



LZ FRIENDLY

Never Again Will One Generation Of Veterans Abandon Another

U C Berkeley Tower



A Salute to all our Men and Women in Uniform
Thank You for Your Service!



EAST BAY ESTUARY



APRIL-MAY-JUNE 2017

ISSUE 1 YR 2 VOL I



PRESIDENT'S CORNER:

Hello all!

Well, it's been a busy time since our last edition of LZ Friendly!

Bill Hodges

Chief Parry was able to procure a number of wheelchairs from the VA, on behalf of DAV.

Also, a daughter and daughter-in-law of vets, called me to donate a motorized wheelchair that has been barely (if ever) used.



The chair itself is in great shape, but may need replacement batteries.

This chair retails for about \$3,000

If you know of another veteran you know

could use one, please let me know.



The Alameda Little League started up a couple weeks ago, and a few of us have been out to the ball park to cheer on the Challenger team that

VVA #400 sponsors.

So, come on out, enjoy the sunshine! Memorial



Day is just several Weeks away, so be sure to join us on **Monday, May 29 at 1100.**

May 13 & 14 will be the annual Park Street Arts/Crafts event, and Chapter #400 will be there! Come on out and give us a hand, meeting fellow vets and bringing them into the fold.

Last but not least, we need YOU to tell us what your concerns are in regards to veterans. We regularly attend the California State Council meetings of VVA, and this year we will be attending the VVA Nat'l Convention in August.

Tell us what issues YOU would like us to bring up.

Chapter 400
Meets on the 3rd Tuesday of the month at 1830 (6:30pm).
The meetings are at the Alameda Veterans Memorial Bldg.
2203 Central Avenue
Alameda CA 94501

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A Non-Profit 501(c)(19)



Sgt. R. A. Rocha

VICE PRESIDENT'S

CORNER: We are now entering the second quarter of year 2017 and we have already seen many changes taking place. There is now a new Secretary for the Department of Veterans Affairs (VA), the Honorable Secretary Dr. David J. Shulkin, who has indicated there will be major changes within the delivery of services to the nation's past, current and future Veterans. Some of the action items do seem to be on the right track and will improve the quality of care and reduce the cost of the healthcare provided. Other ones go against the grain and are targeting those Veterans who are in greater need of the healthcare provided at the VA. We need to man-our-post by contacting our Federal Elected Official to assure they are accountable in safeguarding that for which many of us have sacrifice so much for so little given back. And above all for those who "gave all" and never looked back when they did.

It is now, with the beginning of the new 116th Congress when taking the back sit is no longer acceptable. We need to arm ourselves with the knowledge to research and present before Congress the remedies to the deficiencies in the delivery of service and the lack of integrity within the VA. At the same time know how to amendments current law or make new law. It is not an easy task to undertake, but as you can see across the vast mat that covers our nation of unrest due to the outcome of the election of our current Commander-In-Chief, the Honorable President Donald Trump, we should take a page from it. We can be smarter than them by actually using the written word, the pen, stronger and mightier than a sword or any anarchist group.

Apathy is no longer an option. Turning your backs and let others fight for your right is no longer fashionable. Surrender without the white flag is the coward way out from your obligation to preserve your VA rights and of others. Remember there were Veterans in the past that paved the "gold brick road" we all walk on now. Let us not falter at this time and place.

DONATING? Let no moss grow in your wallet or checking account. Make a donation to payable to V V A Chapter 400. We thank you for it.

YOUR CALENDAR OF EVENTS FOR THIS QUARTER

| APRIL 2017 | | | MAY 2017 | | | JUNE 2017 | | |
|------------|----|---|----------|----|--|-----------|----|-----------------------------|
| Sa | 1 | 50th Vietnam War Commemoration Lapel Pin Ceremony at the Hayward Veterans Memorial Building at 1:00pm | | | | | | |
| Su | 16 | EASTER SUNDAY | Su | 14 | MOTHER'S DAY | W | 14 | FLAG DAY |
| M | 17 | 10am Veterans Affairs Comm. | M | 15 | 10am Veterans Affairs Comm. | Su | 18 | FATHER'S DAY |
| T | 18 | 6:30pm Chapter Meeting | T | 19 | 6:30pm Chapter Meeting | M | 19 | 10am Veterans Affairs Comm. |
| F | 21 | VVA CSC QTR MTG FRESNO | Sa | 20 | Armed Forces Day | T | 20 | 6:30pm Chapter Meeting |
| Sa | 22 | VVA CSC QTR MTG FRESNO | W | 24 | Veterans Employment Comm. | W | 28 | Veterans Employment Comm. |
| Su | 23 | VVA CSC QTR MTG FRESNO | Sa | 27 | Oakland Vietnam Monument Dedication at the Oakland Veterans Memorial Building at 11:00am | | | |
| W | 26 | Veterans Employment Comm. | M | 29 | MEMORIAL DAY CEREMONY at the City of Alameda Memorial Park at 11:00am | | | |

- 50th Vietnam War Commemorative Lapel Pin Ceremony will be at the **Hayward** Veterans Memorial Building at 22737 Main Street
- Alameda County Veterans Affairs Commission meets at the **San Leandro** Main Library at 300 Estudillo Avenue
- Alameda County Veterans Employment Committee meet at the **San Leandro** Veterans Memorial Building at 1105 Bancroft Avenue
- Oakland Vietnam Veterans Monument Dedication will take place at the **Oakland** Veterans Memorial Building at 200 Grand Avenue
- Memorial Day Ceremony will take place at the City of **Alameda** Veterans Memorial Park at the foot of the Otis Drive & Island Drive

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 the us. However, must be license 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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 VOICE/FAX: 510.865.6372

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



Arnold Dos Santos
experience.

Friendly Fire: Oakland's 100 Vietnam Veterans KIA Memorial Dedication

For us, the past 50 years since our Vietnam experience seems like a blur. As we look back on our lives we have been blessed with family, friends, and a variety of life experiences. Some of us also had a tough time of it. Pick your drama/trauma and we all know Vietnam Vets who have suffered at some level as a result of their Vietnam experience.

For all of us, Vietnam Veteran or not, life is full of happiness, sadness, wealth, poverty, hard work, retirement, you name it, but most of all memories. As we take stock of our lives, it is important to put things in perspective lest we become legends in our own minds. When taking stock of our own lives we would be remiss if we did not remember those who are the true Heroes; those who made the ultimate sacrifice during our War; those who stepped up to the line when asked by their Country to fight for their Country in a far away land. And those who were robbed of all those life experiences and memories, we were miraculously gifted by them.

On Saturday, March 27, 2017, at 11:00 Chapter 400 will dedicate a Memorial to the 100 Vietnam Veterans from Oakland who were Killed in Action. This long overdue Memorial will be located in the Oakland Veterans Memorial Building, 200 Grand Avenue; will be made of granite with the names and service of each Veteran inscribed on it.

Make an effort to attend and Honor Oakland's KIA Heroes!

As we enter the building, take a moment to take stock of our good fortune and remember in your hearts those whose lives were cut short by fighting for something much larger than them. Vietnam Veterans from Oakland who will never have the experiences or memories of a life lived.



The Vietnam Era (War) dates are from 1 November 1955 through 15 May 1975. If you were in the military (i.e. stateside, overseas or "In Country") during this period of time, you are a Vietnam Veteran, either female or male.

ARE YOU A SENIOR?

No, the question is not referring to the scholastic venue; it actually has to do with the dreadful word "age." And yes, there will be times when we need some assistance and pride should not stand before us. The most important one of all is the safety of our living space. Are we all actually properly protected against fire and falls and survive it in the event it does happen? Lets us look around our surroundings and take notes.

Ask yourself: 1) Do I have an escape plan (i.e. which is the best way out of the dwelling). 2) Do I have adequate fall prevention (i.e. rails to hold on at stairway, bathroom area)? 3) Is there someone designated to assist me during these hard times or assure I am safe. 4) Does my local Fire Department have an assistant program for senior citizens?

The City of Alameda Fire Department in partnership with the Housing Authority have an assistant program for its citizens, age 62 or older, disabled of any age and be in the low to moderate income. The program is set up to provide:

- Fire and fall safety home inspections

- Install smoke detectors
- Install carbon monoxide detectors
- Bathroom grab bars
- Interior handrails
- Flashlights, nightlights, grab sticks, and anti skid mats
- External Key Box for emergency access

And if you DON'T live within the city limits of the City of Alameda, please contact the Fire Department ask them if they have a similar type program.

Just don't delay in doing so, contacting the Fire Department to get the ball rolling and make your living area safer for you and your loved ones; and a peace of mind to those who care and love you.

| HOUSEHOLD SIZE | ANNUAL INCOME LIMIT |
|----------------|---------------------|
| 1 | \$52,650 |
| 2 | \$60,150 |
| 3 | \$67,650 |
| 4 | \$475,150 |

YOUR CALL...When was the last time you attended a Chapter's meeting? If you can remember is not due to dementia or the other mental diseases. It's most likely memory lost, as it has been a very long time. There must be several reasons why you don't attend. Could it be you just joined to make your buddy feel good? Or did you do it just to get a mount full of saying "I am a member for the Vietnam Veterans of America?" It's time to take inventory by jotting down in two columns, PROS & CONS, the real reason for not attending and what are you missing by it. We would say some of the positive (PROS) for attending is the knowledge you acquire; the opportunity to vent your frustrations within the VA system or other entity. On the other side of the coin (CONS) it not participating at different events the Chapter is involved with, which assure people are aware we are Vietnam Veterans and are here to help others. And not attending the California State Council quarterly meetings, were a lot of beneficial information you can use for yourself and other Veterans.

PENCIL your calendar with the Chapter's meeting dates so you wouldn't forget to attend...!



Vietnam Veterans of America
200 Grand Avenue
Oakland CA 94612-0208

www.vvchapter400.org
501-445-28149

ADDRESS SERVICE REQUESTED

stamp

ADDRESSEE:

WOMEN VETERANS
1-800-855-829-6636

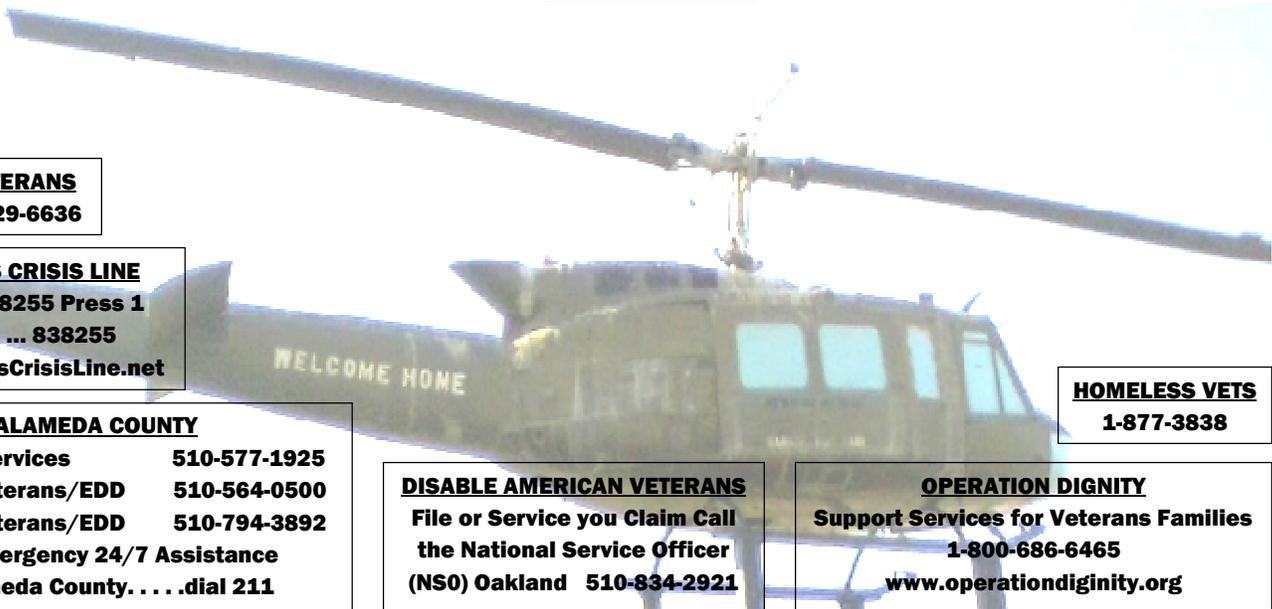
VETERANS CRISIS LINE
1-800-273-8255 Press 1
TEXTING ... 838255
www.VeteransCrisisLine.net

ALAMEDA COUNTY
Veterans Services 510-577-1925
Oakland Veterans/EDD 510-564-0500
Fremont Veterans/EDD 510-794-3892
Non-Emergency 24/7 Assistance
in Alameda County. . . .dial 211

DISABLE AMERICAN VETERANS
File or Service you Claim Call
the National Service Officer
(NSO) Oakland 510-834-2921

OPERATION DIGNITY
Support Services for Veterans Families
1-800-686-6465
www.operationdignity.org

HOMELESS VETS
1-877-3838



fold mark

fold mark

THE REUSE PEOPLE

Once upon a time people would just tear down buildings and send the rubbish to fill-in sites or served other purposes than what they started to be for. A long came TRP and saw value in such a vast waste of already spent energy to create it. However, their intention was not for profit, it was to assure the materials were repurposed to either function as they were originally created for or find a new way to use them. During the process they were faced with other articles which still could be used and still were safe as it was their mission for which they were intended for.

Many construction contractors have taken advantage of such a unique depot resource and benefits, not only their bottom line, but of the people they have served.

What a novel idea and one that could go beyond just helping those that can afford renovation. Now, who/whom could benefit from it? Our U.S.A. Veterans, the ones more often than not are over looked or are unaware of such people as TRP. And NO, you just can't walk-in and expect to get a discount by saying I am a Veteran.

Yes, you could get the same material or item the renovator gets at a Veterans discount. However, there are some eligibility conditions to be met. Why is the question asked? One reason and one reason alone. TRP wants to be assured the materials are actually going to be used at a Veteran's home for renovation and not to construct a brand new home or building.

For further information, please e-mail or fax your request to us at: sarg.rocha.vva.cal.ch400@gmail.com or 510-865-6372 to complete the eligibility process and receive a letter of eligibility to present at the TRP outlet.



Hi! Any landscaping around the yard? Call us at 510-XXX-XXX or

miricalelandscaping@xxxx.com

For an estimate and saving your aching back!
THIS COULD BE YOUR AD's Space.

We can help you advertise your business for \$25 once a quarter .

A Actual Customer's Advertising Shown Below



e-mail your request to:
sarg.rocha.vva.cal.ch400@gmail.com
Voice & fax: 510.865.6372



John Doe's Realtor

- Residential
- Commercial
- Industrial

This could be your ad's placement and start getting call. Vets do need services!