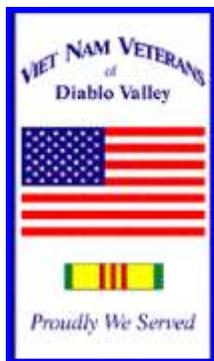


INCOMING NEWS



JUN 2019

Viet Nam Veterans of Diablo Valley
Help Distribute 10,000 American Flags with the VNVDV
Danville's Kiwanis 4th of July Independence Day Parade
VNVDV July meeting will be July 11th

Gary Estrella
 VNVDV
 President



PRESIDENT'S MESSAGE

VNVDV JULY MEETING JULY 11TH

UPCOMING EVENTS:

Danville 4th Of July Parade

March with VNVDV to distribute Flags to the kids enjoying this event

Check with TJ if you need a White VNVDV Hat and White VNVDV Short Sleeve Shirt

Community

Event

A Reminder... The East Bay's Largest

MEMORIAL DAY REMEMBRANCE

Monday - MAY 27

ALL WARS

MEMORIAL

Oak Hill Park

3005 Stone Valley Road

(Next to Monte Vista High School) in the Town of Danville

FREE & OPEN

to the PUBLIC -

A FAMILY EVENT

President's Message June 2019

Our Director of Information requested the President's Message before he departed on a long and deserved hiatus from the "war zone", so any reference to the success of The Walk of Honor of May 18th or the Swearing In Ceremony on May 19th at the Memorial Building will have to be deferred to the next Incoming. Here's wishing Jon a happy R&R although he says the R&R to KC on 23-26 May doesn't compare to the R&Rs in Hawaii, Yokosuka, Australia, or the Philippines but he will try to make it worthwhile.

As in my past messages I like to include an historical event which has meaning to why we served our nation in uniform. A **Vietnam veteran** is someone who served in the armed forces of participating countries during the Vietnam War. The term has been used to describe veterans who were in the armed forces of South Vietnam, the United States armed forces, and countries allied to them, whether or not they were stationed in Vietnam during their service. However, the more common usage distinguishes between those who served "in country" and those who did not serve in Vietnam by referring to the "in country" veterans as "Vietnam veterans" and the others as "Vietnam-era veterans". The U.S. government officially refers to all as "Vietnam-era veterans".

Nationals of other nations fought in the American-led anti-communist coalition, usually as armed forces of allied nations, such as Australia, New Zealand, Thailand, and South Korea, but sometimes as members of the US armed forces. The Republic Of China (Taiwan), Spain and the Philippines contributed assistance in non-combat roles.

President's Message (Continued on Page Two)

The **Phillips 66** San Francisco Refinery and the Carbon Plant Management and Employees sponsored the 2019 - 11th annual **WALK of HONOR**. The *VietNam Veterans of Diablo Valley* **THANK Phillips 66** for their Sponsorship and special appreciation goes to **Aimee Henry** for her support of Veterans & local community on *Armed Forces Day* in Crockett.



JUNE SPEAKER FRANK WALLACE



will discuss the Marine assault of "Tarawa Atoll" (Betio Island) 21-23 November 1943

Australia deployed 60,220 members of their Navy, Army, and Air Force to Vietnam from 1962-1975. According to official statistics, 501 personnel died or went missing in action during the Vietnam War and 2400 were wounded. **On one of our trips across our wonderful nation my wife and I met an Australian couple whose son was the first casualty from Australia in the Vietnam War. I gave him one of my 2/9 challenge coins.**

During the Vietnam era, more than 30,000 **Canadians** served in the US armed forces; 110 Canadians died in Vietnam and seven are listed as missing in action. **After I was wounded and assigned to the Oak Knoll Naval Hospital in Oakland, CA I met a Sergeant who was from Canada who had enlisted in the Marine Corps.** He told me he served in Vietnam and had strong feelings for the U.S. efforts there. The military of Canada did not officially participate in the war effort, as it was appointed to the UN truce commissions and thus had to remain officially neutral in the conflict.

New Zealand's total contribution numbered nearly 4,000 personnel from 1964 until 1972. 37 were killed and 187 were wounded. As of 2010, no memorial has been erected to remember these casualties. Like the US and Australia, the New Zealand veterans were rejected by the people and the government after returning and did not receive a welcome home parade until 2008.

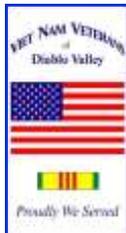
Throughout the Vietnam War, the Republic of Korea (South Korea) sent approximately 320,000 servicemen to Vietnam. At the peak of their commitment, in 1968, the ROK maintained a force approximately 48,000 men in country. All troops were withdrawn in 1973. About 5,099 South Koreans were killed and 10,962 wounded during the war. **While a patient at Clark AFB Hospital in the Philippines, I witnessed an ROK soldier in our ward create quite a ruckus. He kept carrying on that he wanted to go back and kill communists. He had to be restrained by hospital staff. It was at this point that I believed what I had heard about the ROK soldiers' bravado.**

The Kingdom of Thailand sent nearly 40,000 volunteer soldiers to South Vietnam (Republic of Vietnam) during the Vietnam War and peaked at 11,600 by 1969.

Philippine Civic Action Group" (PHILCAG-V) entered Vietnam in September 1966. The non-combat force included an engineer construction battalion, medical and rural community development teams, a security battalion, and a logistics and headquarters element. The team's strength peaked at 2068, 9 personnel were killed and 64 wounded throughout their 40-month stay through sniper attacks, land mines and booby traps. The team left Vietnam in 1969.

The point of my message: It is a misconception on the part of many that the U.S. was the only country who fought and lost servicemen in the Vietnam War. And thanks to the excellent work our Speakers Bureau does, the true story of this war is being and will be told.

Gary Estrella
President
PH: 925 / 962-9552
E: gamastar6@aol.com



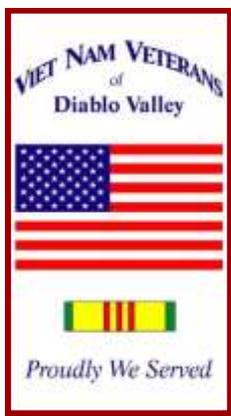
Viet Nam Veterans in 4th of July Parade

The VNVDV annually purchases over 10,000 American Flag - made in the USA - for distribution to those along the parade route. Expected are 40+ Thousand 'Cheering' children & community members at the 4th of July Parade in Danville. VNVDV Members - do wear your shirt - see "T.J." if you need one... & have the best time distributing free Flags to a very appreciative crowd! Note: We have been requested to muster at 0730 at the south end of SRVHS - Love & Railroad... Look for the 'white' shirts! The Parade Kicks-off at 0900 Hrs. and only takes 30 minutes. Remember - If we have Flags remaining - we ask members to walk back through the crowd on the sidewalk & distribute your remaining flags to children who did not receive a flag..

Parking becomes more difficult the later you arrive & street close early. Plan accordingly & muster on-time. This event is worth it!

The VFW hosts a BBQ early - right after we finish the parade at the VMB.

The Parade is one of the most amazing events you - as a Viet Nam veteran can attend... **It is the Welcome Home you may not have received!**



Memorial Day Remembrance

Mon. May 27th

Oak Hill Park in Danville

Viet Nam Veterans of Diablo Valley are working with the All Wars Memorial Foundation, Town of Danville & fellow VSOs to present another successful Memorial Day at Oak Hill Park.

Plan to join us and attend

The VNVDV will need **VOLUNTEERS** to help set-up cammo & chairs beginning at **0730** at Oak Hill Park on **Monday May 27th** prior to the arrival of community guests beginning at **10AM** for seating. **The Danville Community Band play at 10:30 & the Program will start at 11:00.** **This year's one-**hour program will feature Two Guest Speakers. **David Behring** and **CPT Kris Conklin**. David has been a member of the All Wars Memorial Foundation since inception and also has a wealth of Military History study and travel. Chris is currently assigned to the Post Graduate School in Monterey. Please join us at Oak Hill Park/All Wars Memorial, next to MVHS on Stone Valley Road.

This is the largest traditional Memorial Day Remembrance program in the east bay & it is Open to the public. Please invite friends, neighbors & community members to take two-hours out of the weekend to honor **FALLEN WARRIORS** whose sacrifice made it possible for us to enjoy the freedom we have.

We will also need **VOLUNTEERS** again to assist in taking-down the cammo & **chairs... and following the clean-up** - we will have our annual **Members Only Family BBQ** & fallen remembrance - **in the parking lot "after" the program.**

REMEMBER - all members need to bring **"something to share"** - a side dish - **salad or dessert "enough for their family plus extra** - to **share with members."**

Everyone is also responsible for **"bringing their own"** favorite beverage. Furnished by the organization: **HOTDOGS** - condiments - plates/silver wear/napkins. Bring your own chairs or picnic blanket, sun-screen.

Thank You to Exhibitors and all who Supported the



WALK OF HONOR FOR OUR VETERANS



Phillips 66 Walk of Honor HUGE Success!





October 2018- July 2019

The USS Hornet Sea, Air & Space Museum welcomes you aboard for an extended celebration of the Apollo Program in commemoration of the 50th Anniversary of Apollo 11, Man's first steps on the Moon!

USS *Hornet* recovered the Apollo 11 astronauts from the Pacific after their splashdown on July 24, 1969 and now in 2018-2019 we are celebrating this historic event with events and programming throughout the upcoming year!

Splashdown 50 Celebration Events

Tuesday, July 16 – Wednesday, July 24, 2019

Our upcoming events are special activities or programming held between October 2018 – July 2019 as we commemorate the 50th Anniversary of Apollo program benchmarks leading to the Apollo 11 mission. General Museum admission applies for many of these events, but all are free or discounted for Museum Members!

In later July, the Museum will hold an 8-day event in honor of Apollo 11's 8-day mission, building up July 24th, Splashdown Day where USS *Hornet* recovered the Apollo 11 astronauts.

Schedule of July Celebration

Tuesday, July 16: Hornet Day at the Oakland A's Stadium! Visit us at the game! Bring your ticket to the Oakland A's July 16th game aboard the Museum during the month of July for discounted admissions!

Wednesday, July 17: A special behind-the-scenes look at the enhanced Apollo exhibition on board, with opportunities to speak to the Museum's Exhibition team!

Thursday, July 18: Model Rocket Day aboard USS Hornet! Come aboard to build and test your own rocket as we explore the science, technology, and engineering of getting astronauts into outer space!

Friday, July 19: A special Live-Aboard Overnight with lunar and star gazing from the Museum's Flight Deck after an evening tour around the ship.

Saturday, July 20: Splashdown 50 Celebration! This community day will feature organizations and museums who will share family activities and information, with additional programming and speakers throughout the day.

Evening Saturday, July 20: Splashdown Anniversary Dinner & Reception! Please join us for a dinner honoring the USS Hornet Association. Celebrate the legacy of Splashdown with the ex-crew of this historic ship! Meet and dine with ex-crew men who were on board during the Apollo 11 Recovery Mission! Special Guests and Presentations! Hosted Buffet Dinner, Music from the 1960's, and full cash bar. **TICKETS**

Sunday, July 21: USS Hornet Association Meet-and-Greet. Come aboard for a special welcome to the various Hornet crew members who served on board during her years of service, including the Apollo 11 and 12 recoveries.

Monday, July 22: An aerospace film day! The Museum will be screening Smithsonian and NASA space films throughout the day in our Hangar Deck.

Tuesday, July 23: A unique STEM day for educators to come and experience STEM activities that introduce science, technology, engineering, and mathematics in a hands-on way with real life examples of it in use all around them! **Teacher Registration**

Wednesday, July 24: Apollo Retrospective. Come aboard as we look back at the history and legacy of Apollo 11 and relive the recovery of the astronauts and capsule with some of the men who actually participated in the event! We will then follow with another presentation as we explore the past, present, and future of space exploration and space travel with experts from NASA and the private aerospace industry!

Jerry Yahiro continues to share the travel schedule for the VNVDV's fall 2019 wheelchair distribution trip to Vietnam in conjunction with the Wheelchair Foundation. The itinerary is provided and days are specifically provided for the distribution of wheelchairs. The trip cost is estimated at \$4,000/person and please note this does not include airfare. Flights are available from \$900-1,000.

Any VNVDV Members wishing to join this humanitarian trip to Vietnam should send a \$1,000. deposit check made out to VNVDV and indicate in the memo that the check is for the Vietnam trip. Cut-off date is SOON. Please contact Jerry Yahiro (926-683-2541) to reserve a place on this trip.



October 28th SAIGON - ARRIVAL

October 30th CAN THO - MISSION DAY - SAIGON

October 31st SAIGON - CU CHI - TAY NINH



November 1st SAIGON - HUE

November 2nd HUE - MISSION DAY

November 3rd DMZ QUANG TRI - DONG HA

November 4th, 2019 HUE - CITY TOUR



November 5th, 2019 HUE - HANOI

November 6th, 2019 HANOI - MISSION DAY

November 7th, 2019 HANOI - HA LONG BAY

November 8th, 2019 HA LONG BAY - HANOI

November 9th, 2019 HANOI - DEPARTURE

**Cut-off date is SOON.
Contact Jerry Yahiro 925-683-2541**



NOTE: DETAILED TRAVEL SCHEDULE AVAILABLE ON WEBSITE: WWW.VNVDV.ORG VIETNAM VNVDV 2006 DISTRIBUTION TRIP



VIETNAM VETERANS OF DISABLED VALLEY, CALIFORNIA HELP A WHEELCHAIR RECIPIENT WITH HIS NEW WHEELCHAIR. VIETNAM VETERANS OF DISABLED VALLEY RECEIVE THANKS FROM THE DIRECTOR OF THE VIETNAM FRIENDSHIP VILLAGE NEAR SAIGON. WHEELCHAIR RECIPIENT HEARD HOME WITH HOPE FOR THE FUTURE.

Written By John Essex, U.S. Marine Corps, 1965

Healing the Past and Delivering Hope for the Future
Vietnam Veterans of Disabled Valley, California

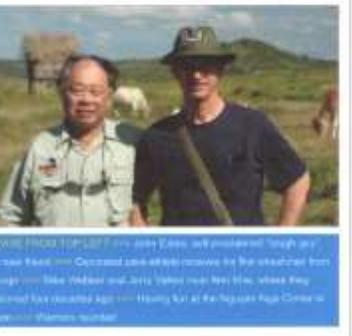


The plane touched down at 10:15 a.m. on November 26th, 2006 at Tan Son Nhut Airport in South Vietnam. "We're back..." in all I could come up with to say. It was hot and humid and slightly overcast and Ho Chi Minh City was abuzz with activity. "Looks the same to me," said "WIM BIE" LaVigne (U.S. Army). "It's already better! Last time I saw the capital as we were coming in," was Jerry Yahiro's (U.S. Army) take. "Seems okay," chimed in Tim Hart (U.S. Marine Corps). "I agree with Bill." "I don't know what to say yet..." commented John Reese (U.S. Navy diver). These were the first words spoken by five of us upon arrival in Vietnam for the "second" time. We are all members of the Vietnam Veterans of Disabled Valley, California, and we are returning to Vietnam with our wives and friends on a mission far removed from the one that brought us here the first time, some 35 to 42 years ago. An "adventure" which, over the next 13 days, would deeply affect each one of us. Through our Past President, Mike Weber (U.S. Army medic) and the Wheelchair Foundation, our group was able to raise enough

money to send 560 wheelchairs to Vietnam. It had taken us two years to raise the funds for these wheelchairs, and now we had come back to Vietnam to distribute them. We brought with us \$3,300 dollars to donate to a number of children's schools and orphanages and we had also brought along, thanks to the work of John Reese and the generosity of the V.A. Hospital in Martinez, California, over 60 pounds of medicines. Our first wheelchair distribution came on our third day in Ho Chi Minh City (formerly Saigon). Joel Dodge, our Wheelchair Foundation liaison, walked us to The Friendship House in the center of Ho Chi Minh City where a very familiar ceremony would take place. Over the next hour, many wheelchairs were given out. I think that most of us were not prepared to see such physical and mental need among these people, and our first tears were shed. But this was just the beginning. We flew to Quy Nhon the next day, and over the next two days we all began to realize what we were doing and got to see first hand how our helping hands affected the daily lives of those in need of a wheelchair. We met the local individuals face-to-face and felt their friendship and caring. Whole families were there to see their children, grandmothers, and mothers and dads receive something that would completely change their lives for the better. They cried and we cried with them. They laughed and we laughed with them. And we helped them load up their new wheelchairs, as many as four stacked on the back of a family motor scooter, and marvelled at their ability as they drove away. In Quy Nhon we met a wonderful woman named Nguyen Nga who, with the help of some of her handicapped students, educates, feeds and cares for nearly 200 orphaned disabled children every day. She was so proud of her kids and introduced us to her staff. It was here that I was struck by the enormity of the needs of the Vietnamese as I reached down to shake the hand of her office helper and saw that she did not have a hand. I noticed, and did not know what to say.

At Kids First Village in Dong Ha on Day Nine, we saw the "new", "modern" Vietnam being built. We gave away more wheelchairs and we donated John Reese's 60 pounds of medicine to Kids First Clinic. I watched as Wild Bill helped a beautiful young girl into her new wheelchair and made her smile. And then I saw him and Rich Ventrone (U.S. Navy Retired) begin to weep. We left Kids First Village and went into town and gave away four more wheelchairs to people in their homes. At the home of one wheelchair recipient, a decorated para-olimpic swimmer, Skip George (U.S. Army Special Forces) assembled a wheelchair and then gently lifted the young man into it. All the while his mother made sure that the neighbors and everyone else saw what had just happened to her son. He was nearly 20 years old and it was the first wheelchair he had ever had. We continued on our way. Hanoi, our last leg of the trip, Day 11. We visited the Vietnam Friendship Village today - Dennis Margett, U.S. Marine Major, U.S. Marine Corps, quiet throughout most of the trip, let some of his emotions show. It's hard to explain the condition that some of these children are in, but I will say this, it is something most of us never see and you would not be human if it did not affect you. When you see their smiles and the warmth that they give, you know within them there is hope. One of the most emotional moments of our entire trip happened here at the Friendship Village. Along with disabled children, they

were for some old soldiers, those who have fought in the many wars Vietnam has had over the past 50 years. Here, 40 years later, we came face-to-face with some of our fellow warriors, men whom we fought in combat so long ago. Through circumstances, we told each other stories, we hugged and we shook hands and years passed. We laughed and we surely cried and found out just how much we were alike. We parted with a promise to come back. As we were leaving the Friendship Village, a little disabled boy waddled up to me and sprang into my arms, and in his excitement, he pum-pum me. I hugged him and I had never seen more joy expressed on someone's face in all my life. With his disabled body he kept saying "Number one! Number one!" and giving me the thumbs up sign, and he did not want to get down. This moment will stay with me forever. On our last day in Vietnam, Skip George said, "There are two kinds of people in this world, those that do and those that don't." Well, with the help of those at the Wheelchair Foundation, our group "did." We came, we saw, we laughed and we cried. We gave some, but we got back much, much more. And, we changed. I, for one, am going back.



GOING BACK TO VIETNAM

SIX YEARS OF FUND RAISING AND 7823 MILES OF TRAVEL

THE VIETNAM VETERANS OF DIABLO VALLEY HEAD BACK TO VIETNAM



It was a dark and stormy night... We find ourselves in Hue, Vietnam. A group of five of us have trekked to a local watering hole known as "The DMZ Bar." We are midway through our 15 day journey across Vietnam, distributing wheelchairs in partnership with Oakland, California, based East Meets West Foundation, and visiting old haunts. There are 17 of us in our group, but for a few of us the DMZ Bar holds fond memories of an evening we shared there during our last trip to Vietnam, in 2006. It was a night of laughter and tall tales (all prefaced by the words "True story...!") accompanied by beer and an endless supply of coconut peanuts. It was the night we all wrote our names on the wall with magic marker, some of us leaving messages for other travelers who would grace the same space long after we had left.



However, this visit would wind up somewhat bittersweet. Our memories of a dimly lit, rundown dive bar with no indoor plumbing and a single surly local bartender, supplanted by the revelation that the DMZ had been remodeled and modernized. Oh sure, you were still allowed to write on the walls with magic marker, but everything that had been there six years earlier had been changed in the "great remodel of 2008." The new had replaced the old, and we were reminded that our memories of Vietnam of the past were no longer valid today.

This message would serve as an underlying theme for many on this trip. For those among us returning to this country for the first time since the late 1960s and early 70s, this trip was the opportunity to experience modern Vietnam and gain understanding of the life that has evolved since the Vietnam war (or "the American war," depending which side you had been on). Of course, it was wrought with the apprehension and trepidation of not knowing how we might be received, or how we might remember what we had forgotten, intentionally or otherwise.



Several in our party set out on side trips to visit locations familiar to them from their time of service in their respective branches of the military (we had Army, Navy, Air Force, Marines and Coast Guard represented among us). Again and again, a similar story was repeated "I found the place where our camp / airfield / base had been, but now it's just a Vietnamese War Memorial / shopping center/ highway, etc..." This is the face of progress in Vietnam. >

CLOCKWISE FROM TOP LEFT: >>> The Gang assembles outside the White Hotel in District 1 in Ho Chi Minh City, on day one. Many thanks to Ann Tours and Mr. Truc Vole, our excellent interpreter and fixer. >>> In Can Tho we provided wheelchairs to swimmers with Olympic aspirations. >>> Pictured Left to Right - Jerry Yabiro, John Beese, David Behring and Richard Lambert with one of the many tennis wheelchairs donated to East Meets West's INSPIRE SPORTS programs throughout Vietnam.

Support our Wheelchair Foundation distribution trip to Viet Nam in 2019

VIETNAM

The VNVDV's positive 2006 Wheelchair Foundation distribution trip, was followed by a successful distribution trip in 2012 - now VNVDV returns to VietNam in 2019



TOP LEFT >>> Tran Nghia was 17 years old when David Behring presented her with her first wheelchair in 2003. This past Fall, the two were reunited in Hanoi, as Nghia and her mother joined us for a wheelchair distribution in the city. David and Nghia have remained in touch via the internet. David says of the relationship, "It is always a joy to give someone a wheelchair and it is an even greater joy to personally watch and hear how that wheelchair improved their life." >>> LOWER LEFT >>> Three Cheers for everyone involved in distributing wheelchairs throughout the country of Vietnam! Everyone gives a thumbs up for a job well done!

Our partners on the ground, East Meets West Foundation, had worked closely with the Vietnamese Paralympic Committee and others to arrange opportunities for us to distribute wheelchairs all along our route. We gave away wheelchairs in Can Tho, Ho Chi Minh City, Quang Tri, Hai Phong Harbor and Hanoi. We donated tennis and basketball wheelchairs to sports clubs and training centers through EMW's Inspire Sports program, allowing para-athletes to develop their skills, train and compete in a peer environment. Along the way we met swimmers, javelin throwers, weight lifters, track athletes, basketball and tennis players and one tough tug-of-war team whose single armed competitors easily toppled our crew on multiple occasions.

Vietnam is now a country of young adults. It is a country undergoing rapid change, and the impact of having access to modern technology is visible almost everywhere. There are fewer dirt roads and more skyscrapers, fewer bicycles and more motorbikes and cars. There is also an ever increasing demand for modern services, like clean drinking water, sanitation, medical care for newborns, internet access, and goods and services. And yet, with all of this rapid advancement, there still exists a very large need for wheelchairs for the disabled.



"Getting to go back to Vietnam, and to help people get wheelchairs, often the very first one they have ever owned, was awesome! Aside from getting married and having children, I think this is most significant thing I have done in my lifetime."

-John Garfield Reese - U.S. Navy Diver
on his second wheelchair distribution trip to Vietnam.

For the Veterans on this journey, our 15 days pass in what seems like no time at all. Soon we are speaking to one another about our trip in the past tense, where we had once been talking about it in the future tense for what seemed like such a long time. We were able to help Vietnamese in need of mobility by providing 260 brand new wheelchairs and 60 new sports wheelchairs. The Vietnam Veterans of Diablo Valley were able to witness first hand how their continued support of numerous orphanages, schools and rehabilitation facilities has had a positive and lasting effect on the people of Vietnam.

VIETNAM FAST FACTS

POPULATION: 91,519,289 (JULY 2012 EST.)
NUMBER OF MOBILE PHONES: 127.3 MILLION (2011 EST.)
MEDIAN AGE: 28.2 YEARS
AVERAGE INCOME: \$9.60 PER DAY
POPULATION LIVING BELOW POVERTY LINE: 14.5%
WHEELCHAIRS DONATED BY WHEELCHAIR FOUNDATION: 14,476
ESTIMATED NEED: GREATER THAN 2,745,579
PERCENTAGE OF DISABLED POPULATION REACHED: 0.527% OR 1:190

Since the VNVDV 2012 trip to VietNam - we have gained many new members - we are now in the planning stages for a VNVDV trip in the fall of 2019. The full detailed schedule has been posted on our organizational website at: www.VNVDV.org along with articles from the Wheelchair Foundation regarding the VNVDV distribution trip to VietNam.

May Dinner Meeting - 2019

VNVDV JULY MEETING JULY 11TH



MEMORIAL DAY REMEMBRANCE

Monday 10:30 - MAY 27

ALL WARS
MEMORIAL

Oak Hill Park

3005 Stone Valley Road, Danville

Plan to join us and attend

The VNVDV will need **VOLUNTEERS** to help set-up cammo & chairs beginning at 0730 at Oak Hill Park on **Monday May 27th** prior to the arrival of community guests beginning at 10AM for seating. **The Danville Community Band play at 10:30 & the Program will start at 11:00.** **This year's one-hour** program will feature Two Guest Speakers. **David Behring** and **CPT Kris Conklin**. David has been a member of the All Wars Memorial Foundation since inception and also has a wealth of Military History study and travel. Chris is currently assigned to the Post Graduate School in Monterey. Please join us at Oak Hill Park/All Wars Memorial, next to MVHS on Stone Valley Road.

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REMEMBER - all members need to bring "something to share" - a side dish - **salad or dessert "enough for their family plus extra - to share with members."**

Everyone is also responsible for **"bringing their own"** favorite beverage. Furnished by the organization: **HOTDOGS** - condiments - plates/silver wear/napkins. Bring your own chairs or picnic blanket, sun-screen.



Veterans can now schedule optometry and audiology appointments without a referral from their Primary Care Doctor.

For more information or to schedule an appointment today.

Call 1-800-382-8387



After visiting the VA - Can no longer tell her I did not see you... also using the 'I can't hear you' won't work either!

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fax. (925) 820-8911

Email: 48@fastsigns.com

Veteran Service Organizations joined Parents & Families of our Military Recruits for the 2019 "Swearing-in Ceremony"

**The Veterans Memorial Building
of the San Ramon Valley**

**Is proud to present the 2019
Recruit Recognition
and
Swearing-in Ceremony**



Sunday, 19 May
Two thousand and nineteen
One o'clock in the afternoon

Held at the
Veterans Memorial Building
of the San Ramon Valley
Community Hall
115 E. Prospect Avenue,
Danville, CA 94526

Roll Call of Recruits

Marines

- Devin Mims, Dougherty Valley High School
- Tyler Hong, Dougherty Valley High School
- Zyan Neri, Monte Vista High School
- Jake Doolittle, Monte Vista High School
- Adam James, Monte Vista High School
- Aidan Hickey, Monte Vista High School
- Brandon Patino, San Ramon Valley High School

Navy

- Joshua Ferrer, California High School

Roll Call of Military Academy Appointees

Naval Academy

- Taylor Ziegenfus, Monte Vista High School
- Aidan Otero, California High School

Air Force Academy

- Nathaniel W. Garcia, San Ramon Valley High School

U.S. Merchant Marine Academy

- Xavier Coleman, Dougherty Valley High School



June has arrived & Bill Green with his Duck Club Members Salute **"GWOT"** Veterans with the VNVDV Annual Retreat

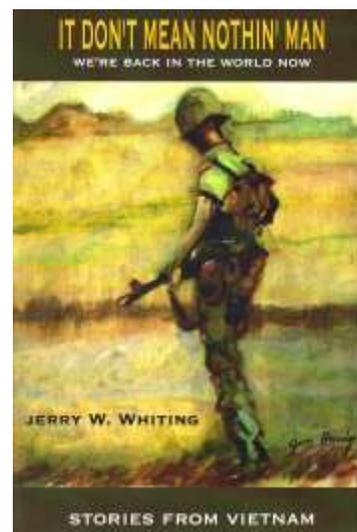
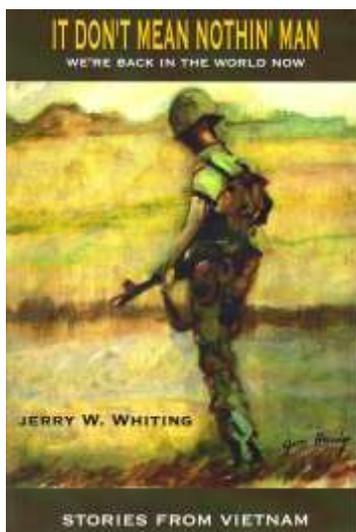
One of the VNVDV's less publicized efforts is a special veteran service program designed by long-time VNVDV member & Director **Bill Green** - who serves as a volunteer "mentor" for Vet Center support groups. Created to assist our more recent returning vets - **"GWOT"** (Global War on Terrorism) giving them a safe, relaxed, social environment to aide in readjustment to civilian life & activities after combat military service.. This is a weekend retreat for this selected group of vets.

Assisting the VNVDV with counselor resources and Veteran support is **Contra Costa County Veterans Service Office & Concord Vet Center's "mentors & coaches"** allowing time for these younger vets to talk with other veterans. This worthy program was developed for returning / GWOT veterans - and made possible, largely due to funding received by the VNVDV through our partnership with **Phillips 66** & their support from the annual **"Walk of Honor"** on **Armed Forces Day**. We thank all those who supported this year's event. These younger veterans will be able to relax in a safe environment & enjoy various activities - fly casting lessons, skeet shooting, swimming, BBQs, horseshoes, movies, group campfires, lots of great food & fellowship with other vets & no drugs or alcohol.



Do YOU have your personal "autographed" copy of

JERRY WHITING's
new book about the VNVDV
"It don't Mean Nothin' Man
We're back in the world now"





PSYCHARMOR® INSTITUTE OFFERS A LIFELINE

PsychArmor Institute, with the generous support of the NFL Foundation, launches this week the first 2 courses of its 15-course portfolio on "Suicide Prevention, Intervention, and Postvention" for people who work with, live with or care for Military Service Members, Veterans and their families.

Courses to watch



Barriers to Treatment



Postvention: Healing After Suicide

Shareable Content for Social Media & E-Newsletter



Social Post for Barriers to Treatment

Join Dr. Shauna Springer from @TAPSorg as she helps veterans encourage Veterans to need to seek mental health treatment in @PsychArmor's new online course "Barriers to Treatment." The course is part of a new portfolio on "Suicide Prevention, Intervention, and Postvention" sponsored by The NFL Foundation. #BeThere To watch full course, [Register here](#)

Social Post for Postvention: Healing After Suicide

Join Dr. Shauna Springer from @TAPSorg as she discusses how to support someone who has lost a loved one to suicide in @PsychArmor's new online course "Postvention: Healing After Suicide." These courses are both part of a new portfolio on "Suicide Prevention, Intervention, and Postvention" sponsored by The NFL Foundation. #BeThere To watch full course, [Register here](#)

E-blast

PsychArmor Institute Launches Online Courses on Suicide Prevention, Intervention, and Postvention

Watch the first of 15 upcoming online courses, "Barriers to Treatment" and "Postvention: Healing After Suicide" on Veterans suicide, including risk factors, warning signs and healing. Dr. Shauna Springer from the Tragedy Assistance Program for Survivors discusses barriers to Veterans' mental health treatment as well as actions following a suicide that can help promote healing. The courses are part of PsychArmor Institute's new portfolio on "Suicide Prevention, Intervention, and Postvention" sponsored by The NFL Foundation. To watch full courses, [Register here](#)



Dr. Shauna Springer
Tragedy Assistance Program for Survivors

Dr. Springer serves as the Senior Director at TAPS and has helped hundreds of service members reconnect with their families, values, and lives.

The NFL Foundation funded a series of Suicide Prevention courses that will be produced by PsychArmor for broad dissemination. I was the author and SME for the first two courses, both of which just went live. Both courses are extremely relevant to our shared suicide prevention mission and to the goal of advancing veteran-centered care (especially the "Barriers to Care" course). I wanted to send the link so that you can re-view and share them out (they were specifically funded for dissemination without limit). I particularly want to get these into the hands of key people in the veteran support space (like you) who can share them out as widely as possible in the service of our common goal. PsychArmor created a social media kit which is attached here to this email if you can help.

The "Barriers to Care" course was scoped out very specifically to help providers engage *veteran patients* in care - and some of what I say is not applicable to Active Duty contexts. The point that needs to be made is that AD Psychologists and clinicians have a different role to balance with the mission of troop readiness (which is appropriate for the AD context) and this shapes Service members' perceptions of what mental health care is about. I have nothing but respect for providers who serve in roles in the military - especially the kind of "Docs" who build the level of trust with warfighters that is essential to keeping them in the fight at times.

VNVDV Member *June* Birthdays

Gordon Dunne	Army	Dave Turner	Navy
Don Schroeder	Army	Pete Longoria	Marines
Lee Halverson	Marines	Bill Green	Army
Bobby Dunton	Navy	Phillip Simon	Coast Guard
Daniel Miranda	Army	Saber Zell	Marines
Ken Jones	Navy	William Hendley	Air Force
Dave Farkas	Navy	Mark Marcum	Army

Thanks to the **May Speaker Bart Gilbert** for his presentation on his tour with the First Infantry Division G-3 Operations assignment as Assistant Divisional Transportation Officer.

Assistant Division Transportation Officer

Attached to the Division G-3

- Test all rotary wing aircraft
- Coordinate all fixed wing airlift
- Control the road net and utility re-supply convoys
- Operate Army airfields
- Handle sealift shipments
- Sign personnel orders



Military Appreciation Night with the Oakland A's - JULY 3rd vs. Minnesota Twins - 6:00 PM at the Coliseum

Wednesday, July 3rd vs. Minnesota Twins

Military Appreciation Night, presented by Chevrolet, will be held on Wednesday, July 3. A portion of each ticket is donated back to Military non-profits. Following the game will be a Patriotic Firework Show. If we have a group of 15+, we can qualify as a group. Ticket prices are \$40 each Plaza Level.



J. Rockcliff

REALTORS

MIKE WEBER
Realtor *

4105 Blackhawk Plaza Circle
Danville, CA 94506
CalBRE#00441586

direct: 925.736.1500
mweber@rockcliff.com

VENTURE RESEARCH
Commercial Real Estate
Appraisers & Consultants

Helen S. Reese
PH: 925 / 935 - 4294
New E-Mail: HSReese@att.net
Website: www.VentureResearch.biz

"Experience the Quality Difference... over 30 years serving California and beyond with Excellence"

DANVILLE HOT SUMMER SUNDAYS CAR SHOW



July 21 and August 18, 2019
Registration Opens May 1st
\$25.00 Online | \$30.00 Day Of
Registration

Event Time 11:00a - 4:00p

Day of Event Registration Begins at 8:00 am

No Cars Admitted After 11:00 am

During the uneven years THE STAND ON THE DELTA 2019 supports Veterans – check to see where you can help



STAND DOWN ON THE DELTA 2019



STAND DOWN ON THE DELTA IS A FOUR-DAY, THREE-NIGHT EVENT IN WHICH VETERANS ARE PROVIDED FULL MEDICAL TREATMENTS, COURT AND LEGAL SERVICES, DMV, CHAPLAIN SERVICES, HOUSING, ADDICTION AND MENTAL HEALTH COUNSELING, EMPLOYMENT, AND A MYRIAD OF OTHER COMMUNITY SERVICES. DURING THE EVENT, VETERANS ARE ALSO PROVIDED WITH CLOTHING, MEALS, SHOWERS, SLEEPING TENTS, AND A SAFE PLACE TO "STAND DOWN" FOR THE DURATION. THE NEXT STAND DOWN ON THE DELTA WILL BE HELD **SEPTEMBER 20TH - 23RD, 2019** AT THE CONTRA COSTA COUNTY FAIRGROUNDS LOCATED IN ANTIOCH, CA.

THANK YOU FOR YOUR CONTRIBUTION TO DELTA VETERANS GROUP. YOUR SUPPORT WILL HELP OUT VETERANS IN THE MOST NEED AND THEIR FAMILIES MAKE THE TOUGHEST TRANSITION OF THEIR LIVES.

DELTA VETERANS GROUP IS A 501(C)(3) NONPROFIT ORGANIZATION. TAX ID #462650624. YOUR CONTRIBUTION IS TAX DEDUCTIBLE TO THE EXTENT ALLOWED BY LAW.



CONTRIBUTION RANKS

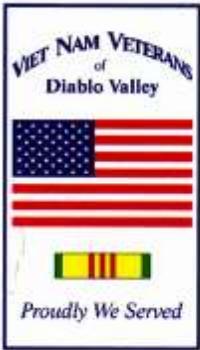
PRIVATE - \$5
SERGEANT - \$25
LIEUTENANT - \$50
CAPTAIN - \$100
MAJOR - \$500
COLONEL - \$1,000
GENERAL - \$2,500
4 STAR GENERAL - \$5,000

PLEASE MAIL TO:

DELTA VETERANS GROUP
ANTIOCH VFW
815 FULTON SHIPYARD RD.
ANTIOCH, CA 94509
C/O: STAND DOWN ON THE DELTA

Find out more - Visit: <https://www.deltaveteransgroup.org>

Thanks to Procurement Director John "T.J." Trujillo for his monthly display of VNVDV Hats and Shirts. Order your VNVDV NAME TAGS contact "T.J."



John T.J. Trujillo
Director of Procurement

Viet Nam Veterans of Diablo Valley
P.O. Box 2079
Danville, CA 94526

925-997-5253
trujillo.tj.john@gmail.com
www.VNVDV.com



"T.J." has the new VNVDV Coffee Mugs that have been prepared for the Viet Nam Veterans of Diablo Valley... **Nice! Order your set from TJ**

VNVDV Members THANK David Behring

Wheelchair Foundation



"Serving the World"



Looking for a unique BIRTHDAY Gift?
Donate a new WCF wheelchair in their honor... great for someone who has everything!

The Viet Nam Veterans made 2 distribution trips in 2006 & 2012 and the next trip is Fall 2019 to Viet Nam - providing freedom of mobility for those lacking this basic need.

We Thank David Behring & Joel Hodge for your support of VNVDV & our two amazing wheel chair distribution trip to Vietnam.

The VNVDV is planning on filling a container of Wheelchairs for distribution in Vietnam. Be a part of this exciting VNVDV project!

Viet Nam 50th Commemoration Honors our Viet Nam War Veteran Members

VNVDV LIFE MEMBERSHIP
Special 50th VN Commemoration - Honoring Your Service - ONLY \$50.

Danville VMB's County Veterans Service Office
OPEN every Wednesday 10-2 to serve Veterans

All Wars Memorial

Oak Hill Park Memorial Expands
The New Paver Section Opened JAN 2019
Do you have an AWM Paver? Don't wait - Honor a veteran, friend, neighbor, family member or patriot with a special AWM Paver Tribute!
New Walkway of 600+ Pavers to Open \$300.
Custom Engraving is performed Spring & Fall.
Take time to visit the AWM - then the website for an application form. Order your AWM Paver
www.AllWarsMemorial.org
Questions? See link on AWM Website

Please SUPPORT & FOLLOW NEWS from some of our SUPPORTERS & FRIENDS WEBSITES:
Contra Costa County Veterans Service Office - Open in Danville every Wednesday - call 925 / 313-1481 for Appt.
All Wars Memorial and obtaining AWM Pavers at Oak Hill Park - visit: www.AllWarsMemorial.org
Marines Memorial Association / Hotel / Club in SF - Visit their website at: www.MarineClub.com
Sentinels of Freedom Scholarship Foundation - visit: www.SentinelsOfFreedom.org
Wheelchair Foundation & Wine for Wheels - Support our those in need of mobility - Visit: www.WineforWheels.org
Blue Star Moms #101 website: www.bluestarmoms.org & Blue Star Moms #20 website: www.cdbluestarmoms.org
VNVDV website to see more about the Vietnam Veterans of Diablo Valley at: www.VNVDV.org

VISIT THE VMB/SRV's WEBSITE - for the VETERANS MEMORIAL BUILDING at: www.VMBSRV.org

OVER 600 NEW AWM GRANITE PAVERS BEING INSTALLED THIS MONTH

ALL WARS MEMORIAL

to Expand Paver Walkway

Thank You to the patriotic community for Honoring their Heroes & Patriots - Engraving all 1,127 All Wars Memorial Pavers in the walkway

ALL WARS MEMORIAL PAVER APPLICATION



ALL WARS MEMORIAL



DEDICATED TO ALL WHO SACRIFICED TO PRESERVE OUR FREEDOM

www.AllWarsMemorial.org

**A New ALL WARS MEMORIAL
Expanded Walkway & Panel Sections with an
Additional 600+ New Pavers
will be Completed in Summer of 2018**

Please Note: The AWM Foundation schedules our outside Professional Engravers - "Bras & Mattos Monument Company" for on-site Paver Engraving Only Two Times a Year. Questions: Visit the AWM Website

Yes, I would like to make a tax-deductible donation to the **All Wars Memorial Foundation (AWMF)** for purchase of an AWM Paver to honor the service or contribution made by an Individual Serving - a Veteran or Patriot with a Paver - or an **Organizational Paver** to Honor a Military Unit or Veteran Service Organization - **IN MEMORY** are only for those who died (KIA) in the service.

PURCHASER INFORMATION: (If paying by credit card use information on billing statement)

Name of Purchaser _____

Address _____

City / State / Zip _____

Contact **PHONE & E-MAIL** Address (Please utilize separate sheet & attach - to clearly provide all requested information - please **PRINT** clearly all information... Thank you)

INDIVIDUAL AWM PAVER - Granite 8" x 8" @ \$300.00 each

___ **IN MEMORY** (Only for those who died / killed while serving their country / KIA)

___ **IN HONOR** (On first line of all AWM pavers)

NAME (to be shown on Paver) _____

Can add **RANK** for those who served in the military (Rank optional - only if desired - not required. Up to two - lines available for Rank - Full Name- **maximum** of 15 characters on each line - including spaces. Visit Memorial to view Pavers for engraving ideas. **Please PRINT all letters.**

BRANCH of SERVICE: (circle one)

U. S. Army - USMC - U. S. Navy - USAF - USCG - Army/Air Corps - Merchant Marines - National Guard or **PATRIOT** (for non military) SVC Branch is engraved on bottom line.

Organizational PAVER - Granite 8" x 8" @ \$300.00 each (Please attach sheet

PAYMENT METHOD:

Enclosed Check for: \$ _____
Payable to: **ALL WARS MEMORIAL FOUNDATION - (AWMF)**
Post Office Box 158 - Danville, CA 94526

Charge my: Visa - MasterCard (Please Print clearly)

\$ _____
Card Number _____ Expiration Date _____

Signature and Date... & MAIL completed application to: **AWMF** - (address above)

All Pavers Ordered will be Engraved in the New Walk of Honor.

View AWM Pavers on-line at: www.AllWarsMemorial.org

at: www.AllWarsMemorial.org



Update Information on VETERANS' VOICES.



VETERANS' VOICES

A Live, Interactive TV Show for Vets by Vets!

Join us live on the 3rd Monday of every month to discuss relevant issues facing our veterans. Veterans' Voices provides a platform for all veterans, their family, and their caregivers to get support and learn about valuable resources and events in the community.

Hosted by:
 Nathan D. Johnson, County Veterans Service Officer
 Kevin Graves, CalVet LINC & Gold Star Parent

Watch live every 3rd Monday at 7pm on CCTV, or streaming:
www.ContraCostaTV.org/VeteransVoices
 Call in Live: (925) 313-1170

facebook @VeteransVoices1

cctv

Contra Costa TV is channel 32 on Astound, channel 27 on Comcast, and channel 99 on AT&T U-verse
 Episodes Re-Run: Mondays @ 7pm, Wednesdays @ 11pm & Saturdays @ 9am



VETERAN'S VOICES PRODUCTION STAFF

Contra Costa County Veterans Service Office TV Show

Watch VETERANS' VOICES on CCTV Every Month on 3rd Monday

Veterans' Voices - our VSO TV Show Airs Live Every 3rd Monday at 7PM.

WATCH every month and call in, text or live chat with the hosts & guests. Be a part of the conversation and you can help other vets who are struggling with the same issue. New topics every month - 3rd Monday!

Veterans' Voices will be broadcast live/online on CCTV every third Monday, from 7:00 p.m. until 8:00 p.m.

The show is a joint production of the Contra Costa County Veterans Service Office & Contra Costa Television (CCTV.) It is underwritten by a grant from the California Department of Veterans Affairs. "Veterans' Voices" airs the third Monday every month at 7:00 p.m. on CCTV. **"VETERANS' VOICES" highlight Veteran programs & events at the end of the show.**

CCTV and Veterans' Voices can be found on Comcast Channel 27, Astound Channel 32 and AT&T U-Verse Channel 99 throughout Contra Costa County. If you missed this edition... Catch it and all other prior shows or watch the show live online by visiting: <http://www.contracostatv.org/veteransvoices>. **All previous shows are on-demand 24/7 & If your organization can help support an episode of Veterans' Voices - contact Nathan Johnson our County VSO for more info.**

If you know non-profit Foundations supporting "education" - "history" - "military issues" - Veterans, or other - please advise County Service Officer Nathan Johnson - Funding support is needed to continue these CCTV "Veterans' Voices special monthly TV shows to provide this valuable information for returning veterans & their family members. If you have any TV or production skills or are willing to learn - stop by the CCTV studios on the 3rd Monday prior to the live broadcasting of Veterans' Voices... YOU may be able to help or learn to help & reduce production costs of shows.

Veterans' Voices provides information on important Veteran Events in the East Bay



Bill LaVigne
 President & CEO

Cell: (510) 368-4441
 Toll Free: (866) 369-4446
 Office: (877) 668-3677
 (877) MOVE-677
 Fax: (707) 644-2294
integritymoving@yahoo.com

Eliz. C. A. Johnson
 Attorney at Law



A Law Firm

Post Office Box 8, Danville, CA 94526
 T.925.362.1010 F.925.362.1015
elizabeth@johnsonestateplanning.com
johnsonestateplanning.com



Department of Veterans Affairs



VA HEALTH CARE Defining EXCELLENCE in the 21st Century



U.S. DEPARTMENT OF VETERANS AFFAIRS

Monday-Friday 8:00a.m.-4:30p.m.
Martinez Primary Care Clinic
150 Muir Road, Martinez, Calif.94553

Advice Nurse-Appointment Line
800-382-8387
Pharmacy(Toll Free)Line
866-600-8279
Martinez, CA. 94553

Fax: (925) 372-2804

FLU IS CAUSING SERIOUS ILLNESS & DEATH!
Please visit one of our VA Clinics in Martinez
- Oakland or other locations now to obtain your
FLU shot - available to all Veterans! Don't Wait!

VA's FLU SHOTS AVAILABLE - DROP-IN
ARF Mobile Veteran Pet Exam Van Monthly!
Get your Veteran Certification for DMV License

Veterans... Are You Utilizing Your VA Health Care Benefits?

The VNVDV encourages all Veterans to Enroll in VA Health Care coverage & utilizing trained professional advocates at our Contra Costa County VSO. The VA Health Care System is the Best - get help
Visit our VNVDV Website for more Benefit details.

Are You Watching CCTV "VETERAN VOICES" on 3rd Monday?

Monthly Show Topics IMPORTANT to VETERANS & Recently Discharged/Returning VETS SUPPORT Nathan Johnson - our Contra Costa County Veteran Service Officer

Contra Costa County Veterans Service Office is a FREE service for all Veterans!

Find out about all the Veteran Benefits You earned through your Military Service
Visit the County VSO Office NOW...
for your FREE "Benefit Check-Up" - You Earned it!

Our Contra Costa County Veterans Service Office is "the place" to have all of your VA paperwork completed - by a qualified, experienced service rep. & this service is for all veterans **FREE** & available **M - F** in Martinez & **on Wednesdays in Danville 10-2**

Veterans Benefits Contact:

Nathan D. Johnson
Veterans Service Officer
Contra Costa County

10 Douglas Dr. Suite 100
Martinez, CA 94553

Tel: (925) 313-1481

Fax: (925) 313-1490

Nathan.johnson@vs.cccounty.us



Veterans Services

Because You Chose To Proudly Serve

Oakmont Memorial Park Cemetery in Lafayette is offering major financial assistance to all Veterans and Veteran Spouses on both Traditional and Cremation Property.

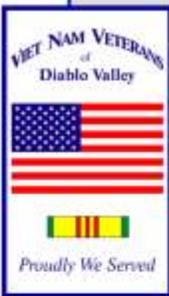
Pre-Planning Lifts the Burdens Off Your Loved Ones

Contact: Thomas Corbett, Veteran Liaison Officer, LIC# 44629
(925) 935-3311, (925) 216-4785
TCOAK8@gmail.com



REAL TIME PAIN RELIEF

To purchase call: Mike Martin - 925.323.1093



Viet Nam Veterans of Diablo Valley **"INCOMING"**

JUN 2019



Official Mailing Address:

Viet Nam Veterans of Diablo Valley
Veterans Memorial Building of SRV
400 Hartz Avenue
Post Office Box 2079

Danville, CA 94526 - 2079

E-Mail: VNVDV1@gmail.com

Web: www.VNVDV.org

Electronic News

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Bill Picton

Norm Mahalich



Established 1991

To:

VNVDV Members & VIPs

Jonathan "JON" Robbins

Director of Information

Editor / Publisher "INCOMING" News

News E-Mail: VNVDV.News@gmail.com

Keep your e-mail address current please!

**Visit the VNVDV Web
Past Newsletters & our
latest news on-line**



The VietNam Veterans of Diablo Valley - established in 1991 as a local, grass-roots, non-profit, & all-volunteer Veteran Service Organization (VSO) to promote & enhance the image of the Viet Nam Veteran through Community Service & Support of our fellow Veterans, and value & maintain a high level of dignity & respect for the young men & women currently serving our nation today in all branches of our military services. **Danville's Veteran's Memorial Building for the San Ramon Valley** is home for the VNVDV and designed for the next 100 years - to serve our veterans now - those returning & our future veterans - while serving as a lasting reminder & Memorial for all those who served before us in the name of Freedom... *leaving a "legacy"*

The VNVDV meets monthly on the **1st Thursday** of every month at the **Crow Canyon Country Club** in Danville.

VNVDV monthly Board of Directors Meetings are held on the **3rd Thursday** each month at the Veterans Memorial Building in the Library / Board Room at **1800 Hrs.** in Danville. To find out more about programs & projects the VNVDV supports & events sponsored... visit the website at: www.VNVDV.com. All veterans & guests are welcome to attend our **"open"** membership meetings. This VNVDV is a casual - *"fun"* - social veterans group - always looking for new members who enjoy friendship & the special bond as military veterans. **We are Proud of our Military Service...** & of our continued contributions to fellow veterans & community. Our dinner meetings consist of a social dinner & guest speaker of interest to veterans & military. Please join us... All dinner meetings are **OPEN** - bring fellow VietNam veterans - active duty military - history buffs - friends - community supporters... *see what a difference volunteering makes in the lives of others. All veterans welcome!*

OPEN - SOCIAL DINNER MEETINGS - JOIN US!

**VIET NAM VETERANS
of
Diablo Valley**

MONTHLY SOCIAL DINNER MEETINGS with FEATURED GUEST SPEAKERS

1st THURSDAY of each Month

at **CROW CANYON COUNTRY CLUB** in Danville, CA

Social Hour at 1700 - Dinner at 1815 - Guest Speaker - **Join Us!**

Featuring "Chef's Special Buffet Dinner" - \$25. RSVP NOT Required!

"INCOMING" News - Official Newsletter of the VNVDV