



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
September 2009



SCENES
from
POW / MIA WATCH FIRE
2008



Help Plan Watch Fire 2009 at Special Chapter Meeting on August 31
2009 WATCH FIRE --- SEPT. 18 --- Myer's Point --- Form-up 6:15

CHAPTER INFORMATION

President	René Sylvester	272-4217
Vice-President	Fran Moore	756-4482
Treasurer	Harvey Baker	898-3507
Secretary	Ron Pluck	273-2806
Directors	Carl Bullock, Art Denman, Tony Evangelista, Larry Housel, Mike Moran, Paul Pagliaro, George Pierro, Dan Rose	

CHAPTER CALENDAR

**AUGUST 31—DATE CHANGE
--TO COMPLETE WATCH FIRE PLANS**

[No September meeting]

September 7	Labor Day	
September 11-13	State Council Meeting	
September 18	7:00	WATCH FIRE
October 5	7:30	General Meeting

► MEETINGS ARE HELD AT DVMH on DRYDEN RD.

DVMH CALENDAR

September 1	7:00 PM	American Legion Meeting
September 5	1:00 PM	VFW Meeting
September 9	1-6:00 PM	Red Cross Blood Drive
Breakfast	7 Days a Week	
Lunch	Monday through Friday	
Dinner	Friday 4-7:30	Prime Rib & Fish

FROM CHAPTER 377 SECRETARY

V.V.A. Chapter 377 meeting August 3, 2009, was called order at 7:31 pm with the Pledge to the Flag. We dedicated the meeting to Michael Scott Speicher, US NAVY; Terry M. Strope, US ARMY; Peter Pulsts, US ARMY; Wilmore F. Forney, US ARMY; Ralph W. Hill US AIR FORCE; Leonard A. Basile, US ARMY; and Sherry H. O'Brien, US ARMY. We talked about the Watch Fire extensively. Mike Moran brought a letter he had written to the Commander of D Company, 1st battalion, 108th Infantry Regiment, NY Army National Guard, inviting him or one of his staff to speak at the Watch Fire. We went over who would be responsible for what at the Watch Fire.

The next meeting will be August 31. We won't be having a meeting in September because of Labor Day.

The meeting was adjourned at 8:45 PM.

-Ron Pluck, Secretary

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COMING EVENTS

► **WATCH FIRE on
NATIONAL POW/MIA RECOGNITION DAY**
Form-Up at 6:15
FRIDAY, SEPTEMBER 18
7:00 PM



**Bring your old flags and scrap wood to
Myers Park after 8:00 AM on the 18TH.**

THE WATCH FIRE is SPONSORED

by

V.V.A. Chapters 377 and 704.

► DMZ to DELTA Dance

This dance will be held on November 10, 2009, from 8:00 PM to midnight at the Holiday Inn Rosslyn, Key Bridge, Virginia. It is sponsored by V.V. A. Chapter 227. For information, write PO Box 5653, Arlington, VA, 22205 or call 703-255-0353 or go to VVA227.org.

TO YOUR HEALTH

H1N1 Update

"The H1N1 virus (previously referred to as 'swine flu') was first detected in the United States in April. Similar to seasonal flu viruses, it spreads from person-to-person, mainly from coughing and sneezing. Symptoms may include fever, cough, sore throat, body aches, headache, chills, fatigue, diarrhea, and vomiting.

"However, seasonal flu affects many more people.

On average in the United States, more than 200,000 people are hospitalized; about 36,000 die from complications.

"Minimize your risk: 1. Wash your hands frequently with soap and water for 15-20 seconds, or use alcohol-based handwipes or sanitizers. 2. Stay well-rested and physically active, manage your stress, drink plenty of fluids, and eat nutritious food. 3. Avoid close contact with people who are sick.

"If you become sick: 1. Stay at home, and minimize contact with others in the household. 2. Raise your bent arm in front of you and cough or sneeze into your arm. 3. If you think you have the flu, call your health care provider and explain your symptoms. However, call 911 if you have difficulty breathing, pain or pressure in the chest or abdomen, sudden dizziness, confusion, or severe or persistent vomiting. Information about H1N1 is rapidly evolving. For current information, see www.cdc.gov/h1n1."

--Copied from Veterans' Wellness, Summer 2009, p. 8.

TRANSITIONS

Condolences to friends and family of...



Richard Carl Boothroyd, 62, US NAVY
1965-69. Served aboard the USS Chicago.
Peter Pulsts, Lt. Col. US ARMY. Served 30 years,
including 3 tours in Vietnam.
Terry M. Strobe, 56. US ARMY. Served during the
early 70's.
Robert "Bob" Bates, 67. US COAST GUARD. 1964-
1985.

Happy Birthday to....

Rodney Glass	September 5
Mike "Mad Dog" Spencer	September 11
Dave Young	September 19
Doug Caveney	September 22



AIR FORCE Established September 18, 1947

▶▶ Please send TRANSITIONS info to
pthollingsworth@aol.com or call 539-7696. Thank you.

MEETING -- AUGUST 31-- 7:30

FLAG ANNIVERSARIES

September 11 -- "The Stars and Stripes was first carried by troops in battle at Brandywine, Pennsylvania in 1777. It was the first big battle after the adoption of our flag by the Continental Congress. The Americans were, sadly, defeated.

September 14 -- "By the dawn's early light" on this date in 1814, Francis Scott Key completed *The Star Spangled Banner*, the song that would become the National Anthem." [Copied from Stars & Stripes Forever, The History of Our Flag, John Winthrop Adams, Editor; p. 78.]



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Watch Fire -- September 18

WRITERS' FORUM

Escorting The Moving Wall

On August 18, chapter members Harvey and Danny Baker met up with members of the Blue Knights Motorcycle Club, an organization made up of current and former law enforcement people, and rode from Danny's house in Interlaken to Exit 42 on the Thruway, which is where State Route 14 and Route 318 intersect. Once there, we met up with the tractor trailer hauling "The Moving Wall." We also joined up with members of The Patriot Guard and many other riders. At 2pm, in a light rain, 300-400 motorcycles roared away from the truck stop, heading west on Route 96.

The rain stopped as we entered Phelps where we found the roadway lined with people, some clapping, some waving, some saluting, and many holding American flags. In the center of town the American Legion stood at attention as we roared by. It was like that all along the way, Clifton Springs, Manchester, Blacksmith Corners, and East Victor. In East Victor it began to pour, but people still stood out in the rain and cheered us on. In Victor the rain stopped as quickly as it had begun. We were wet, but thankfully, it had cooled down a little. American Legions, VFW'S, nursing home people in wheelchairs, kids, veterans, stopped cars, police motorcycle escorts, and firemen blocking intersecting traffic until we reached our destination—VFW Post 8495, on "Freedom Hill" in Fairport where "The Moving Wall" was to be set up. We all got in their parking lot, and then the skies really opened up with thunder and lightning and a steady down pour, which lasted for at least 30 minutes.

Their post is called "Freedom Hill" because of the large memorial they have there for all the local veterans who paid the ultimate sacrifice. It is beautifully done, with six separate granite stones with names on them along a walkway, all the different service flags, a Huey helicopter, and a Vietnam era tank.

After the rain stopped, our group headed back home, some to Groton, Owego, Newfield, Cortland, and Interlaken. It was a 200 plus mile ride that ended with us still dry and a good feeling in our hearts.

-- Harvey Baker

If you've read or written *something you'd like to share* in the Nam Express, please send it to pthollingsworth@aol.com or to 245 Burns Road, Brooktondale, NY, 14817. Thanks!



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LOCAL NEWS

DeWitt Park Update

Saturday, August 15, was mulch day at the park. Once again, Vietnam Veterans came through with most of the manpower and with lots of enthusiasm. Thanks to all the volunteers who worked hard and had a good time while they were at it.

Volunteers from the Bricklayers Local 3 worked the preceding Thursday and Friday to finish resetting the brick walks. Dave Moesch came out of retirement to help. The bricklayers will be back to caulk the monuments and do the cement work on the World War I Monument. K-H Concrete owner Kim Whetzel will furnish the concrete at no charge.

Kudos from the Restoration Committee as well as from all the folks who've come through the park and expressed their delight about park improvements.

The park committee is still looking for the names of all relatives of Tompkins County war dead. Reserved seating will be provided for them at the October 3 rededication. Please get these names to Holly Hollingsworth at 539-7696 or pthollingsworth@aol.com. Thank you.

NATIONAL NEWS

From the National League of Families

"Notable among recent reports was information on the recently-concluded underwater survey by the USNS *Heezen* along Vietnam's coastline. This search was the culmination of many years of hard work and negotiation, by the League and the U.S. Government. The joint US-SRV team aboard was rewarded with locating several high value targets that warrant closer inspection and possible recovery. This bilateral endeavor is a positive indicator for future cooperation, hopefully, including expanded access to sensitive areas, as well as unilateral provision by Vietnam of their relevant archives."

--From August 3, 2009 Letter, National League of Families of American Prisoners and Missing in Southeast Asia, www.miafamilies.org

Ceremony Honored First Americans Killed in Vietnam

The 50TH anniversary ceremony for the first American combat casualties in Vietnam was held at the Vietnam Wall on July 8, 2009. Maj. Dale Buis, 37, US ARMY, was in country only two days. Master Sgt. Chester Ovnand, 44, US ARMY, was a month away from finishing his tour. ---From [Marine Corps Times](#), July 27, 2009

Meeting: August 31 at 7:30

THIS 'N' THAT

Business Location Change



Ithaca Flower Shop has moved to 223 South Fulton Street on South Fulton Point, right next to Agway. You can drive in off South Fulton or South Meadow. They have parking right at the door. Doug and Pat Gumaer, owners of Ithaca Flower Shop, are the folks who make our beautiful wreaths for Veterans' Day. Stop by their shop. You'll like what you see!



Swinging Seniors Bowling League

The Swinging Seniors Bowling League is having its regular organizational meeting on August 27 at 12:30 at the Bowl-O-Drome in Ithaca. We would love to have some interested seniors show up.

We start our regular bowling season on September 10TH at 12:15 PM. Bowling lasts until 3:00 approximately. We had 12 4-person teams last year. The teams can be any combination of men and women, or all men or all women teams. Bowlers must be at least 50+ years young and like to have lots of fun. No experience necessary. The Bowl-O-Drome provides bowling balls, and shoes can be rented. The cost at present is \$8.00 a week, but it could go up to \$8.25 per week.

As we all know, seniors can have health problems pop up that make it impossible for them to continue bowling. We are having a lot of this happening this season, and we could really use some new members.

If you're interested but can't make the meeting, please call me at 539-3175. Thanks!

---Lynda Howser



SEPTEMBER 11 PATRIOTS' DAY

FLAGS SHOULD BE FLOWN AT HALF STAFF.



YOUR HEALTH

"Eight Great Medication Tips"

MORE TO

1. Don't store medicine in a vehicle or near a refrigerator or stove...Most medications should be stored at room temperature---not to exceed 77 degrees. (NOTE: Some drugs must be refrigerated. Follow the directions!)
2. Don't quit taking a medication or change your dosage unless told to do so by your health care provider.
3. Don't take drugs prescribed for someone else, and never give someone your medication.
4. Don't dispense or take medications in the dark.
5. Do keep medications sealed in their original packaging...Tell your pharmacist if you need lids that are not childproof.
6. Do store drugs where young children (or pets) can't access them.
7. Do check prescriptions before leaving the pharmacy to make sure you received the proper medication, dosage, and amount. Also, be sure you clearly understand why you are taking a drug, how to take it, and any potential side effects.
8. Do maintain a current list of your medications, even vitamins, supplements, and herbal products. Include dosage, time of day taken, and a description of the pill (size, color, markings). Take this list to all VA appointments."

Copied from Veterans' Wellness, Summer '09, p 11.



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THANKS!

LOCAL NEWS

CHAPTER 377 to Highlight Its Activities DISPLAY at REDEDICATION on OCTOBER 3

In conjunction with the ceremony, an exhibit area will be set up in DeWitt Park. The Chapter voted to participate with a display.

The committee's aim is to spread the word about contributions veterans make not only in time of war. The story of our contribution to our neighbors and communities in time of peace is seldom told.

A partial list of **Chapter 377** activities includes
SALVATION ARMY BELL RINGING
DEWITT PARK MAINTENANCE
CLOTHING FOR MINERS
TOYS FOR KIDS
DARIEN LAKE TRIP
PARADES
POW/MIA WATCHFIRE
RELAY FOR LIFE
FLAG DISPOSAL
OPERATION WE CARE
MARKERS FOR VIETNAM VETERAN GRAVES
ROTC AWARD

Bring your suggestions to the August 31 meeting. The exhibit we set up will inform the public, and it is an opportunity to recruit new members. How about a give-away, like some of those flag pins?

One table is provided by the committee, but we can set up extra tables if needed. Gazebo-type cover is encouraged since it's a rain-or-shine event.

Fire arms and soliciting are not permitted.

Set-up time is 8 AM. Displays will be open to the public from 9 AM to 2 PM.

--Holly Hollingsworth

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QUOTES of the MONTH

"I've got all the money I'll ever need if I die by four o'clock this afternoon." --Henny Youngman

"My formula for success is rise early, work late, and strike oil." --J. P. Getty

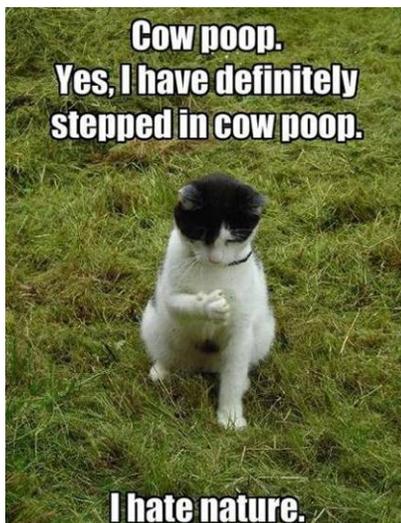
"A government that robs Peter to pay Paul can always count on the support of Paul." --George Bernard Shaw

"Any time four New Yorkers get into a cab without arguing, a bank robbery has just taken place." --Johnny Carson

NEW CHAPTER 377 MEMBER

GARY H. BACHELOR recently joined the chapter. He lives on Dryden Road, Ithaca, and served in the UNITED STATES AIR FORCE from 1968-1972. Welcome, GARY!

LIGHTER SIDE



--Provided by Paul Pagliaro

To become a V.V.A. Chapter 377 member, fill out the form below and mail it --with your DD214--to Vietnam Veterans of America, Chapter 377, 2272 Dryden Road, Dryden, NY, 13053. Or bring them to a meeting.

If your membership has lapsed, no need to pay back dues. Just pay for the current year: \$20.

Vietnam Veterans of America

Name _____ Male Female Date of Birth _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Home Phone () _____ Work Phone () _____ email address _____

Chapter No. _____ Sponsor _____ Sponsor's ID No. _____

• Eligibility: Vietnam and Vietnam-era veterans who served on active duty in the U.S. military (for other than training purposes) between February 28, 1961 - May 7, 1975 (in-country Vietnam), or between August 5, 1964, and May 7, 1975, for Vietnam-era veterans. Return this application along with a copy of your DD Form-214.

• Term: 1 year - \$20 3 year - \$50

Life Membership - \$250 (age 40 and under) \$225 (ages 50-55)
\$200 (ages 56-60) \$175 (ages 61-65)
\$150 (age 66 and over)

• Payment Option: Check Money Order

Life Membership - Optional time payment plan - \$50 down, \$25/month

Signature: _____ Date: _____

I am a spouse/family member or friend of a Vietnam Vet and would like to join Associates of Vietnam Veterans of America (AVVA).

**NEXT MEETING: ► AUGUST 31 7:30 PM at Dryden Veterans' Memorial Home - 2272 Dryden Road, Dryden, NY
► MEETING DATE CHANGED TO ACCOMMODATE PLANNING FOR THE SEPT. 18 WATCH FIRE**



Vietnam Veterans Memorial Highway Ride

Members of our chapter along with members of The Blue Knight, a law enforcement motorcycle club, and the Patriot Guard Riders are putting together a ride, open to bikes, cars, and trucks. The Ride is to take place on October 17, 2009 - starting in Owego and ending in Sterling. The 98 mile ride will be on New York State Route 38, which is now designated as Vietnam Veterans Memorial Highway of Valor. This is the first time and will be the last time that a New York State Highway will be dedicated to Vietnam Veterans.

The details for this ride are still being worked out, but basically, we will leaving Owego at 10:00 AM on the 17th, stopping In Groton, for lunch and to honor Medal of Honor recipient Terry Graves. Then we'll proceed north on Route 38, stopping in Troop to honor Medal of Honor recipient Robert Stryker. The ride will then proceed to Sterling, where Route 38 intersects with Route 104. Other details for the event are still being worked out, but put this on your calendar because it is going to happen. For further information, contact Harvey Baker at 898-3507 or René Sylvester at 272-4217.