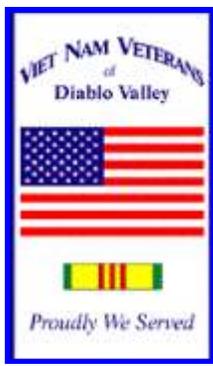


# INCOMING NEWS



## Viet Nam Veterans of Diablo Valley

# VNVDV SUPPORT TWO WELCOME HOME RECOGNITION CEREMONIES 9-11 Remembrance ~ VNVDV Support this Special Event

SEP 2019



Gary Estrella  
VNVDV  
President



## PRESIDENT'S MESSAGE

Viet Nam Veterans of Diablo Valley  
Will conduct a special donor  
drawing at the VNVDV 2020  
**Super Sunday Crab Feed**  
02FEB2020 to select one out of  
300 for luxury fishing trip in  
Canada during 2020

### KING PACIFIC LODGE

Trip for Two - 4 Day/3 Night Luxury  
Rooms feature soaker tub &  
panoramic window views!  
Roundtrip transportation from Vancouver,  
Canada [South Terminal] to Lodge.



**Fishing Trip of a Lifetime!**  
½ Day guided each day 5hrs/day  
Self-guided unlimited hours of fishing

Well here it is August already. School is in session and the summer is almost gone.

Bill Green was our speaker in July and his presentation was very interesting. I know you all have been enlightened by the presentations by some our members. Steve Burchik has been able to convince some of us to retrieve from our memory old photos and experiences that have faded with age and in some instances suppressed.

Steve has been after me now since at least April. I am very sorry to announce that there will be another delay in the account of my military exploits with the U.S. Marines in the U.S. Far East War Games (Vietnam War) where my experience entitles me to a second -place ribbon [Enough of the glibness, Gary]. The reason you have to wait for my presentation again is I finally have a date for a medical procedure that makes my attendance at the September 5<sup>th</sup> meeting not possible. Not to worry though I am supposed to be back to duty status in a week to 10 days.

President's Message (Continued on Page Two)

## 9/11 Remembrance...

**a Community Ceremony at the All Wars Memorial in Danville to remember & honor. Featured speaker - FBI John F. Bennett Special Agent in Charge - SF "PENTTABOM - 9/11/2001"**

**9/11 Patriot Day is a Public / Community Ceremony on - WED Sept 11 at 5:30 - 6:30 PM in Oak Hill Park 3500 Stone Valley Road Danville Next to Monte Vista High Please Share this Event & Bring the Family - FREE Ice Cream after One-Hour program Join us!**

## SEPTEMBER 5th SPEAKER

### Apollo 11-Earth Landing System



**Mac Smith** was an engineer on the team that developed the parachute system that allowed **Apollo 11** to safely return to earth. **Join us!**

### VETERAN 's

SAT Morning

Social Coffee...

Join fellow

Veterans each Saturday

8AM until 11AM

In Danville at the

Veterans

Memorial

Building

Pastries too!

As I have told many of you, getting old is not for the weak or quitters. As an aside, I have pretty much completed the work on my presentation so you shouldn't have to wait too long for my story. Additionally, it gives our Vice President the opportunity to run the meeting as he was cheated at last month's meeting because I showed up when I wasn't supposed to.

In September we have the 9-11 event at Oak Hill Park, Danville. This is an event that we all should be attending. In the past, we have had a great showing and this year we are promised a very memorable program.

We are coming up to the last quarter of the year which means Officer elections are coming up. This is your chance to step up and take leadership opportunity. We have a great Board that is the envy of many organizations. If we were horses, some would say we are getting a little long in the tooth. Interpret that to mean that you do not have as long as you think to make your mark on humanity.

Mike Martin and Bill Green have noted that with the beginning of the school year, opportunities for the Speakers Bureau will start to ramp up. Mike is looking for contacts at the local schools and colleges. We need to reach out now and let them know of our Speakers Bureau. Our program is a great way to make sure the historical record of the Vietnam War is presented in a non-distorted context. Since most of us are too old to have children in the local grammar and high schools, we might have grandchildren in these schools where there is a possibility for our Speakers Bureau to make a presentation. If you have the name of a history teacher, please give it to Mike or Bill.

Due to the Vietnam Trip in October the Veterans Day Celebration in Danville is up in the air. As of this writing no program has been finalized. More will follow by FLASH messages. In any case, Veterans Day falls on a Sunday and I am sure there will be plenty of opportunity for us to show our colors. owed up when I wasn't supposed to.

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



# President Announces Nomination Committee for 2020 Officers & Directors!

President Gary Estrella selected our 2019/2020 Nomination Committee. Gary selected the very experienced Past President Rich Lambert Chair to include additional VNVDV Past President to seek out new & future leaders & potential Board Members & Committee Chairs. President Estrella selected Past President Mike Weber. We encourage all VNVDV members to find out more about the organization and the various positions available. **VOLUNTEERING in a leadership position can be EXTREMELY REWARDING PERSONALLY!** Find out **more... if you have any questions** about any position or the duties of any Board Positions please contact Rich or Mike. Elections are held at our Annual Meeting in the month of November by Ballot.

**YOU CAN MAKE A  
DIFFERENCE!**



# Operation Welcome Home



Dedicated to the Remembrance of 9-11,  
Devoted to the Support of our Troops.  
[www.diablovalleyflagbrigade.com](http://www.diablovalleyflagbrigade.com)

**Vietnam Veterans of Diablo Valley**  
along with the **Diablo Flag Brigade - Warriors**  
**Watch Riders - Blue Star Moms - & our fellow**  
**VSO organizations.**

***Welcome Home Celebrations***  
**US Army Maj. Beth Hultgren**  
**USMC GySgt Greg Larson**

## Operation Welcome Home!

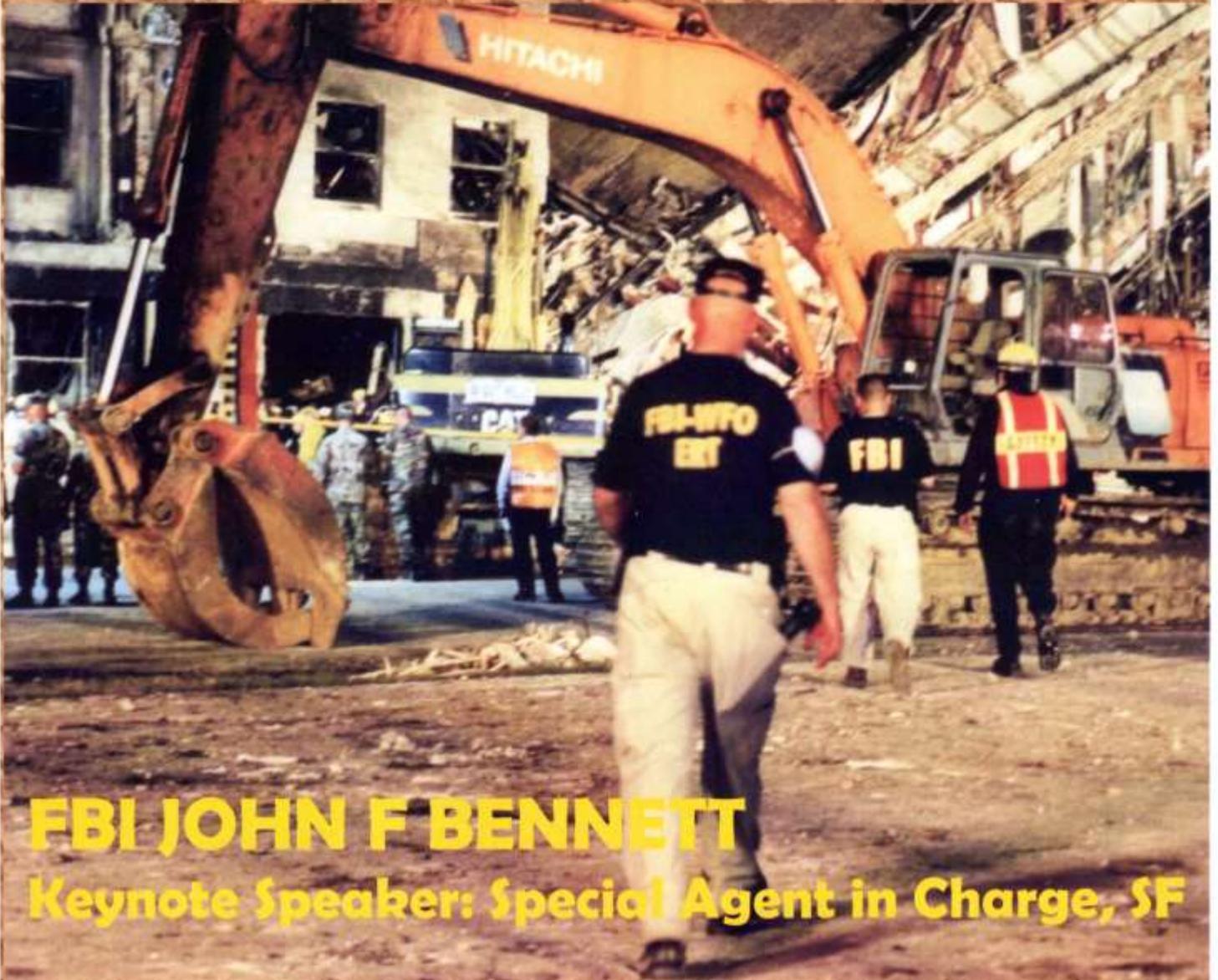
We will never, ever again let our military heroes be treated like they were when they came home from the Vietnam War, when our Soldiers, Airmen, Seamen and Marines were spat on when they got off the plane



# 9-11 Remembrance ~ VNVDV Support this Special Event

## 9-11 COMMUNITY REMEMBRANCE

5:30-6:30 WEDNESDAY September 11 Oak Hill Park



**FBI JOHN F BENNETT**

**Keynote Speaker: Special Agent in Charge, SF**

**“PENTTBOM—9/11/2001”**

*Largest FBI Investigation Ever*

**150 Scouts-MVHS Choir-Honor Guard-Free Ice Cream**



By SRV Exchange Club  
Questions 925-998-8865

# The Fishing Trip of a Lifetime!



## KING PACIFIC LODGE TRIP FOR THE 2020 SEASON

**An iconic luxury lodge to stay in while you fish...**

West Sport fishing King Pacific Lodge is a luxury floating lodge, designed in the spirit of a modern and efficient fishing lodge; where understated elegance meets the wilderness with many quality details and finishing touches catering exclusively to 34 guests. This trip is currently valued at \$9590 CDN/\$7112 USD.

For more information on the lodge go to <http://kingpacificlodge.com/>

Dates will be determined upon availability at King Pacific Lodge. Reservations available after 5 Feb 2020. All-inclusive from Vancouver. Gratuities not included.



**VETERANS  
OF AMERICA**

Your "donation" will support VNVDV projects & programs benefitting Veterans & those serving in 2020-2021

**The fishing trip of a lifetime!**

**Major VNVDV Fundraiser!**

**Trip for 2 for a  
4-day/3-night stay**

**½ Day guided each day  
5hrs/day. Self-guided  
unlimited hours of fishing**

**Luxury rooms feature a  
soaker tub with panoramic  
window views!**

**Roundtrip transportation  
from Vancouver, Canada  
South Terminal to Lodge**

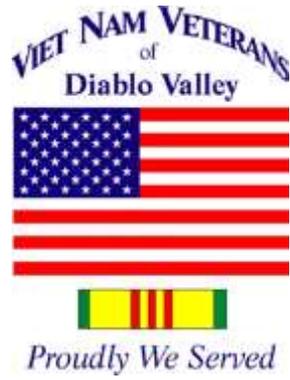
**\$50 PER OPPORTUNITY**

*Maximum 300 tickets to be  
sold*

Contact  
Bill Green 925.683.3293  
OR  
Jerry Yahiro 925.683.2541  
for tickets

Winner will be drawn  
2/2/2020 at the VNVDV

**Your "donation" will support VNVDV projects & programs  
benefiting Veterans & those serving in 2020-2021.**



## VNVDV 2020 King Pacific Lodge Fishing Trip *A VNVDV Fundraiser*

**An iconic luxury lodge to stay in while you fish...**

West Sport fishing King Pacific Lodge is a luxury floating lodge, designed in the spirit of a modern and efficient fishing lodge; where understated elegance meets the wilderness with many quality details and finishing touches catering exclusively to 34 guests. *See Bill Green - Jerry Yahiro or Mike Slattengren for tickets -*

*\$50/opportunity/ticket - maximum 300 - opportunities /tickets*

For more information on the Lodge go to the [King Pacific Lodge](#) website  
Here is the [flier with more information](#)

For more information and details on this outstanding fishing opportunity visit: **<http://kingpacificlodge.com>**

To donate for opportunities - Contact VNVDV Treasurer [Mike Slattengren](#) available at VNVDV Dinner Meeting "[Check-In](#)" at [Crow Canyon Country Club](#)

*Drawing at VNVDV annual 2020 Super Sunday Crab Feed - 02FEB2020*

Feb 2<sup>th</sup> - Sunday at the Veterans Memorial Building of San Ramon Valley in the Town of Danville

*Need Not be present to Win*

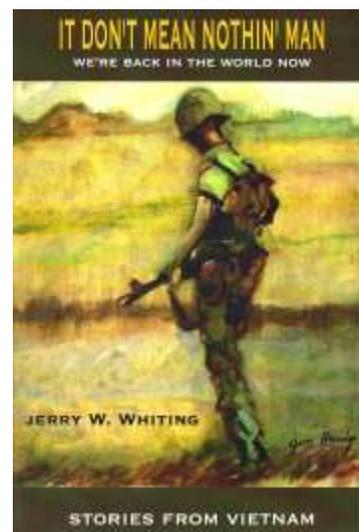
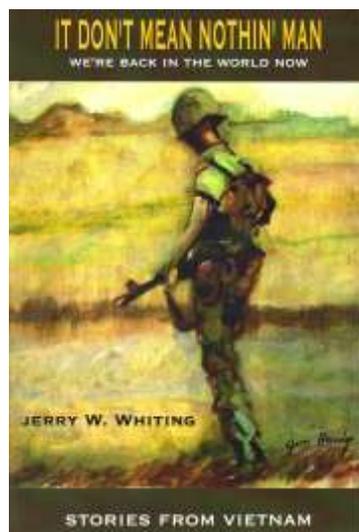


# August Dinner Meeting - 2019



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"



# VNVDV RETURN TO VIETNAM OCT 2019

VIETNAM

## 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 Yahiro, John Reese, David Behring and Richard Lambert with one of the many tennis wheelchairs donated to East Meets West's INSPIRE SPORTS programs throughout Vietnam.

**SAVE THE DATE!**  
**(October 11 - 12 & 18 - 19)**

# **COW PALACE**



## **Grand National Livestock Expo, Horse Show & Rodeo**

**Oct. 11, 12, 18, 19:** Discounted Tickets for Veterans

**Oct. 11 & 18:** Fridays - FREE for all Active Military with ID

*\*limit (4) tickets per ID\**

**Oct. 19:** Military Appreciation Day - opening ceremonies to acknowledge our Military and be sure to check out our Military/Veterans' service booths.

### **HELP SPREAD THE WORD!**

We want as many active military and Veterans to join us and "Fill The Palace." Please help us spread the word by forwarding this invitation.

Join in the Fun:

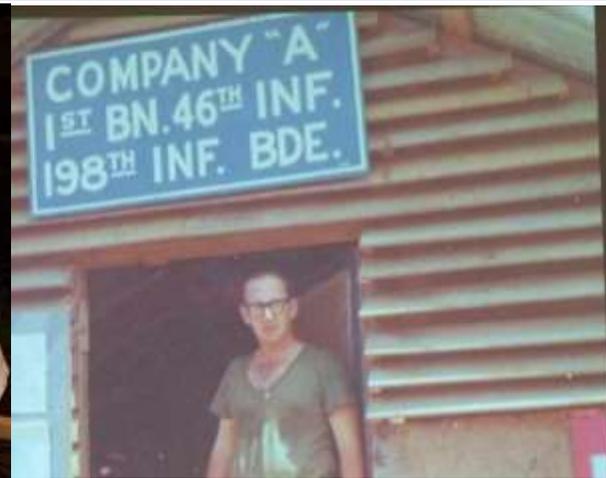
- Nightly Rodeo Performances at 7:30PM
- Shopping at our Marketplace
- Live Music and Entertainment
- Veteran Services on-site (**Oct. 19**)
- Fantastic Food options and Beer Garden



# VNVDV Member *September* Birthdays

Tom Hutchings	Navy	Michael Hurder	Army
Bill Tharp	Army	Nathan Greene	Air Force
Fred Granados	Army	Bob Miller	Navy
Don Loeffler	Army	Lawrence Ames	Air Force
Dave Smith	Army	John McPartland	Marine
Bart Gilbert	Army	Julian Mathews	Navy
Keith Harrigan	Army	Dan Young	Army
John Sullivan	Air Force	Dennis Nead	Marine
George Coughlin Army			

Thanks to the **August Speaker Bill Green** for his presentation on his Vietnam experience as recorded in his tour diary.



*J. Rockcliff*



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Realtor \*

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direct: 925.736.1500  
mweber@rockcliff.com



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*Commercial Real Estate  
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Helen S. Reese  
PH: 925 / 935 - 4294

**New E-Mail: [HSReese@att.net](mailto:HSReese@att.net)**

Website: [www.VentureResearch.biz](http://www.VentureResearch.biz)

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

# DANVILLE HOT SUMMER SUNDAYS AUGUST 18TH

## CAR SHOW FEATURED UH-1 HUEY



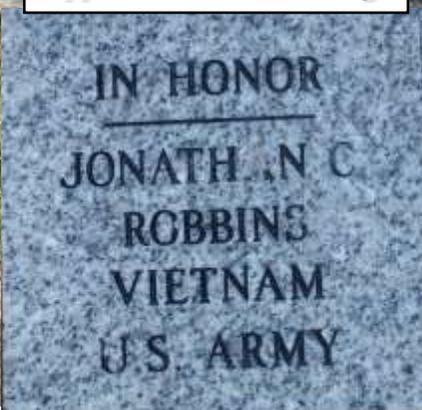
# ALL WARS MEMORIAL

## Expanded Walkway - 600 New Pavers Now Available!

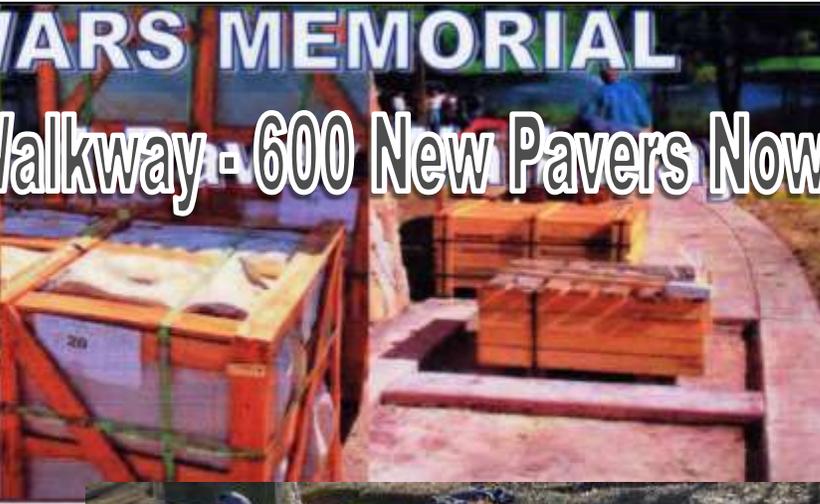
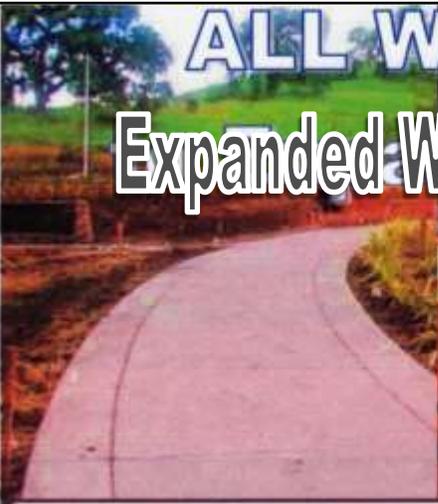
Thank You to the patriotic community for Honoring their



Application On Next Page



[www.AllWarsMemorial.org](http://www.AllWarsMemorial.org)



# ALL WARS MEMORIAL GRANITE PAVER ORDER FORM

Yes, I would like to make a tax-deductible donation to the  
**All Wars Memorial Foundation** or purchase an AWM Paver  
To honor the service or contribution made by an Individual Serving -  
Veteran or Patriot with a Paver - *or* Honor your Organization or Unit

**PURCHASER'S INFORMATION:** (If paying by credit card  
Use the information as on the billing statement)

\_\_\_\_\_  
**Name of Purchaser**

\_\_\_\_\_  
Address

\_\_\_\_\_  
City / State / Zip

 Please provide Contact Phone & E-Mail Address (utilize separate  
sheet & attach, if needed to clearly provide requested information.

**INDIVIDUAL** Paver - Granite 8" x 8" @ \$300.00 each

\_\_\_\_ IN MEMORY (for those who died while serving their country)

\_\_\_\_ IN HONOR (for all other pavers)

\_\_\_\_\_  
**NAME (to be shown on paver)**

Can add **Rank** for those who that served in the military.  
Up to two lines available - maximum of 15 characters on  
each line - including spaces. **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 all others)

**Organization** / Unit Paver - Granite 8" x 8" @ \$300.00 each

\_\_\_\_\_  
**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)

# \_\_\_\_\_

Card Number

\_\_\_\_\_  
Expiration Date

\_\_\_\_\_  
**Signature** and Date... & mail to: AWMF (address above)

[www.AllWarsMemorial.org](http://www.AllWarsMemorial.org)

**THE 13TH ANNUAL JOEY GRAVES MEMORIAL GOLF TOURNAMENT**

September 16, 2019  
Discovery Bay Country Club



TOURNAMENT INFORMATION	
SEPTEMBER 16, 2019	
LOCATION	Discovery Bay Country Club Discovery Bay, CA
REGISTRATION	0900
PRESENTATION OF COLORS	1000
SHOTGUN START (with all those knots at the bay)	1030
DINNER & AWARDS (Following the round)	1600

Our nation's military is comprised of men and women who choose to serve, often in the face of danger, to protect our freedoms as well as establish freedoms for those who are oppressed in other parts of the world. Some pay the ultimate price and become true American Heroes.

Joey is one of the brave 765 men and women from California who have been killed in the line of duty while in Iraq or Afghanistan.



He was a son, grandson, husband, friend and a selfless, caring man that led by example. He is admired and missed by many.

U.S. Army SFC Joseph A. Graves was one of those men.

**SOME GAVE ALL**

SOME GAVE ALL - THE JOEY GRAVES FOUNDATION mission is to assist Gold Star Families with their grieving process, adjust to their "new normal" and to honor and remember their fallen Heroes. They also support the families of active duty military during and after deployments.

Your participation in the 13th Annual Joey Graves Memorial Golf Tournament and your generous donations throughout the year have allowed resources to reach those who need them most.

What greater legacy could Joey have than for his memory to continue to be of service to his fellow veterans?

THE 13TH ANNUAL JOEY GRAVES MEMORIAL GOLF TOURNAMENT

- 4 STAR GENERAL \$ 6000**
  - One (1) Banner
  - Four (4) Tee/Hole signs
  - Eight (8) Tournament golfers
  - Four (4) Future tournaments at DBCC
- 3 STAR LIEUTENANT GENERAL \$ 3000**
  - Two (2) Tee/Hole Signs
  - Four (4) Tournament golfers
  - Two (2) Future tournaments at DBCC
- 2 STAR MAJOR GENERAL \$ 1500**
  - One (1) Tee/Hole Sign
  - Two (2) Tournament golfers
  - One (1) Future tournament at DBCC
- TEE/HOLE SPONSOR \$ 350**
  - Sponsor name displayed at hole or tee
- PLAYER/GOLFER \$ 175**
  - Lunch
  - Dinner
  - Tournament shirt
- EXTRA DINNER - Per Adult Guest \$ 50**

**THANK YOU FOR YOUR SUPPORT & GENEROSITY**

FOR MORE INFORMATION  
VISIT [www.somegaveall.us](http://www.somegaveall.us)  
CALL 925-513-1313  
EMAIL [kevin@somegaveall.us](mailto:kevin@somegaveall.us)

SOME GAVE ALL - THE JOEY GRAVES FOUNDATION  
A 501(C)(3) non-profit charity supported by MEMBERS of the below  
SUPPORTING those who fight and SERVING their families.

**SPONSOR & PLAYER ENTRY FORM**

**TO REGISTER**  
Please send your payment & entry form to:

Joey Graves Memorial Golf Tournament  
P.O. Box 12315  
Discovery Bay, CA 94505

\$8000 - 4 Star General  
 \$3000 - 3 Star Lt. General  
 \$1500 - 2 Star Major General  
 \$390 - Hole Sponsor  
 \$350 - Tee Sponsor

Corporate Sponsor Name / Company: \_\_\_\_\_  
 Contact Person: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City / State / Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_

**PAYMENTS**

Please make your checks or money orders payable to:

Some Gave All  
(State Donor AP - The Joey Graves Foundation is a charitable 501(C)(3) non-profit organization.)

Sponsor \$ \_\_\_\_\_  
 Player(s) \$ \_\_\_\_\_  
 Add'l Dinner(s) \$ \_\_\_\_\_  
 Steak(s) \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

By Cash: \_\_\_\_\_  
 By Visa:  MasterCard:  American Express:

PLAYER INFORMATION - \$175/PERSON

Player 1	Shirt Size
Email	
Address	
City / State / Zip	Telephone
Player 2	Shirt Size
Email	
Address	
City / State / Zip	Telephone
Player 3	Shirt Size
Email	
Address	
City / State / Zip	Telephone
Player 4	Shirt Size
Email	
Address	
City / State / Zip	Telephone

# Flu Clinics Times and Locations

Start Date is October 15, 2019

## FREE FLU SHOTS

- Redding Clinic:** Tuesday, Wednesday and Thursday 0830 to 1100 and 1330 to 1600. Also by Appointment. Walk-in Welcome
- Chico Clinic:** Monday through Thursday 0900 to 1100 and 1300 to 1600  
Walk-in Welcome
- McClellan Clinic:** Monday through Friday 0800 to 1130 and 1300 to 1530
- Yuba City Clinic:** Tuesday and Thursday 0900 to 1100 and 1300 to 1400 Wednesday 0830 to 1130
- Sacramento / Mather:** Monday through Friday 0830 to 1130 and 1230 to 1530. Flu Clinic located in Primary Care Section B Room 1C-403
- Fairfield Clinic:** Monday through Friday 0900 to 1200 and 1300 to 1600
- Mare Island Clinic:** Monday through Friday 0900 to 1200 and 1300 to 1600
- Martinez Clinic:** Monday through Friday 0930 to 1430. Drive Through Flu Clinic 10.19.19 from 0930 to 1430
- Oakland Primary Clinic:** Monday through Friday 0900 to 1130 and 1300 to 1530 Walk in Welcome. Scheduled patients will receive immunizations 0800 to 1630

# HONORING VETERANS FRIDAY SEP. 27 SAN RAMON VALLEY FIELD TICKETS AT THE VMB CONTACT: LEE HALVERSON

**SAN RAMON VALLEY HIGH SCHOOL**

*Honoring our Veterans*

Friday, Sept. 27, 2019

SRV Stadium Field at 7 p.m.

**WOLVES VS. DUBLIN GAELS**

**FOOTBALL**

Present this ticket for:      Gate entrance

Veteran Admission              Hot dog and Beverage

No.   4                            Apple Pie

No In and Out Privileges

**VETS GUITAR FUNDRAISER  
OCT. 7 AUBURN LOUNGE DANVILLE**



VETERANS  
GUITAR PROGRAM



**COME JOIN US**

What: Fundraiser  
Who Benefits: Veterans Guitar Program, Concord Vet Center  
Where: Auburn Lounge, 321 Hartz Avenue, Danville  
When: Monday October 7th. Doors open at 4PM close at 9PM

Enjoy a fun evening of food and beverage while supporting the Concord Vet Center and its Veterans Guitar Program.  
The mission of the Veterans Guitar Program is to share the healing power of music with Veterans dealing primarily with PTSD. The Guitar Program provides guitars and instruction in a ten week one-on-one lesson format focused on each Veteran's special needs.  
AUBURN LOUNGE, in the heart of downtown Danville, is a wine, liquor and small-plates speakeasy with indoor and outdoor seating. The Concord Vet Center will receive all tips and a share of the food and beverage tab. While at Auburn, you can chat and maybe sing along with Veterans who have completed the program.  
\*\*\*NO RESERVATIONS REQUIRED! Just show up and enjoy.\*\*\*

200001  
Donation of \$50.

200098  
Donation of \$50.

Viet Nam Veterans of Diablo Valley Will conduct a special donor drawing at the VNVDV Super Sunday Crab Feed 02FEB2020 to select one out of 300 for luxury fishing trip in Canada during 2020

Viet Nam Veterans of Diablo Valley Will conduct a special donor drawing at the VNVDV Super Sunday Crab Feed 02FEB2020 to select one out of 300 for luxury fishing trip in Canada during 2020

**KING PACIFIC LODGE**

Trip for Two - 4 Day/3 Night luxury Rooms featuring...  
Room features include...  
Transportation from Vancouver, Canada [South Terminal] to Lodge.



Fishing Trip of a Lifetime!  
1/2 Day guided each day 5hrs/day  
Self-guided unlimited hours of fishing

**KING PACIFIC LODGE**

Trip for Two - 4 Day/3 Night luxury Rooms featuring...  
Room features include...  
Transportation from Vancouver, Canada [South Terminal] to Lodge.



Fishing Trip of a Lifetime!  
1/2 Day guided each day 5hrs/day  
Self-guided unlimited hours of fishing

**GOT YOUR TICKETS ???**

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!

**CHRISTY'S DONUTS**  
Since 1987

436 Diablo Rd.  
Danville, CA 94583  
(925) 820-3394  
Weekdays 5:30-2:00  
Weekends 6:00-1:00



- Donuts
- Coffee
- Pastries
- Bagels

More Than 2 Dozen: Please Call Ahead (Special Discounts)  
Church • School • Scouts • Party Orders • Club Organizations

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**VNVDV uses FASTSIGNS**

**FASTSIGNS #48**

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ph. (925) 820-2202  
fax. (925) 820-8911  
Email: 48@fastsigns.com



## 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 learners encourage Veterans in 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 Veteran 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.

# PET HEALTH CARE AVAILABLE FOR VETERANS' PETS



## Free Vaccines & Exams for Veterans' Pets at the Martinez VA

July 12 • July 26 • August 9  
August 23 • **Sept. 13** • Sept. 27

ARF's Mobile Clinic will be on-site to perform wellness exams, give vaccinations, and answer questions about basic pet wellness.

**Time:** Check-in begins 9am (No check-ins will be accepted before 9am)  
Check-ins accepted until noon or FULL  
*First come, first served*

**Location:** 150 Muir Road, Martinez CA 94553

**Contact:** Gary (925) 370-4790 or Karri (925) 372-2000 x6044

Cats and dogs only; limit 2 per veteran. Services are provided at no cost to veterans presenting military ID. Dogs must be on-leash and under control at all times. Bring pet's prior vaccination history with you. Cats must be in carriers. Please clean up after your pets.

Wait times may vary; please wear comfortable clothes. Water will be provided for people and pets.

Please visit [arflife.org/mobile-clinic](http://arflife.org/mobile-clinic) at least 24 hours before the event in case of last-minute cancellations.

# Print out your VA Welcome Kit

Whether you're just getting out of the service or you've been a civilian for years now, the VA Welcome Kit can help guide you to the benefits and services you've earned.

Based on where you are in life, your VA benefits and services can support you in different ways. Keep your welcome kit handy so you can turn to it throughout your life—like when it's time to go to school, get a job, buy a house, get health care, retire, or make plans for your care as you age.

## Download your VA Welcome Kit

Feel free to share this guide with friends or family members who need help with their benefits too. You can print out copies for yourself and others:

[Your VA Welcome Kit in black and white \(PDF\)](#)

[Your VA Welcome Kit in color \(PDF\)](#)

**VA Benefits List ~ Suggest go through Local VSO office**

## Download guides to VA benefits and services

.....

### For Veterans

[Apply for VA health care \(PDF\)](#)

[Get started with mental health services \(PDF\)](#)

[Apply for a disability rating \(PDF\)](#)

[Apply for education benefits \(PDF\)](#)

### For family members

[Get started with caregiver benefits \(PDF\)](#)

[Apply for survivor benefits \(PDF\)](#)

\*\*\* **IMPORTANT NOTE:** When needing to complete & submit any of the above official veteran VA benefit documents – our organization strongly encourages you & your family members to ALWAYS seek professional advice - counsel & assistance completing these documents prior to submitting from our Contra Costa County Veterans Service Officer Nathan Johnson & his CCCVSO Team Members [925] 313 - 1451

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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 20<sup>TH</sup> - 23<sup>RD</sup>, 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

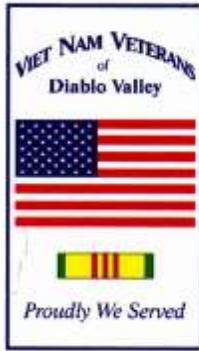
## PLEASE MAIL TO:

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."**

**For all your VNVDV Shirts and Hats team with TJ and Power Stitch**



**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

**POWER STITCH**  
Custom Embroidery & Promo Products  
925-362-3477



powerstitch@comcast.net  
www.companycasuals.com/powerstitch

**Valerie & Kelly**  
Amador

122 East Prospect Ave.  
Danville, Ca 94526

**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](http://www.AllWarsMemorial.org)*  
*Marines Memorial Association / Hotel / Club in SF - Visit their website at: [www.MarineClub.com](http://www.MarineClub.com)*  
*Sentinels of Freedom Scholarship Foundation - visit: [www.SentinelsofFreedom.org](http://www.SentinelsofFreedom.org)*  
*Wheelchair Foundation & Wine for Wheels - Support our those in need of mobility - Visit: [www.WineforWheels.org](http://www.WineforWheels.org)*  
*Blue Star Moms #101 website: [www.bluestarmoms.org](http://www.bluestarmoms.org) & Blue Star Moms #20 website: [www.ccbluestarmoms.org](http://www.ccbluestarmoms.org)*  
*VNVDV website to see more about the Vietnam Veterans of Diablo Valley at: [www.VNVDV.org](http://www.VNVDV.org)*

**VISIT THE VMB/SRV's WEBSITE - for the VETERANS MEMORIAL BUILDING at:  
[www.VMBSRV.org](http://www.VMBSRV.org)**



## LEGISLATIVE INFORMATION

### SB-562 Property taxation: exemption: principal residence: veterans and their unmarried surviving spouses.(2019-2020)

**Veterans, WE NEED YOUR HELP, Please call Assemblywoman Autumn Burke at her Assembly Appropriation Committee office (highlighted below) and use the script to let the committee know you support this bill to support our California disabled veterans.**

#### SB 562: Disabled Veterans Property Tax Exemptions

##### BILL SUMMARY

SB 562 would increase property tax exemptions for disabled veterans, in order to keep up with the rising cost of housing in California.

##### BACKGROUND

California has granted property tax exemptions to disabled veterans since the 1980s, however, the value of exemptions has only risen by \$34,706 dollars in nearly four decades. The increasing exemptions are failing to meet the needs of disabled veterans who are now paying significantly more for houses and taxes than the veterans of the 1980s. This bill contains two different exemptions, to address the majority of veterans as well as low-income veterans.

The Basic exemption would be increased from \$134,706 to \$200,000 and the Low Income exemption would increase from \$202,060 to \$250,000. Both rates would keep up with inflation moving forward. These exemptions are only available to veterans with a 100% disability rating, blind veterans, and veterans missing two or more limbs.

##### PROBLEM

Housing prices in California are continuing to rise, and property taxes rise with them. Many of California's disabled veterans are living off of small pensions and are losing the ability to keep up with a mortgage payment and the associated property taxes.

This problem is having a greater impact on the more recently separated veterans, from the post-9/11 era who are looking to return to California after their service and purchase a home. However, this does not mean that the Vietnam era veterans are not struggling to keeping up with the cost of housing.

The permanently and severely disabled veterans who would benefit from this bill are completely unable to work after their time in service. Their incomes rely solely on the small pensions they receive from the Department of Veterans Affairs. These pensions do not keep up with the rising cost of living, especially in California. California needs to ensure that disabled veterans do not have to worry about losing their home because they cannot keep up with their property taxes.

##### SOLUTION

SB 562 would ensure that disabled veterans will be able to maintain the cost of housing in California by increasing the amount of property tax exemptions granted to disabled veterans.

##### SUPPORT

Homes for the Troops

##### BILL STATUS

Introduced - 2/22/2019

**Call to Assemblymember Autumn Burke**  
**Chair, Assembly Committee on Revenue and Taxation**  
**Capitol Office: (916) 319-2062**  
**Committee Office: (916) 319-2098**

Call to Assemblymember Autumn Burke  
Chair, Assembly Committee on Revenue and Taxation

Capitol Office: (916) 319-2062  
Committee Office: (916) 319-2098

"Hi my name is \_\_\_\_\_ and I am calling to urge Assemblymember Burke to pass SB 562 out of her committee. This bill will serve the needs of California's disabled veterans. Thank you."

Call to Assemblymember Autumn Burke  
Chair, Assembly Committee on Revenue and Taxation

Capitol Office: (916) 319-2062  
Committee Office: (916) 319-2098

"Hi my name is \_\_\_\_\_ and I am calling to urge Assemblymember Burke to pass SB 562 out of her committee. This bill will serve the needs of California's disabled veterans. Thank you."

## SB 562 Adjusts the Property Tax Exemption for Disabled Veterans



**INTEGRITY**  
MOVING SOLUTIONS, INC.

**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

**JLF**

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](mailto: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.

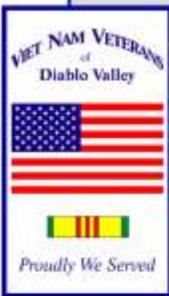
Pre-Planning Lifts the Burdens Off Your Loved Ones

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"**

**SEP 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](mailto:VNVDV1@gmail.com)**

**Web: [www.VNVDV.org](http://www.VNVDV.org)**

**Electronic News**

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*Established 1991*

**To:**

**VNVDV Members & VIPs**

**Jonathan "JON" Robbins**

*Director of Information*

*Editor / Publisher "INCOMING" News*

*News E-Mail: [VNVDV.News@gmail.com](mailto: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](http://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**