

# L Z FRIENDLY

Never Again Will One Generation Of Veterans Abandon Another



## YOUR QUARTERLY EVENTS FOR JULY-AUGUST-SEPTEMBER 2019

JULY 2019			AUGUST 2019			SEPTEMBER 2019		
4	Tues	<b>INDEPENDENCE DAY</b> Federal, State, County, Local Agencies & Banks are CLOSED.	18	Mon  10 am	<b>COUNTY of ALAMEDA VETERANS AFFAIRS COMMISSION</b> @ SAN LEANDRO MAIN LIBRARY	2	Mon	<b>LABOR DAY</b> Federal, State, County, Local Agencies & Banks are CLOSED.
4	Tues	<b>CITY of ALAMEDA 4th of JULY PARADE</b> Want to be part of it? See below *	19	Tues  1830	<b>V V A CH400 MEETING</b> @ THE ALAMEDA VETERANS MEMORIAL BUILDING	16	Mon  1000	<b>COUNTY of ALAMEDA VETERANS AFFAIRS COMMISSION</b> @ SAN LEANDRO MAIN LI- BRARY.
15	Mon  1000	<b>COUNTY of ALAMEDA VETERANS AFFAIRS COMMISSION</b> @ SAN LEANDRO MAIN LIBRARY.	24	Wed  1000	<b>AC VETERANS EMPLOYMENT COMMITTEE MEETING</b> @ SAN LEANDRO VETERANS MEMORIAL BUILDING	17	Tues  1830	<b>V V A CH400 MEETING</b> @ THE ALAMEDA VETERANS MEMORIAL BUILDING
16	Tues  1830	<b>V V A CH400 MEETING</b> @ THE ALAMEDA VETERANS MEMORIAL BUILDING	23 24 25	Fri Sat Sun	<b>VVA-CSC-QUARTERLY MEETING</b> @ FRESNO'S RADISSON HOTEL	20	Fri	<b>POW / MIA</b> Recognition Day Not A Holiday
24	Wed  1000	<b>AC VETERANS EMPLOYMENT COMMITTEE MEETING</b> @ SAN LEANDRO VETERANS MEMORIAL BUILDING				25	Wed  1000	<b>AC VETERANS EMPLOYMENT COMMITTEE MEETING</b> @ San Leandro Veterans Memorial Building

**NOTE:**

- For further information call or e-mail the Chapter President Bill Hodges at: 510-918-4426 or fdrdocent@comcat.net.
- Hurry there is not much time left to signed up.

**VVA CH400 MEETINGS ARE NOW BACK AT THE ALAMEDA VETERANS MEMORIAL BUILDING.**

**PRESIDENT'S CORNER:**

Well, here we go, starting another quarter!

At next month's CSC (California State Council) quarterly meetings, we get the good/bad news as to how much we'll collect in this year's Household Goods program.

Chapter 400 has been donating the larger portion of this income to CSC's VSO (Veterans Service Officer) program, which does a helluva

job assisting Veterans in attaining the VA benefits that they have coming to them.

The way that this system works, is that some counties across the nation, have donation stations set up to benefit certain worthwhile entities, such as VVA.

Alameda County is one such that collects clothing, collects it all, and sends it to China, whereupon its processed, remade, and sold to Walmart.

An ironic side note to this program, is that it was started by a WWII soldier who parachuted in to Vietnam with supplies to Ho Chi Minh, who rescued American pilots.

Anyway, there about a dozen chapters which receive a monthly check, and the other chapters are supported according to their attendance at the quarterly meetings.

The bottom line is, without the Household Goods program, VVA functions would come to a grinding halt.

This is why we should not talk of the future demise of VVA as something that looks like its "right around the corner".

The upcoming VVA Nat'l Convention, which will be in Spokane, WA this year, will reveal much about our future.

Chapter 400 secretary Ray Will, along with Board Member Manny Sanchez are going as our representatives, and will be giving full reports upon their return.

I'll be going as an officer of CSC.

Should you have anything that you would like to have brought up at convention, please let us know!

In Service to America,

Bill



**Bill Hodges**

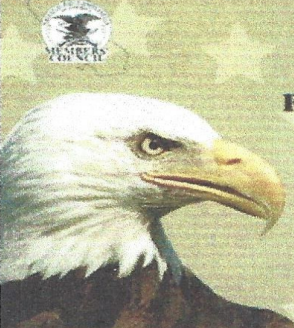


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UCSF Benioff Children's  
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**NOW HEAR THIS ... ! NOW HEAR THIS ... !**

The Chapter wants to establish a "Go To List" assist Veterans with their repair needs (i.e. electrical work done or plumbing or painting or mechanical car work, etc.) If you are the person the Chapter is looking for, please contact us. However, must be licensed to perform any work. There is an issue of liability for you, and for most the safety of those you help. DO YOU WANT TO HELP? E-mail us or fax the information.

**WRITE INS ... ?**

Do you have any comments or want to air out some issues? Please feel free to e-mail or write to us. See at the top of this page for the information to get in touch with Chapter 400.

**NOTE:** Submission should not be any longer than 300 words w/picture or 440 words with out it.  
**Space is limited.**

**EDITOR'S CONTACT:**

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**REMINDER ... ! REMINDER ... !**

We still have monthly meetings on the third (3rd) Tuesday of the month at 1830 (6:30p.m.) at the

**Alameda Veterans Memorial Building**

2203 Central Avenue Alameda CA 94501-4421





Sgt. R. A. Rocha

It has been a wild ride since I began a new journey of life. It now has been 16 months since it first was discovered I had an illegal emigrant (undocumented alien) who now has made my body its residence and will have to provide it with shelter and food.

Yes, food as my blood from which it continues to strengthen and will stay within these boundaries, as I did not have time to build

the wall to keep out. However, the medication provided by the Veterans Administration (VA) keeps it from making much more damage. I am glad there is no Federal Legislative elected person or persons attacking me by saying I am disfranchis-

ing a homelessness entity by taking a drug that impairs its comfort and health. If I had to accept their mandate, I would be writing from either Heaven or Hell.

It is short and to the point at this time. Not much time for now to actually work on the LZ FRIENDLY as I thought I could. First of all, the latter part of May and most of June has been spent on keeping VA appointments. We all need to assure the treatment is working and if the current medication should continue its course, as it has been 14 months without a change.

The meeting of the minds have come to a decision and it is time to change the medication, as the Intruder is getting used

## Area Code Changes Due for the 510 on June 22

*Ekene Ikeme*

Beginning this Saturday, June 22, all calls made from 510 area code numbers will only be completed if the caller dials "1", plus the 510 area code, then the seven-digit number. This is a result of the California Public Utilities Commission (CPUC) adding area code 341 to the 510 area code region that encompasses the majority of Alameda County and the western portion of Contra Costa County.

Calls that are dialed without the "1" and the area code will not be completed and will result in a recording instructing the caller to hang up and dial again, according to the CPUC. This includes both cell phones and land lines. Current 510 numbers will not be changed. The 341 area codes will be assigned to new phone lines beginning July 22.

The CPUC is adding the 341 area code because the 510 prefix (the first three digits of a seven-digit number) numbers are projected to run out sometime this year.

The North American Numbering Plan Administrator (NANPA), the neutral third-party area code relief planner for California, filed a motion with the CPUC to add the new area code on May 19, 2017, according to a memorandum from CPUC. CPUC held public meetings on Jan. 17 and Feb. 15, 2017, in

Oakland, Berkeley and Hayward. At the meetings, NANPA presented the overlay and split options for adding a new area code to the 510 region. A majority of the public comments indicated support for the overlay option.

In the split scenario, the 510 area code region would be divided into two regions, one keeping the same area code and the other changing to a new area code. This would result in a significant amount of current 510 area code phone users needing to change their phone numbers. In the overlay scenario, a new area code is added to the current area code region and phone users can keep their current phone numbers. However, for multiple area codes to exist in the same region, phone users must dial "1" and the preferred area code before making a call.

The overlay plan was approved on June 21, 2018.

Seventy-six percent of all 510 area code phone numbers reside in Alameda County, according to [allareacodes.com](http://allareacodes.com). The other 24 percent reside in Contra Costa County.

The 510 area code was created when it split off from the 415 area code in Sept. 1991. The 510 area code was split in 1998 to create the 925 area code, which serves eastern Alameda and Contra Costa counties.

For more information, email [public.advisor@cpuc.ca.gov](mailto:public.advisor@cpuc.ca.gov).

## Local Power Company: Prepare for Potential Outages Here, Too

*Sun Staff Reports*

The state of California is taking unprecedented measures to protect all California residents and businesses from the risk of wildfire. Pacific Gas & Electric's (PG&E) planned power outages to reduce the risk of wildfire may have broader implications on the electric grid. While Alameda Municipal Power (AMP) does not expect to have planned power shutdowns at this time, it uses PG&E's transmission system and could potentially be impacted.

PG&E has not finalized the details of how its planned shutdowns could impact AMP and other community-owned electric utilities. AMP will continue to discuss with PG&E the potential impacts to Alameda and will post any information on impacts on [www.amedamp.com](http://www.amedamp.com) and on AMP's social media pages.

In the meantime, AMP encourages Alameda residents to prepare for emergencies.

### What to do before an outage

- Plan for any medical needs like medications that need refrigeration or devices that require power. If dependent on electric or battery-dependent medical technologies such as breathing machines, a power wheelchair or scooter and

home oxygen or dialysis, it is critical to have a plan in place for an extended power outage. Contact AMP to inform its staff of any medical needs.

- Keep emergency, family and other important phone numbers accessible in hard copy
- Build or restock an emergency kit with flashlights, fresh batteries, first-aid supplies, cash and food that will last for up to five days.
- Identify backup charging methods for phones and other electronic devices
- Know how to manually open any garage doors

### What to do during an outage

- Switch off all appliances, but leave one light on to know when power has been restored.
- Unplug sensitive equipment such as computers.
- Use a battery-powered radio and listen to local radio for updates.
- Make sure flashlights and fresh batteries are available.
- Avoid opening the refrigerator, to keep food fresh longer.

AMP is a department of the City of Alameda that has served Alameda residents and businesses for 132 years. AMP provides power to more than 34,000 customers at rates that average 17 percent below neighboring communities.

Above articles were published by the Alameda Sun newspaper on Thursday 20 June 2019 on page 1.



## History of U. S. Military Gun Salute



by American Rifleman Staff - Thursday, November 10, 2016

U.S. military salutes are steeped in tradition, some dating back hundreds of years. However, there are misconceptions about military salutes—understandable, considering the number of salutes that exist for various occasions. Some have even changed over the years, sometimes through acts of Congress. All of them, however, are intended to demonstrate great honor to those for whom they are conducted. This includes fallen members of the military, presidents, heads of state and even the nation.



**Three-Volley Salute**  
Calling the shots fired at a military funeral a 21-gun salute is incorrect. Even if there are seven soldiers firing three rounds each, this is not considered a [21-gun salute](#). The shots fired during a

military funeral are called the [firing of three volleys](#) in honor of the fallen.

The firing of three volleys dates back to the custom of ceasing hostilities to remove the dead from the battlefield. Once finished, both sides would fire three volleys to signal that they were ready to resume the battle.

During the firing of three volleys, the rifles are fired three times simultaneously by the honor guard. Any service member who died on active duty, as well as honorably discharged veterans and military retirees, can receive a military funeral, which includes the three volleys, the playing of ["Taps"](#) along with a United States flag presented to the next of kin. Three spent cases are usually inserted into the folded flag, one representing each volley fired.

### 21-Gun Salute

The 21-Gun Salute hails from naval tradition where a warship would fire its cannons, rendering them unloaded, to signify its lack of hostile intentions. Ships would typically fire seven shots. Whether this is because that was the traditional number of guns on a British warship or because it is of biblical significance is unknown. Forts, having more ammunition, would fire three shots for every shot by a ship. Of course, this wasn't set in stone, and the number of shots fired differed greatly depending on the country.

Today, the 21-Gun Salute is fired by artillery batteries in honor of the U.S. President, former presidents, the President-elect and heads of foreign states upon their arrival and departure of a military installation. "Hail to the Chief" or the national anthem of the visiting dignitary is also played. The salute is also fired at noon on the day of a funeral of the President, former presidents and the President-elect, as well as Memorial Day in honor of America's fallen, and on Washington's Birthday.

In addition, a 19-Gun Salute is fired in honor of other dignitaries such as the vice president, the speaker of the House, president pro tempore of the Senate, chief justice of the United States, state governors, chiefs of staff and 5-Star generals. There is a ranking system for salutes to lower-ranking generals and other dignitaries consisting of dropping two guns for each flag rank junior to a 5-Star general.

### Salute to the Nation

The practice of firing one shot for each state was officially established in 1810, which at the time was only 17 guns. This tradition continued until 1841 when it was established as 21 guns. Current tradition has the Salute to the Nation as 50 shots by capable military bases, one for each state in the union, fired at noon on Independence Day, with naval vessels firing a 21-gun salute.

### Veteran's Day

While there isn't a gun salute dedicated to veterans, November 11 is a day when the U.S. and many World War I allied countries commemorate the sacrifices made by the men and women who served in the armed forces. [Veteran's Day](#) is often confused with Memorial Day, which is when we honor



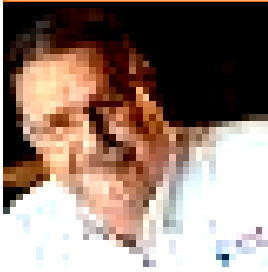
those who have fallen in service of our country. Veteran's Day celebrates all military service members, not just

those who died.

Veteran's Day was first created as Armistice Day by President Woodrow Wilson in 1919 to mark the end of World War I. In 1938, Congress made November 11 a national holiday. Then, on June 1, 1954, President Eisenhower signed legislation that changed the name to Veteran's Day to celebrate all military veterans. The exact day of celebration changed a couple more times over the years before being permanently established as November 11 due to popular sentiment.

This November 11, please remember the veterans who have served, and often died, to preserve the freedoms that we cherish. And thank a member of America's military, past or present.

*U.S. Department of Defense images*



## July 4th Parade

Wed, Jun 26, 3:13 PM

Hi All,

**Joe LoParo** For those that have not been to any meeting for the July 4th Parade. We will be meeting at the Veterans Memorial Hall at about 0800 on July 4. We once again have a combined float in the parade which includes the Legion, VFW, DAV and VVA. We are meeting at the Veterans Hall to decorate the trailer that morning so cmon down and help.

We have also been doing some networking and have several VA Benefits people that would like to join us. We may have Wendy Torres Director Oakland Veterans Regional Office, Michelle Kwok, Asst Director Oakland Regional Veterans Office, Quay Duong and a few others join us. They are seeing if they have a pickup to join us with or they may ride on the trailer with many of us. Won't know for a few days. They will provide their own banner and I told them we would make a way to hang it.

On another note, on August 20th, the VVA Chapter 400 has been able to secure Larry James (Capitol Asset Manager VISN21) for the VA. Jané Thapa (Barbara Lee's Military/Veteran Liason) and several others to accompany him to this informational meeting. I would like to envision us having many veterans there as possible and having this in one of the larger rooms so we can reach out to as many as possible about the VA Clinic/Columbarium to be [built at](#) the base. The meeting will be at the Veterans Memorial Building 2203 Central Ave, Alameda on August 20th at 6:30PM (1830)

Please call me or email me with any questions.

Thanks  
Joe  
usmarinevet1@gmail.com  
510-813-5273

Thu, Jun 27, 5:06 PM

Hi All,

I was on a conference call earlier and have confirmed that the Director of VA Regional Office Wendy Torres, Asst Director Michele Kwok and approx 8 other VA employees will be joining our float for the July 4th parade. In addition will be having the CO of the Naval Operations Support Center on Clement St with us also he is Capt Kanan Ott. along with several navy personnel from his command.

The Marines are partnered with the Marines Corps League from San Leandro so they are also in the parade.

Looking forward  
Joe

### Medication Questions: Get the Facts

The next time you visit the doctor's office, consider asking the following recommended questions:

#### How...

- How much is the co-pay for this medication?
- How and when should I use the medication?
- How is this medication going to help me?
- How much do I use?

- How long should I use it?
- How should I expect to feel?

#### Are...

- Are there refills?
- Are there any special directions for using the medication?

#### Should...

- What should I do if I run out and there are no refills?
  - What should I do if I forget to take the medication or I use too much?
  - What should I do if I get any side effects?
  - Should I avoid any other medications, supplements, drinks, foods, activities, or other things while on this medication?
- Is there anything I should watch for, like allergic reactions or side effects?

#### Can...

- Can I get it sent to me or can I pick it up here or can I have the prescription sent to an outside pharmacy (like Walmart, CVS, etc.)? Can I stop using the medication or use less if I feel better?

#### Will...

- Will the medication take the place of anything else I am using?
- When will the medication start working?

Will I need any tests to check the medication's effects (blood tests, x-rays, other)? When will I need those?

## Why Is There An Open Space or Limited Pages?

A very simple answer. There were not enough articles or comments submitted for this edition as it has been in the past.

Some of the members have committed to submit an article or state their point of view on VA benefits or delivery of service. Others have committed to write about their experience attending the California State Council (CSC) quarterly meetings and write about the tiers attended.

Quarter after quarter I keep sending reminders or printing the scheduling for each up coming LZ FRIENDLY submission dates for articles, comments or what ever you wish to present to the field-of-membership via the Chapter's publication.

Remember, the LZ FRIENDLY is your way to reach and access information and without your input, it falls short of its purpose, to inform and acquire knowledge.

This space could have been used for a small informational article (e.g. Community Events, Town Hall meetings, etc.).

The next deadline starts on Saturday 14 September 2019, giving the Editor (me) enough time to format the LZ.



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[www.vvachapter400.org](http://www.vvachapter400.org)

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Chapter 400  
Meets on the 3rd Tuesday of  
the month at 1830 (6:30pm).

The meetings are at the  
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2203 Central Avenue

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