple sites associated with Vietnam War losses. Three recovery teams will search in the Hue, Quang Tri, Quang Binh and Thanh Hoa provinces at burial and underwater sites where 13 Americans may have perished. Two investigation teams will research 27 unsolved cases, both on land and underwater. The teams will authenticate eyewitness leads and conduct field research, searching for information on 43 missing individuals. The approximately 40-day long undertaking marks the 103rd Joint Field Activity in Vietnam.

Falling directly under the U.S. Pacific Command, JPAC is a jointly-manned organization of more than 400 military and civilian specialists that has investigated and recovered missing Americans since the 1970's. To date, more than 83,000 individuals are listed as missing in action dating back to World War II.

The ultimate goal of the Joint POW/MIA Accounting Command, and of the agencies involved in returning America's heroes home, is to achieve the fullest possible accounting of Americans lost during the nation's past conflicts.

"Until They Are Home"



Saturday, May 7, 2011

## **Vietnam vets urged to sign up on Agent Orange Registry**

<http://www.radioiowa.com/2011/05/06/vietnam-vets-urged-to-sign-up-on-agent-orange-registry/>

by Radio Iowa Contributor on May 6, 2011

in Health & Medicine, Military

Vietnam War veterans in Iowa who may be suffering from decades-ago exposure to certain dangerous chemicals are encouraged to sign up on the Agent Orange Registry at their county V-A office. Dan Gannon, with the Iowa Commission of Veterans Affairs, says the registry brings an extensive health screening – at no cost.

Gannon says you'll be checked for at least 18 different cancers and diseases. Agent Orange was an herbicide and defoliant used in the jungles of Vietnam to remove dense plant growth and deprive enemy soldiers of cover. The chemicals were applied up to 13 times higher than the legal USDA limit. He says the mixture contained toxins later proven to cause birth defects in children and other maladies that develop over time.

Gannon calls Agent Orange “one of the most serious carcinogens man ever made” and says recent studies show links to diabetes, Parkinson's disease, various types of soft cells cancers and respiratory diseases. Gannon, who was a Marine platoon leader in Vietnam from 1969-1970, says he was diagnosed with cancer in 2003 after his employer required a physical exam. He says Vietnam vets don't need to file a claim to have a thorough exam.

“You sign on the dotted line to go serve your country and give your life and they at least owe you to take care of you,” Gannon says. “Vietnam vets need to go in and get the help they deserve. If you had boots on the ground in Vietnam, anything that has to do with the Agent Orange diseases or illnesses, it's considered presumptive,” and you may be entitled to compensation.



# Federal appeals court blasts VA mental health care system, orders dramatic overhaul

SAN FRANCISCO — Noting that an average of 18 veterans a day commit suicide, a federal appeals court on Tuesday ordered the Department of Veterans Affairs to dramatically overhaul its mental health care system.

In the strongly worded ruling, the 9th U.S. Circuit Court of Appeals said it takes the department an average of four years to fully provide the mental health benefits owed veterans.

The court also said it often takes weeks for a suicidal vet to get a first appointment.

The “unchecked incompetence” in handling the flood of post-traumatic stress disorder and other mental health claims is unconstitutional, the court said.

“No more veterans should be compelled to agonize or perish while the government fails to perform its obligations,” Judge Stephen Reinhardt wrote for the three-judge panel. “Having chosen to honor and provide for our veterans by guaranteeing them the mental health care and other critical benefits to which they are entitled, the government may not deprive them of that support through unchallengeable and interminable delays.”

The 9th Circuit ruling overturned a 2008 verdict of U.S. District Judge Samuel Conti.

After a two-week trial, Conti ruled that a lawsuit filed by two veterans groups seeking a judicial order for an overhaul of the Department of Veterans Affairs was “misdirected.”

Conti also didn’t find a system-wide crisis in which health care is not being provided within a reasonable time.

The appeals court, however, said there’s ample evidence that the department is falling down in its duty to provide timely care for the mental health needs of the country’s military veterans.

“The delays have worsened in recent years, as the influx of injured troops returning from deployment in Iraq and Afghanistan has placed an unprecedented strain on the VA, and has overwhelmed the system,” Reinhardt wrote.

The appeals court sent the case back to Conti in the trial court and ordered him to work with the VA and the veterans groups toward a new mental health care plan that implements a speedier process to appeal denied benefits, provides timely mental health treatment and ensures suicidal vets are seen immediately.

If the VA fails to come up with an acceptable plan, the appeals court told Conti to fashion his own plan.

## July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day	5	6	7 meeting Armonk 6:30 dinner 7:30 meeting	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Pizza party FDR Stress Unit 5:00	27	28	29	30
31						

## August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 meeting Armonk 6:30 dinner 7:30 meeting	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 Pizza party FDR Stress Unit 5:00	24	25	26	27
28	29	30	31			





# MEMBERSHIP



WE NEED YOU IN THE VIET-NAM VETERANS OF AMERICA

## MEMBERSHIP ELIGIBILITY AND FEES

MEMBERSHIP IS OPEN TO ALL WHO SHARE OUR CONCERNS, BOTH MEN AND WOMEN, FRIENDS, SUPPORTERS, AND FAMILIES, VETERAN OR NOT. WE ENCOURAGE ASSOCIATE MEMBERSHIP. INDIVIDUAL MEMBERSHIP IS OPEN TO ANY VIET-NAM ERA VETERAN WHO SERVED ON ACTIVE DUTY IN THE U.S. ARMED FORCES DURING THE PERIOD FROM JANUARY 1, 1959 TO MAY 7, 1975.

### ANNUAL MEMBERSHIP:

- ★ INDIVIDUAL MEMBER (IND) - A VIET-NAM ERA VETERAN WHO PAYS MEMBERSHIP FEES ANNUALLY.
- ★ ASSOCIATE MEMBER (ASO) - A NON VIET-NAM ERA VETERAN WHO PAYS MEMBERSHIP FEES ANNUALLY.

### LIFE MEMBERSHIP:

- ★ LIFE MEMBER (PAID) - A VIET-NAM ERA VETERAN WHOS LIFE MEMBERSHIP HAS BEEN PAID IN FULL.
- ★ ASSOCIATED LIFE MEMBER (PAID) - AN ASSOCIATED MEMBER WHOS LIFE MEMBERSHIP HAS BEEN PAID IN FULL.
- ★ LIFE MEMBER PLANNED PAYMENT (LMPP) - A VIET-NAM ERA VETERAN WITH THE AGREEMENT OF THE PLANNED PAYMENT ( LMPP ) FOR LIFE MEMBERSHIP.
- ★ ASSOCIATED LIFE MEMBER PLANNED PAYMENT ( ALPP ) - AN ASSOCIATED MEMBER WITH THE AGREEMENT OF THE PLANNED PAYMENT (ALPP) FOR ASSOCIATE LIFE MEMBERSHIP.
- ★ THE PLANNED PAYMENT REQUIRES COMPLETION WITHIN A PERIOD OF TWELVE MONTHS.
- ★ FEES: ANNUAL FEES OF \$ 20.00 FOR INDIVIDUAL OR ASSOCIATED MEMBERSHIP OR MAKE A PAYMENT OF 50.00 FOR A THREE YEAR MEMBERSHIP AND SAVE \$ 10.00.

### LIFE MEMBERSHIP FEES ARE AS FOLLOWS:

#### CURRENT AGE:

49 AND UNDER.....	\$ 250.00
50 TO 55.....	\$ 225.00
56 TO 60.....	\$ 200.00
61 TO 65.....	\$ 175.00
66 AND OVER.....	\$ 150.00

#### PLEASE NOTE:

- ★ PROOF OF AGE MUST BE SUBMITTED ON ALL APPLICATIONS FOR LIFE MEMBERSHIP.
- ★ COPY OF FORM DD 214 MUST BE SUBMITTED FOR VIET-NAM ERA VETERANS.

## \* MEMBERSHIP APPLICATION \*

- I AM A VIET-NAM VETERAN / FEE: \$20.00 of 50.00 / Copy of DD 214 is Required
- I AM A NON-VIET-NAM VETERAN AND PLEASE ENROL ME AS AN ASSOCIATE MEMBER OF VVA / FEE: \$20.00 or 50.00
- RENEWAL of MEMBERSHIP / FEE: \$20.00 or \$50.00
- I Wish to Contribute and be kept informed  
(Enclosed is my Annual Contribution) \$ \_\_\_\_\_
- ADDRESS CHANGE (Indicate Chages Below)

#### LIFE MEMBERSHIP:

- VIET-NAM ERA VETERAN
- ASSOCIATE MEMBER

\* see note above

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ DATE of BIRTH \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

Please make Cheque or Money Order Payable to: V.V.A Chapter #49  
To: Membership Chair, V.V.A. Chapter #49 PO Box 224, Pleasantville, NY 10570

Questions?: Call the Chapter. Phone/Fax (914) 682-4949  
Meetings of the Viet-Nam Veterans of America, Chapter #49  
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Please check current Newsletter for Location.





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