



# Nam Express

The Official Newsletter of  
VIETNAM VETERANS of AMERICA  
CHAPTER 377

2272 Dryden Road, Dryden, New York 13053  
(607)539-7696 pthollingsworth@aol.com

JULY 2008



VETERANS

## SUPPORTING VETERANS



### MEMORIAL DAY PARADE AND CEREMONY DRYDEN, 2008



### **NEXT:** **FOURTH OF JULY PARADE AND FLAG-RAISING IN CANDOR JULY 4**

The Candor Parade is a wonderful, old-fashioned, hometown parade with lots of groups marching and lots of appreciative folks watching along the way.

If you would like to march or ride in the parade, please form up on Church Street at 9AM. The parade kicks off at 10, sharp, and ends with a flag-raising.

Refreshments are available at the American Legion tent after the parade.



If you can make it, you'll enjoy yourself. It's nice to be around veterans and their families and friends on the Fourth of July.

### **THEN:** **RELAY FOR LIFE PRESENT THE COLORS AT LANSING HIGH SCHOOL JULY 11**

Chapter 377 has the honor of Presenting the Colors at the Opening Ceremony of the 2008 Tompkins County Relay for Life.

Volunteers are needed for this event. Please be at the Relay site, the Lansing High School track, at 5:15 PM on Friday, July 11.

Organizers of the Relay call on Chapter 377 each year. Given the number of veterans and civilians stricken with—and lost to—cancer, Chapter 377 is honored to participate.



•Beautiful Weather •Lots of Veterans •Loud Applause

### WRITERS' FORUM—

The following are lyrics of a song, "50,000 Names," written by Jamie O'Hara. He's a Grammy Award-winning singer and songwriter who was born in 1950 in Toledo, Ohio. Go to You Tube, 50,000 Names/Jamie O'Hara, for an excellent video. Thanks to Harvey Baker for sending the song.



#### "50,000 Names"

There's teddy bears and high school rings  
And old photographs that Mamas bring  
Of Daddies with their young boys, playing ball.  
There's combat boots that he used to wear,  
When he was sent over there.  
There's 50,000 names carved in the wall.  
There's cigarettes and there's cans of beer,  
And notes that say I miss you, dear;  
And children who don't say anything at all.  
There's Purple Hearts and packs of gum,  
And fatherless daughters and fatherless sons;  
And there's 50,000 names carved in the wall.  
They come from all across this land,  
In pickup trucks and minivans;  
Searching for a boy from long ago.  
They scan the wall and find his name.  
The teardrops fall like falling rain;  
And silently they leave a gift and go.  
There's Stars of David and Rosary Beads,  
And Crucifixion figurines,  
And flowers of all colors, large and small.  
There's a Boy Scout badge and a merit pin,  
Little American flags waving in the wind;  
And there's 50,000 names carved in the wall.  
There's 50,000 names carved in the wall.



If you've read or written *something you'd like to share* in the Nam Express, please send it to [pthollingsworth@aol](mailto:pthollingsworth@aol) or 245 Burns Road, Brooktondale, NY, 14817.

**58,256 names are carved in The Wall.**



### SPECIAL EVENTS IN JULY IN THE PAST

July 2	US Army Air Corps Established	1926
July 4	INDEPENDENCE DAY	1776
July 27	Korean War Ended	1953
July 28	World War I Began	1914

### RELAY FOR LIFE

July 11-12

The Chapter has been invited again this year to present the Colors for the opening ceremony at the cancer walk.

Thousands of Vietnam Veterans have been affected by cancer. It is an honor to represent all Vietnam Veterans at this worthwhile event.

FORM-UP: 5:15, Friday, July 11

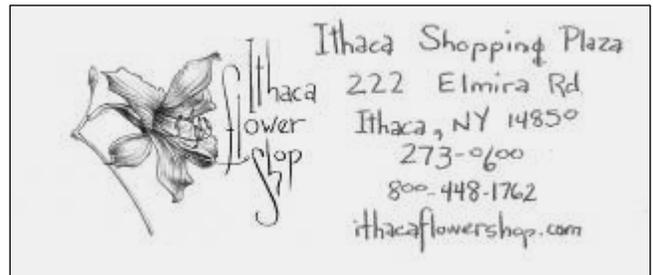
AT THE LANSING HIGH SCHOOL TRACK



◀ Pictured are Ron and Jeannie Pluck at a recent Relay when Chapter 377 had a team.

Ron is Chapter 377's Secretary. He and Jeannie are in remission!

Let's put a team together next year. The Relay for Life is always scheduled for the second weekend in July.



### CHAPTER INFORMATION

DR. W. BERNARD GRAHAM

**CHIROPRACTIC ASSOCIATES**

RAY DURKIN  
JEFFERY HALEY  
LICENSED MESSAGE THERAPISTS  
208 N. MEADOW ST. (RT. 13)  
ITHACA, N.Y. 14850  
(607) 272-0006  
FAX: 272-7863

<b>President</b>	<b>Tony Evangelista</b>	<b>749-7479</b>
<b>Vice-President</b>	<b>Fran Moore</b>	<b>756-4482</b>
<b>Treasurer</b>	<b>Harvey Baker</b>	<b>898-3507</b>
<b>Secretary</b>	<b>Ron Pluck</b>	<b>273-2806</b>
<b>Directors</b>	<b>Art Denman, Larry Housel, Mike Moran, Paul Pagliaro, George Pierro, Rene Sylvester</b>	

**CHAPTER CALENDAR**

July 4	CANDOR PARADE
Form-up at 9	Parade begins at 10
July 7 7:30	General Meeting
July 11 5:15	Present Colors at Relay for Life
August 4 7:30	General Meeting

Chapter Meetings are held at Dryden Veterans' Memorial Home on Dryden Road on the first Monday of each month.

**NEXT CHAPTER MEETING**  
**MONDAY, July 7**  
**DVMH**  
**DRYDEN, NY 7:30**

**QUOTES OF THE MONTH**

"A life is not important except in the impact it has on other lives." ---Jackie Robinson

"Our flag carries American ideas, American history, and American feelings. It is not a painted rag. It is a whole national history. It is the Constitution. It is the Government. It is the emblem of the sovereignty of the people. It is the NATION."  
 --Henry Ward Beecher, 1861

Think **ITALIAN**  
 Think  
**COSIMO'S**  
 753-1000  
**CORTLAND, NEW YORK**  
 COSIMO'S is at 3 HUNTINGTON STREET.

**MARY KAY®**  
**PAT HOLLINGSWORTH**  
 Independent Beauty Consultant  
 245 BURNS ROAD  
 BROOKTONDALE, NEW YORK 14817  
 607-539-7696  
 pathollingsworth@marykay.com  
 www.marykay.com/pathollingsworth

**Kellogg Auto Supply**  
 5 STORES TO SERVE YOU  
 3862 West Road  
 Cortland, NY 13045  
 1-607-753-9671  
**David D. Craft**  
 Manager  
**NAPA**

**NV LUMBER CO.**  
**Raymond T. Volbrecht**  
 792 Rt# 34B  
 Groton, NY 13073  
 Phone and Fax: (607)898-5795  
 E-mail: julvbcht29@msn.com  
*"producer of high quality hardwood lumber and buyer of timber and logs"*

**WIL-KARE**  
**AUTOMOTIVE**  
 117 Clinton Ave.  
 Cortland, NY 13045  
 (607) 756-7031  
**Wil Stas**  
 Owner

**THE SUB SHOP**  
 Subs • Salads • Pizzas • Calzones  
 10 Auburn Road (Rte. 34) Lansing, NY  
**533-8505**  
 Mon. Fri. 10AM – 8PM & Sat. 11AM-6PM  
 "THE CINNAMON SHOP"



**DRYDEN VETERANS' MEMORIAL HOME  
30<sup>TH</sup> ANNIVERSARY CELEBRATION**

Friday, July 18 Chicken BBQ 12-7 PM  
Friday, July 18 Casino Night

Saturday, July 19 Pig Roast 12-5PM  
All You Can Eat---\$10

Saturday, July 19 Square Dance \$5

Sunday, July 20 Breakfast Buffet 7-Noon  
All You Can Eat---\$6

**NOTE TO CHAPTER MEMBERS AND FRIENDS:**

HERE'S A CHANCE TO SHOW OUR APPRECIATION TO THE FOLKS AT THE DVMH WHO HAVE GIVEN US A HOME. THEY WILL NEED LOTS OF VOLUNTEERS TO MAKE THEIR CELEBRATION A SUCCESS. IF YOU CAN SPARE SOME TIME, CONTACT TONY AT 749-7479 or SHEILA AT 844-9900.



**DVMH CALENDAR—**

July 16 1-6 PM Red Cross Blood Drive  
JULY 18-20 30<sup>TH</sup> ANNIVERSARY CELEBRATION

Breakfast and Lunch now served  
Monday through Friday, 6AM --2 PM

Breakfast Special: 2 eggs, toast, homefries \$4 incl.tax  
Choice of meat and coffee

Lunch Specials: Salad Bar & Soup of the Day \$6.50 incl tax  
Or Special of the Day with beverage

**SUPPORT THE HOME and ENJOY A GOOD MEAL!**

\*\*\*\*\*

**If you'd like to get the Nam Express via email, please let me know at pthollingsworth@aol.com. Thanks!**

**FROM CHAPTER 377 PRESIDENT**

We had a pretty good turn-out for the Memorial Day Parade. We've got the Candor Parade coming up on the 4<sup>th</sup> of July.

We have to decide if we're going to have a Chapter picnic this year and where.

We need volunteers for the Color Guard at the start of the Relay for Life on July 11 in Lansing.

---Tony Evangelista, President

**OPERATION WE CARE**

Early on, we had a request from the Marines in Al Anbar for used shoes. They found that giving shoes to the Iraqi people often resulted in their providing information about the enemy.

Now we have a request for clothing and shoes from Colonel Doctor Joan Sullivan, an Ithaca gynecologist, who is serving with the local National Guard in Afghanistan. Her email note, received on May 29, follows:

*"Things here are busy but OK. Enemy is getting more active. Anything you can send would be great.*



*All sizes but especially children's clothing and shoes. Any color, any logo on it. Sandals are fine, too, (for the summer).*

*Some of them do not look like they have ever had shoes on in their life. The degree of poverty over here is incredible. We are so lucky in the US to have so much. You feel quite humbled just being in Afghanistan. Thanks again for the offer of clothing for the Afghan people. They are truly appreciative (and so am I)."*  
--Joan Sullivan

P.S. I did a Google image search for "Dr. Joan Sullivan" and found a photo link, a picture of her University of Tennessee classmate Dr. Joel Hardin who served with her in 2005 in Iraq. The site, sponsored by the doctors' alma mater, provides interesting details about their first-hand experiences. Check [alumnus.tennessee.edu/...in-the-line-of-fire/](http://alumnus.tennessee.edu/...in-the-line-of-fire/)

--Pat Hollingsworth

We shipped over 200 pounds of shoes last time. Let's see if we can top that for Afghanistan. Bring your donations of clothing to the next meeting, July 7. Or you could bring things to the Fourth of July Parade in Candor. Have questions? Please call me at 539-7696 or email [pthollingsworth@aol.com](mailto:pthollingsworth@aol.com). --Holly Hollingsworth

## Beautiful Wreaths Honor War Dead Tompkins County Korea/Vietnam Monument



The flag pole base in DeWitt Park, Ithaca, also serves as a memorial to those who have made the ultimate sacrifice in Korea and Vietnam.

Each year the Chapter places two wreaths on Memorial Day--one for Korea, one for Vietnam.

Many thanks to the Ithaca Flower Shop for the beautiful, lush wreaths they created for Memorial Day this year. In spite of the hot sun, the flowers stayed crisp for 5 days. The special pricing to the Chapter is greatly appreciated, as well.

The Flower Shop is located in the Ithaca Plaza and is a treasure of fresh flowers, dried flowers, and unique gift items. Stop in and see Doug and Pat Gumaer if you're looking for quality and great service.

## Vietnam Memorial Names Now Accessible Online

"For the first time, details on the Americans listed on the Vietnam Veterans Memorial are accessible online. Numerous search categories are available, including unit and cause of death.... This information is free for the Vietnam War. A decision has yet to be made whether the 50,000 digitized photos will be offered for a fee. The 58,256 names can be viewed by enlistment type, hometown, and service."

(Copied from VFW, June/July 2008, p. 8)

## Sailors' Agent Orange Win Reversed

"A federal appeals court has delivered a stinging defeat to 'Blue Water' sailors and Coast Guard veterans of the Vietnam War who have been fighting for disability compensation from illnesses they contend resulted from shipboard exposure to deadly herbicides including Agent Orange.

"A three-judge panel for the U. S. Court of Appeals for the Federal Circuit ruled 2-1 on May 8 that they Department of Veterans' Affairs (VA) acted lawfully and reasonably in 2002 when it cut off Agent Orange-related disability payments and began to deny new claims from veterans who had served on ships off the coast of Vietnam but never actually "set foot" in country.

"The decision reversed a 2006 ruling by the U. S. Court of Appeals for Veterans' Claims in the case of Haas versus Nicholson. That three-judge panel unanimously rejected as 'unduly restrictive' VA's interpretation, by revised regulation, of qualifying 'service' in Vietnam under the Agent Orange Act.

"The U.S. military sprayed herbicides over Vietnam from 1962 through 1971 to strip away foliage

under which enemy forces could hide, to destroy crops and to clear vegetation from around facilities and fire bases.

"Over the last two decades, Congress and VA expanded the list of illnesses linked to Agent Orange exposure and for which veterans can receive disability compensation. The list of ailments includes prostate cancer, type-2 diabetes, non-Hodgkin's lymphoma, certain soft-tissue sarcomas, chloracne and skin conditions, Hodgkin's disease, various respiratory cancers, leukemia, and multiple myeloma.

"VA officials worried that if the 2006 Haas decision survived a government appeal, the pool of veterans eligible for disability pay if they contract illnesses tied to Agent Orange would jump by 830,000, and VA benefit costs would rise by \$3.3 billion over 10 years." (Copied from Military.com)



Lawyers for Haas will appeal the most recent ruling and are weighing an appeal to the Supreme Court if necessary. The rest of the story can be found at Military.com. or go to [www.nvlsp.org](http://www.nvlsp.org) or to [www.bluewaternavy.org](http://www.bluewaternavy.org). To comment, email [milupdate@aol.com](mailto:milupdate@aol.com) or write to Military Update, P.O. Box 231111, Centreville, VA, 20120-1111.

	<b>Diana Blodgett</b> <b>Master Stylist</b>
<b>Nail Salon</b>	Creative Touch <b>Hair &amp;</b>
	<b>10 West Main Street</b> <b>Dryden</b>
<b>(607) 844-9920</b>	<ul style="list-style-type: none"> <li>● <b>Thursday 1:00- 7</b></li> <li>● <b>Friday 8:00- 4</b></li> <li>● <b>Wednesday 8-7</b>    ● <b>Saturday 9:00-12</b></li> </ul>

<b>LZ ARMY NAVY</b> Buyers & Sellers of G.I. Militaria BUC EDWARD KING - USNR RETIRED (1966-93) JULIE KING 393 Grant Avenue Rd. Auburn, NY 13021 315-252-3377 <b>M-F 12-5, SAT. 10-5</b>	 thelz@localnet.com <a href="http://www.lzarmynavy.com">www.lzarmynavy.com</a>
---	---

## TRANSITIONS---

Condolences to the friends and family of...



**Dr. Rodney Duane Rudolph, 63. He served in the Navy 1968-71 and was an Ithaca High School Grad.**

**Gary Cross, 58, USMC. He served in Vietnam.**

### Happy Birthday to...

Joyce Stern	July 1
Joanne Pagano	July 3
Wil Kone	July 4
Tony Evangelista	July 7
Justine Simmons	July 7
Roger Christian	July 8
Hunter Cooke	July 12
George Pierro	July 13
Charley Pearson	July 18
Fran Dean	July 21
Tom O'Connor	July 24
Joey Melton	July 31

## TO YOUR HEALTH

### 5 Things You Need to Know About Sunscreen

"What does the SPF (sun protection factor) number mean? The higher the SPF number is, the greater the protection. If two people are in the sun for an hour, he one wearing the SPF 30 has twice the protection as the one wearing the SPF 15. No standard rating system currently exists that measures UVA protection.

"What sunscreens do dermatologists recommend? Use a water-resistant, broad-spectrum sunscreen that filters both UVB and UVA rays, with a minimum 30SPF.

"When should I apply it? Apply sunscreen 30 minutes before sun exposure to give it time to absorb into your skin. The exception: sunscreens with titanium dioxide or zinc oxide, which forms an opaque film upon application.

"How much do I need? One ounce – about a shot glass full – is usually enough to cover all exposed areas of your body.

"What if I sweat or swim? Sweat and water decrease sunscreen's effectiveness. Although 'water-resistant' sunscreen stays active after a 40-minute dip, dermatologists advise reapplying it after swimming or sweating excessively."

(Copied from Arthritis Today, July/August, 2008, p. 88)



## LIGHTER SIDE

### Wonder and Woods

Stevie Wonder and Tiger Woods are in a bar. Woods turns to Wonder and says, "How's the singing career going?" Stevie Wonder replies, "Not too bad. How's the golf?"

Woods replies, "Not too bad, I've had some problems with my swing, but I think I've got that going right now." Stevie says, "I always find that when my swing goes wrong, I need to stop playing for a while and not think about it. Then, the next time I play, it seems to be all right." Tiger says, "You play golf?" Wonder says, "Oh, yes, I've been playing for years." Woods says, "But you're

blind! How can you play golf if you can't see?"



Wonder replies, "I get my caddy to stand in the middle of the fairway and call to me. I listen for the sound of his voice and play the ball toward him. Then, when I get to

where the ball lands, the caddy moves to the green or farther down the fairway and again I play the ball toward his voice." But how do you putt?" asks Woods.

"Well," says Stevie, "I get my caddy to lean down in front of the hole and call to me with his head on the ground, and I just play the ball toward his voice." Woods asks, "What's your handicap?" Stevie says, "Well, I'm a scratch golfer." Woods, incredulous, says to Stevie, "We've got to play a round sometime." Wonder replies, "Well, people don't take me seriously, so I only play for money, and never play for less than \$10,000 a hole." Woods thinks about it and says, "OK, I'm game for that. When would you like to play?" Stevie says, "Pick a night."

### Glorious Insults

An exchange between Churchill and Lady Astor: She said, "If you were my husband, I'd give you poison." He said, "If you were my wife, I'd drink it."

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease." "That depends, Sir," said Disraeli, "on whether I embrace your policies or your mistress."

"He has all the virtues I dislike and none of the vices I admire." --Winston Churchill

"He has never been known to use a word that might send a reader to the dictionary." --William Faulkner about Ernest Hemingway

"Poor Faulkner. Does he really think big emotions come from big words?" --Ernest Hemingway

"I am enclosing two tickets to the first night of my new play. Bring a friend...if you have one." --George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second...if there is one." Winston Churchill

"He has VanGogh's ear for music." -Billy Wilder

"I've had a perfectly wonderful evening. But this wasn't it."



