



Nam Express

The Official Newsletter of
VIETNAM VETERANS of AMERICA

CHAPTER 377

2272 Dryden Road, Dryden, New York 13053

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SEPTEMBER 2008



SUPPORTING VETERANS

VETERANS

NATIONAL POW/MIA RECOGNITION DAY

FRIDAY, SEPTEMBER 19, 2008



Watch Fire 2007

On this day, we honor those still listed as Prisoners of War or Missing in Action from all wars. Also, we honor members of our armed forces who were captured and returned. If you know any former POW/MIA's, please invite them to the

**WATCH FIRE 7:00 PM
FRIDAY, SEPTEMBER 19
Myers' Park in Lansing, NY**

WATCH FIRE

Starting at 8:00 AM Friday and lasting through the day, help is needed to stack wood. Also, help is needed for clean-up on Sunday, the 21st. For more information, contact Harvey Baker at 898-3507.

Watch Fire 2007



The main reason for the WATCH FIRE is to let everyone know that we have NOT forgotten our Prisoners Of War and those Missing In Action. WE WANT THEM ALL HOME!

Bring your family and friends to the WATCH FIRE.
Bring any scrap wood you'd like to add to the pile.

LET'S BUILD A FIRE THAT CAN BE SEEN FOR MILES!

SPONSORED by VIETNAM VETERANS of AMERICA, CHAPTERS 377 and 704

CHAPTER INFORMATION

President	Tony Evangelista	749-7479
Vice-President	Fran Moore	756-4482
Treasurer	Harvey Baker	898-3507
Secretary	Ron Pluck	273-2806
Directors	Art Denman, Larry Housel,	

Mike Moran, Paul Pagliaro, George Pierro,
Rene Sylvester

CHAPTER CALENDAR

September 1

Labor Day

September 8	7:30	General Meeting
September 11		Patriot Day
September 19	7:00	POW/MIA Watch Fire
September 19-21		State Council
October 6	7:30	General Meeting

MEETINGS ARE HELD AT DVMH on DRYDEN RD.

FROM CHAPTER 377 PRESIDENT

The Watch Fire is coming up. We need workers on Friday before the watch fire and workers for cleanup on Sunday.

We're going to need a PA system if somebody has one to bring.

The Watch Fire is on September 19 at Myer's Point, Lansing.

See you at the meeting on the 8th of September.

---Tony Evangelista, President



FROM CHAPTER 377 SECRETARY

VVA chapter 377 meeting was called to order August 4th, 2008 at 7:30 pm with a Pledge of Allegiance to the Flag. We dedicated the meeting to Neil Poppenseik, a Vietnam era veteran of the U. S. Navy. Tony thanked everyone that showed up for Gary Cross's funeral service. Harvey gave his monthly treasurer's report which was accepted. Holly gave us an update on Dewitt Park. We talked for quite awhile about the Watch Fire, Sept 19, ceremony starting at 7:00. We'd like people to bring wood if they could throughout the day. The clean up will be Sunday the 21st around 8 am. Harvey talked about a story in The Veteran that compared Iraq and Afghanistan to Vietnam. There wasn't enough interest to do a picnic and we didn't do a fund-raiser to help pay for it. The meeting was adjourned at 8:29 PM.

---Ron Pluck, Secretary

SPECIAL EVENTS of SEPTEMBERS PAST

- September 2, 1945 V.J. Day Formal surrender of Japan
- September 18, 1947 U. S. Air Force Established

THIS 'N' THAT

Did you know? On September 11, Patriot Day, flags are to be flown at half staff from sunrise to sundown.

Patriot Day should not be confused with Patriot's Day, a regional holiday celebrated in New England.

TOMPKINS COUNTY WAR MEMORIALS

DeWitt Park in Ithaca is the home of monuments honoring Tompkins County war dead. One problem has been an on-going lack of respect for those who have made the ultimate sacrifice.

Also, there has been confusion about the proper use of DeWitt Park which is designated as a quiet park and a veterans' memorial area. Ithaca city officials, including Mayor Peterson, the Park Commission, and the Board of Public Works are studying the problem. Some members of the DeWitt Park Restoration Committee have attended the open meetings of the BPW. George Pierro and I are on the Park Restoration Committee.

Coming up shortly there will be a need for volunteers to help the bricklayers who have again volunteered their expert services. There are about 4000 bricks that will have to be taken up and cleaned. The pro's will reset the brick with help from us amateurs.

We still haven't found the answer to how to clean the World War I monument. Marvin Page, the gentleman in charge of graffiti removal at Cornell, is working with us on this problem. Once the answer is found, volunteers will be needed to scrub the monument. After the monument is cleaned, bricklayers will caulk all of the seams in both the World War I and World War II monuments.

Please give consideration to volunteering. At present, we don't have firm dates. If you want to be part of this worthwhile project, please contact me at 539-7696 or at pthollingsworth@aol.com.

It is a veteran's duty to honor the fallen.

--Holly Hollingsworth

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Manager



WRITERS' FORUM

Footprints

I walked down the shoreline today thinking of You.
The smell of the full tide filled my heart
With expectation,
Like a gull sailing on the wind
Over the water,
Knowing his meal to satisfy his flight
Comes with a keen eye, and a quick dive
Into the sea.

The pounding surf is in cadence
 With the beat of my Lord's heart,
 Ever and always displaying His power
 For any to see,
 And my heart leaps and skips knowing that He sees,
 That as I walk, He is riding on each beat.

I look down at the shells near my feet.
 The wind blows through my hair, and for a moment obscures
 The confident smile of love on my lips, whispering the truth,
 That You see it in Your heart, too...and I look for You,
 Waiting in the warmth of that smile.

I see footprints in the wet sand, and as the waves roll flat
 Rushing up to splash on my feet,
 I know You are closer to me than my own footprints,
 And I leap with squeals of joy, joining the gulls in their cry
 For the love of the sea,
 Knowing You are coming to me,
 Your footprints and mine together
 Washed and overwhelmed by the rushing waves of our love.
 In the spring soon to come,
 David Henry Young, 2003

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

▶▶▶ **HELP is NEEDED for WATCH FIRE CLEAN UP, 8:00 AM Sunday, Sept. 21.**

QUOTES OF THE MONTH

■“If you were going to die soon and had only 1 phone call you could make, who would you call and what would you say? And why are you waiting?”

--Stephen Levine

■“I have a higher and grander standard of principle than George Washington. He could not lie; I can, but I won't.”

--Mark Twain

■“The only way to enjoy anything in this life is to earn it first.”

---Ginger Rogers

■“Never go to a doctor whose office plants have died.”

--Erma Bombeck

STATE NEWS

Veterans' Cemetery Update

“Seneca County officials are going over quotes from two firms interested in doing the engineering work on a proposed state-owned veterans' cemetery fronting on Route 96A in the Town of Romulus....

“A vacant 162-acre plot of land, recently transferred from New York State to Seneca County, will make up the cemetery site. The 162 acres are part of a large state-owned piece of property south of Sampson State Park. The state had

planned for years to build a correctional facility there but opted instead for a site (elsewhere).

“The veterans' cemetery will occupy acreage the Navy acquired to build its largest hospital on the East Coast. Touring the site on one occasion, state Sen. Michael F. Nozzolio, R-Fayette, said he could visualize the old fire house being converted into a chapel...He thanked those who worked alongside him and said, ‘This cemetery will be a lasting tribute to the brave veterans who gave so much for our country...’

“More information is available through Nozzolio's office at (518)455-2366 or through Nancy Mangano, project manager at (315) 568-1063.”

(Copied from The Ithaca Journal, July 30, 2008, p. 2B.)

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NEXT CHAPTER MEETING
MONDAY, September 8
DVMH in DRYDEN, NY 7:30

HELP PLAN THE WATCH FIRE!

DVMH GOLF TOURNAMENT

The fourth annual golf tournament will be held on September 20 at the Dryden Lake Golf Course. It is a captain and crew tournament with a cook your own steak bake at DVMH afterwards. The cost is \$220 a team which includes skins. Call 844-9900 to reserve your spot as we can take only the first 14 teams.

BREAKFAST AT THE HOME
 Now serving breakfast!!! Monday through Friday –

6:00 am to 2:00pm. Two eggs, home fries, choice of meat, toast and coffee---\$4.00 including tax. Full breakfast menu available. Come check us out. We now accept VISA and Master Card!!

(From DVMH newsletter)

OPERATION WE CARE

A short but sincere note came from Mike Zhe, Delta 108th Infantry, our local Guard Unit in Afghanistan:

"I enjoy the boxes from home. Thanks again!"

Do you remember how it felt to get a care package? Let us not forget the people serving our country in far away places. Shipping is expensive. Please consider supporting the chapter project, Operation We Care.

Donations can be sent to Harvey Baker, 670 Peru Road, Groton, NY, 13073 or to Holly Hollingsworth, 245 Burns Road, Brooktondale, NY, 14817---or better still, brought to the next chapter meeting. Make a note on your check: Operation We Care.

If you know someone who could use a little cheering up, let Holly know---539-7696.

♥ HOW MANY BOXES HAVE BEEN SENT? **664**

Special thanks to George Sutfin and Bill Apgar who helped arrange the acquisition of many pairs of shoes and sneakers which will be sent to people in Afghanistan. Thanks, guys!



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"THE CINNAMON SHOP"



FROM V.V.A. NYSC E-News

--George Pierro sent along this email message he'd gotten:

"We are sending this email as an introductory to invite you to receive our New York State Council Vietnam Veterans of America E-News Letter.

"For those of you who have not visited our site, we hope that you do soon. Each week we update our front page information with articles and content which concerns all veterans. For those of you who have visited the site in the

past, you will be surprised the next time you do. We have redesigned it with better graphics and easier viewing fonts.

"All you have to do is visit our website at <http://nvvietnamvets.org> and on the Main Menu is our subscription form. Just input your full name and your email address. Then click "subscribe." That's all there is to it. To view a sample of our latest E-News Letter, visit our site, look on the main text area for a blue button "View Sample" which will open to a new webpage.

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TO YOUR HEALTH

When a Headache Should Be Checked Out

"In rare cases ---fewer than 1 in 10---a headache may be a signal of a more serious disorder. See your VA health care provider if:

- you have a sudden, severe headache
- your headache is accompanied by confusion
- you begin experiencing regular headaches, even though you were previously headache free

- your headaches interfere with your daily routine
- your headache is associated with fever, eye or ear pain or a blow to the head
- you have a headache that's different from any you've experienced before."

(Copied from Veterans' Wellness, Summer 2008, p.7)

How to Survive a Heart Attack When Alone

Let's say it's 6:25 PM, and you're driving home (alone, of course) after an unusually hard day on the job. You're really tired and frustrated. You're stressed and upset. Suddenly, you start experiencing severe pain in your chest that starts to radiate into your arm and up into your jaw. You are only 5 miles from the hospital nearest your home. Unfortunately, you don't know if you'll be able to make it that far.

What to do? You have been trained in CPR, but the instructor didn't tell you how to perform it on yourself. How to survive a heart attack alone? Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

What to do? Do not panic, but start coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every 2 seconds without let-up until help arrives or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

--Provided by Art Denman.

(Copied from internet. Article published in Journal of General Hospital, Rochester)

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**EIGHTEENTH ANNUAL
POW/MIA WATCH FIRE
FRIDAY, SEPTEMBER 19**

1754 POW/MIA's are listed from the Vietnam War, 8100 from the Korean War, 125 from the Cold War, 78,000 from World War II, 1 from Desert Storm, and 1 from Operation Iraqi Freedom.

This is our 18th WATCH FIRE. Chapter 704 from Cayuga County will be our co-sponsor. They have been an important part of the WATCH FIRE for many years.

This year's speaker will be **Chapter 377** member Mike Moran.

If you are at the WATCHFIRE, you'll never forget it. You'll never forget walking toward the huge fire, tossing on a piece of wood, honoring those who are Prisoners of War or Missing in Action, feeling the heat of the blaze.



Come. Bring your family and friends. Help build a fire that — **FOR MILES AND MILES** — will reflect our determination that **ALL PRISONERS OF WAR and THOSE MISSING IN ACTION will NEVER BE FORGOTTEN.**



TRANSITIONS---

Long time Chapter member and former Marine Gary Cross was recently laid to rest with full military honors. The Marine Corps League from Cortland was the lead veterans' organization. They provided the rifle detail and bugler. American Legion Post 800 out of Groton provided a color guard. Chapter 377 color guard included Tony Evangelista, Art Denman, Rene Sylvester, and Harvey Baker.

Final tribute was made when more than 50 bikers revved up their engines.
Rest in peace, Gary.

Happy Birthday to...

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

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



**CHAPTER 377 MEETING
MONDAY, SEPTEMBER 8
7:30 PM
HELP PLAN THE WATCH FIRE**



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DEDICATION OF MEMORIAL SITE



The Dryden Ritual Team does the honors at the recent dedication of a Memorial Site to Richard LeGrand Henderson, Jr., Corporal, US Army. Corporal Henderson was MIA during the Korean War and was presumed dead in December 1953. Paul Pagliaro is a member of the Ritual Team. Thanks to Nancy Pagliaro for the photo.

LIGHTER SIDE

The Broken Lawn Mower

Marriage is a relationship in which one person is always right, and the other is usually the husband. When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But somehow I always had something else to take care of first: the truck, the car, e-mail, fishing---always something more important to me.

Finally, she thought of a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with a pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a few minutes. When I came out again, I handed her a toothbrush. "When you finish cutting the grass," I said, "you might as well sweep the driveway." The doctors say I will walk again, but I will always have a limp.
--- From Denny Grange

Scotch with Two Drops of Water

A lady goes to the bar on a cruise ship and orders a Scotch with two drops of water. As the bartender gives her the drink, she says, "I'm on this cruise to celebrate my 80th birthday, and it's today." The bartender says, "Well, since it's your birthday, I'll buy you a drink. In fact, this one is on me." As the woman finishes her drink, the woman to her right says, "I would like to buy you a drink, too." The old woman says, "Thank you. Bartender, I want a Scotch with two drops of water."

"Coming up," says the bartender. As she finishes, the man to her left says, "I would like to buy you one, too."

The old woman says, "Bartender, I would like a Scotch with two drops of water."

"Coming up," says the bartender. As he gives her the drink, he says, "Ma'am, I'm dying of curiosity. Why the Scotch with only two drops of water?"

The old woman replies, "Sonny, when you're my age, you've learned how to hold your liquor. Holding your water, however, is a whole other issue."
--From Art Denman