

INCOMING NEWS



MAR 2018

Viet Nam Veterans of Diablo Valley

Register now for the "WALK of HONOR" for our Veterans

Thank You to our Crab Feed Generous Sponsors & Supporters

VSO CORNED BEEF & CABBAGE DINNER MAR 17TH



Bill Green
VNV DV
President
2018

PRESIDENT'S MESSAGE

Greetings—

February started with a bang. What a crab feed we had! Slatts chaired the event and did a great job! He had a great crew, the list is endless. The auction, the food, the bar, and the game made it a fantastic day. We thank all of you who worked so hard on this event and made it the success that it was.

February is the month that we start planning all of our events for the upcoming year, from the Walk of Honor—Memorial Day - 4th of July 10,000 + Flag Distribution - East Bay Stand Down - to Veterans Day - Operation Santa and all those little projects and programs not mentioned "everything in between" (which is a lot). This being my last year as your president, I will take great joy in overseeing these events one last time. We have done a lot the past couple of years and it could not have been accomplished without the Board that we have. Without each one of them giving the endless time and labor that they do, we would not have the great organization we have today. I thank them for their service and dedication and most of all their friendship.

The Phillips 66 "WALK of HONOR" for our Veterans is fast approaching on Armed Forces Day (3rd Sat. in May) & this year it's MAY 19th. Please REGISTER NOW - even if you are not able to attend & submit the name you want to honor which will be posted at this year's walk. I can pick up your shirt if you register & would like to have it.

Honor Your Hero
 Walk in their Honor
 on Armed Forces Day
 SAT - May 19, 2018
 At the Phillips 66
 WALK of HONOR!
 Carry a Photo Sign of your
 Veteran or Family Member
 to Honor them. Sign up ear-
 ly online or use the Walk Ap-
 plication *in this edition!*

THE MARCH
INCOMING

*Featured in this
edition:*

*PHILLIPS 66
2018 Walk of Honor
registration for May 19th
Saturday*

- ◆ *Feb dinner Photo Update*
- ◆ *VSO Organization March 17th Corned Beef and Cabbage Dinner*
- ◆ *Photos from Crab Feed!*
- ◆ *2018 Blackhawk Food, Wine and Film event to support the Rotary Club of Danville/ Sycamore Valley Community Foundation April 26, 2018*

**This Newsletter
is also On-Line at:
www.VNV DV.com**

March Speaker
Steve Mazaika
Vietnam Aviation Firefighting

B Company
The Guns, Scouts & VIP (Gambler & Lizard)

Hensel
Airfield
Camp
Enari
Pleiku

March is just around the corner and on the 17th there will be a corn beef and cabbage dinner and auction at the Vet Hall, so get your tickets early because they are going fast. St Patrick's Day is always fun to spend with friends (as long as they're not Danville's finest) so party sensibly! All the VSO's work on this and the money made at this event is used for OUR Vet Hall. Whether you're Irish or just Irish for the day, come to a really good dinner and auction and maybe have a pint of Guinness with me.

Last November Peggy and I lost our lab, Leroy. On President's Day we got a new dog. Her name is Zoey and she is a 5 year old American Bulldog. She is as cute as can be. We are rescuing her through the Under Dog organization. All the cats in the neighborhood better watch out!

This is a Stand Down year and the numbers of homeless Veterans are going down due to the hard work and efforts of the VA - Vet Centers - many outstanding providers of shelter & housing and of course the many Stand Downs around the nation. We are fortunate now since we have one every year - one in Contra Costa at the Fair grounds "Stand Down on the Delta" on the odd years and "East Bay Stand Down" at the Alameda County Fairgrounds on the even years, and both are four day programs. Of course there are many other Stand Downs in the area such as the "North Bay Stand Down" that are excellent in providing services to our Veterans in need of assistance. The first planning & information meeting for EBSD 2018 is on March 13—Tuesday at the VMB/SRV in Danville at 6PM and a great time to present to tent sponsorship checks and major sponsor checks to the EBSD Board.. The meeting 9is open to the public - just like our dinner meetings on the 1st Thursday of each month.

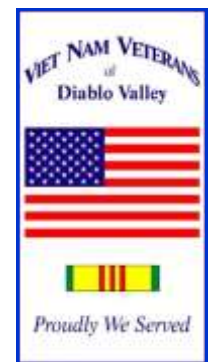
This Saturday we plan to have the mobile VET Center in Danville at the VMB to share with Veterans the services available—especially for Veterans who are not using the VA services. Stop by and visit this Saturday and you can also get some coffee in the Veteran Lounge until 12 noon.

I look forward to seeing all of you this Thursday at our dinner meeting with an amazing member speaking.

Bill
"BILL" Green
President 2016 - 2017
PH: 925 / 683 - 3293
E: BillGreen@aol.com



REGISTER FOR THE
WALK OF HONOR
sfrwalkofhonor.com/register



WALK of HONOR
for our Veterans Sponsored by
PHILLIPS 66
Armed Forces Day Saturday
May 19th
Bridge Walk / BBQ & more in
Crockett, CA
Crockett Community Center
650 Pomona - Crockett 8-1PM



BBQ



Bridge Walk

Walk of Honor - Honoring the Men and Women who Served Our Nation

The [Phillips 66 Refinery and Carbon Plant](#) invite you to join with us in honoring and celebrating the service of our military veterans on **Saturday, May 19, 2018**. The 10th Annual "Walk of Honor for our Veterans" will be a short walk across the [Alfred Zampa Memorial Bridge](#) and back. Last years event was a huge success. Over 400 employees, contractors, local residents and volunteers participated in the celebration and together we raised in excess of \$41,000. We are working hard to surpass last years fundraising and attendance milestones, and with your help we are sure to succeed! We promise you a fun, exciting and fulfilling day honoring the men and women who have valiantly served our nation.

Saturday, May 19, 2018

8:30-9:30am - Check in at the [Crockett Community Center, 850 Pomona Street, Crockett](#). Transportation will be provided to and from the bridge.

10:00am - "Walk" begins.

11:45am - Luncheon Ceremony.

Following the "Walk" all registered participants are invited to join us for a luncheon ceremony. There will also be by the John Swett High School Band and a raffle.

Many local veterans service organizations will be on hand providing information regarding their services.

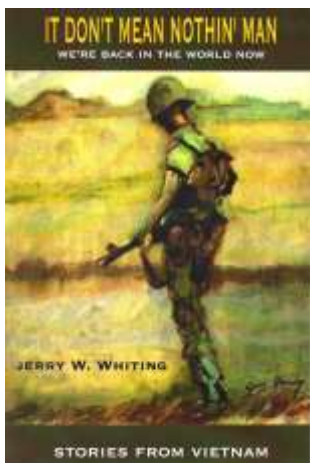
100% of all contributions will be divided evenly between the [Viet Nam Veterans of Diablo Valley \(VNV DV\)](#) and the [Crockett Community Services District \(CCSD\)](#).

The VNV DV is dedicated to present and former members of the Armed Forces of the United States, through the support of local community activities, which recognize the contributions and sacrifices of Veterans. The CCSD is dedicated to the preservation and restoration of the [Crockett Veterans Memorial Building](#).

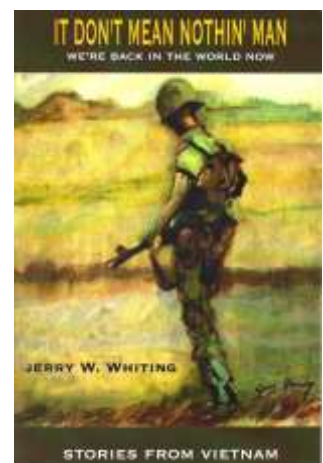
Phillips 66 is proud to be the Lead Sponsor of American Jobs for America's Heroes, a national nonprofit campaign coordinated by the Center for America to encourage employers to post jobs for 60,000+ unemployed National Guard members. Register at: www.CenterforAmerica.org to post jobs at no cost.



THANK YOU to "Super Sunday Crab Feed" Guests & Volunteers!



Remember to get your personal copy of
JERRY WHITING's
new book about VNVDV
"It don't Mean Nothin' Man
We're back in the world now"



SUPER SUNDAY CRAB FEED Fun... for Volunteers & Guests Thank

You to all our Donors - Blue Star Moms - Rotary INTERACT from D/V High School - dedicated Supporters & Guests & all Volunteers!



Interact Volunteers

Football Game Management

Blue Star Moms donated desserts

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

FASTSIGNS More than fast. More than signs.™

VNVDV
uses **FASTSIGNS**

FASTSIGNS #48

2551 San Ramon Valley Blvd. #113
San Ramon, CA 94583
ph. (925) 820-2202
fax. (925) 820-8911
Email: 48@fastsigns.com

Community Friends & Supporters...

Help us celebrate again and enjoy our fourth annual
combined

Veterans Service Organization

CORNERED BEEF AND CABBAGE DINNER

Fundraiser

Tickets \$40.00

Saturday March 17 2018 at 5:00 PM

Veterans Memorial Building

400 Hartz Ave Danville, CA

**SILENT AUCTION-LIVE AUCTION-RAFFLE-
DOOR PRIZES**

All funds collected go directly to the Veterans Memorial Building
Operating Committee to pay for the operating expenses of the
Veterans Wing of the building

Purchase Tickets NOW at the VMB in Danville

Or Contact Dennis Giacobelli at houseworks@pachell.net or

Lee Halverson at lhazmateer@aol.com for tickets



February 2018 Dinner Meeting



J. Rockcliff



REALTORS



MIKE WEBER
Realtor *

4105 Blackhawk Plaza Circle
Danville, CA 94506
CalBRE#00441586

direct: 925.736.1500
mweber@rockcliff.com

VETERAN SERVICE OFFICER

in Danville - 400 Hartz Ave. [Open every Wednesday](#) from 10 to 2 for Veterans & family members. Schedule a **“benefit check-up”** - Call our County VSO in Martinez: [925/ 313-1481](#)



**1st Community Information &
Planning Meeting Scheduled
Tue. / MAR. 13th / 6 P.M.**

Veterans Memorial Building of San Ramon Valley

Located in Danville

At 400 Hartz Avenue

Use Prospect Street for EBSD Meeting

**For Updates & the Latest Information on
EBSD 2018**

Visit the EBSD Website Monthly to stay informed.

www.EastBayStandDown.org

PUBLIC INVITED - 6PM

The Fishing Opportunity of a Lifetime!



THE WINNER
MARTY DeVENUTA

KING PACIFIC LODGE TRIP FOR THE 2018 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 2018. All-inclusive from Vancouver. Gratuities not included.



VIET NAM VETERANS
OF DIABLO VALLEY

THANK YOU
for Your Support



Your "donation" will support VNVDV projects & programs benefiting Veterans & those proudly serving our nation.

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 2/4/2018
at the VNVDV Crab Feed

Winner need not be present to win

REGISTER NOW for the WALK of HONOR

Phillips 66 - 10th Annual Walk of Honor for Our Veterans
Sat, May 19, 2018, 8:30 AM – 2:00 PM PDT

Crockett Community Center
850 Pomona Street
Crockett, CA 94525

[sfrwalkofhonor.com/
register](http://sfrwalkofhonor.com/register)

The Phillips 66 Refinery and Carbon Plant invite you to join with us in honoring and celebrating the service of our military veterans. The "Walk of Honor" will be a short walk across the Alfred Zampa Memorial Bridge and back. Last year's event was a huge success. More than 400 employees, contractors and local residents participated in the celebration. In the last nine years we have raised in excess of \$307,000.

We are working hard to surpass last years fundraising and attendance milestones, and with your help we are sure to succeed! We promise you a fun, exciting and fulfilling day honoring the men and women who have valiantly served our nation.

sfrwalkofhonor.com/register



SAVE THE DATE
Armed Forces Day 2018
10TH Annual

WALK of HONOR for our Veterans

www.SFRWalkofHonor.com

Schedule of Events

8:00 – 9:30 am - Check in at the Crockett Community Center, 850 Pomona Street, Crockett. Transportation will be provided to and from the bridge.

10:00 am - "Walk" begins.

11:45 am - Luncheon Ceremony.

Following the "Walk" all registered participants are invited to join us for a luncheon ceremony. There will also be music by the John Swett High School Band and a raffle.

Many local veterans service organizations and providers will be on hand to share information regarding their services.

100% of all contributions will be divided evenly between the Viet Nam Veterans of Diablo Valley (VNVDV) and the Crockett Community Services District (CCSD).

The VNVDV is dedicated to present and former members of the Armed Forces of the United States, through the support of local community activities, which recognize the contributions and sacrifices of Veterans. The

sfrwalkofhonor.com/register

A UNIQUE OPPORTUNITY TO MEET OUR SENTINELS

Every year, we hold a gala to honor & recognize the **achievements of our Sentinels & our supporters' part** in their success. The event provides a *unique opportunity for you to meet the inspiring, driven individuals whose lives are forever changed because of your support.*

The evening will feature distinguished guest speakers, live music, and an exquisite dining experience. We are very honored to announce that *Vice Admiral Joseph P. Mulloy (Ret.)*, a 38-year veteran of the Navy and the Vice President of Northrop Grumman Marine Systems, will be our keynote speaker. You can learn more about Joseph and our other guest speakers [here](#).

We hope you will be able to join us for this special event & see firsthand the impact of your support!



save the date
ANNUAL SENTINELS GALA • 04.14.18 • DANVILLE, CALIFORNIA

Sentinels of Freedom Gala
Key Note Speaker
Vice Admiral Joseph P. Mulloy Retired



Born in New York City, Joseph Mulloy grew up moving about America as the son of a naval officer. He graduated with distinction from the U.S. Naval Academy in 1979 with a Bachelor of Science in Marine Engineering. He also attended Harvard Graduate School of Business, graduating in 1987 with a Master of Business Administration.

Joe is a native of New York City and a third generation naval officer serving 38 years in the United States Navy. His most recent position was as the Navy's Chief Financial Officer where he was responsible for resourcing, planning and executing the budget for the United States Navy and testifying in front of House and Senate Congressional Committees. Outside of Washington, he served as the Political-Military Planning Officer and Resourcing Officer for the U.S. Pacific Fleet where he led planning for crisis operations and peaceful engagements with over 20 maritime nations in the Western Pacific.

Prior to his selection as a Flag Officer, Joe had extensive experience in the nuclear powered Submarine Force at all levels of command. His tours included command of the USS SAN JUAN (SSN-751), duty in new construction as Engineer Officer of PCU MIAMI (SSN-755), conduct of numerous Special Operations all over the world, establishing the first and only fast attack submarine squadron (SUBRON 15) overseas in Apra Harbor, Guam, and extensive Arctic operations including surfacing at the North Pole.

Mulloy joined Northrop Grumman in November 2017 as the Vice President of Northrop Grumman Mission Systems, Marine Systems business unit in Sunnyvale, California. Mulloy leads a team responsible for the development, production, and deployed support of missioncritical Submarine and Carrier Propulsion and Power Generation Systems and Submarine Missile Launching and Handling Systems.

Northrop Grumman is a leading global security company providing innovative systems, products and solutions in unmanned systems, cyber, C4ISR, and logistics and modernization to government and commercial customers worldwide. Please visit www.northropgrumman.com for more information.

SoF Gala Date: Saturday - April 14th, 2018
Blackhawk Museum - Danville, CA
Time: 6:00 PM - Cocktail Reception
7:00 PM - Program

Lafayette War Veterans

Announce Plans for 9/11 Monument

The Lafayette War Veterans, comprised of members of the two VSO's that meet at the Lafayette Veterans Memorial Building - the American Legion Post 517 & Veterans of Foreign Wars Post 8026, have announced plans to erect a monument to honor service members from Contra Costa County who have lost their lives in service to our country since 9/11. According to a recently compiled list there are 18 service members from the County, ranging in age from 18 to 43, who will be honored on the monument when it is dedicated and the design will allow for the inscription of additional names if/when the circumstance arises

The monument is to be constructed of three large slabs of granite and will be installed in the circle near the entrance to the Lafayette Veterans Memorial Building and plans are to illuminate it at night as is currently done with the flags. Plans for a suitable way to honor the sacrifice of local service members has been discussed for many years and much credit for helping to move this project along goes to Lafayette resident Yolanda Vega whose son Jonathan lost his life in 2008 in Afghanistan. The target date for dedication of the monument is April 2018 to coincide with the 10th anniversary of Jonathon's passing.

A fundraising effort has been launched this week with an anonymous gift of \$25,000 to support an estimated total cost for the project of \$50,000. The Lafayette War Veterans have guaranteed to make up any shortfall in the project cost to ensure its timely completion.

Contributions for the project can be directed as follows:

Lafayette War Veterans – Memorial Fund
PO Box 501
Lafayette, CA 94549

For additional information contact:
Mike Gilson
925-766-6114
info@lafayetteveterans.org





Friday March 9

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

Repeat in 6 Mo.

Friday, March 9

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 9:00 am
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.

FREE INCOME TAX PREPARATION

FOR PEOPLE WITH LIMITED TO MODERATE INCOME
IN CONTRA COSTA COUNTY

- Nervous about doing your taxes?
- Confused by tax forms?
- Want a faster refund?
- Want to know about credits, deductions, the Affordable Care Act, identity theft, etc?



Help is here from
AARP Tax-Aide!

WHAT IS TAX-AIDE?

Tax-Aide volunteers provide FREE tax preparation for anyone who needs to file basic income tax forms. Service is offered to people of all ages, with special attention to those aged 50 and older.

WHEN IS SERVICE AVAILABLE?

Tax counselors are available from
February 1, 2018 through April 17, 2018.

HOW DO I MAKE AN APPOINTMENT?



Starting in early January, call the appointment number for one of the sites listed on the back.

WHAT DO I NEED TO BRING?

- **Social Security cards** for yourself, spouse and dependents.
- **Photo ID** for yourself and spouse.
- **Prior year tax return** and supporting documents.
- **2017 income tax documents** received from payers of wages, Social Security, pensions, interest, dividends, IRA distributions, state tax refunds and any other income.
- **Broker statements** and cost basis of stocks, bonds or real estate sold in 2017.
- **Evidence of deductions** such as medical/dental expenses, property taxes, vehicle registration, mortgage interest, charitable contributions, etc.
- **Evidence of education expenses.**
- **Evidence of medical insurance coverage.**
- **Social Security numbers** for child care providers and recipients of any alimony or spousal support you paid.
- **Blank check** from your checking account, if you want direct deposit or to set up an electronic payment.



AARP membership is not required.

TY 2017 5/22 12/08/17

Site Location	Days/Hours	Site Location	Days/Hours
Antioch Senior Center 415 West Second Street Appointments: 925-778-1108 Walk-ins accepted, time permitting	Thursday 9 am - 3:30 pm	Pineole Senior Center 2500 Chates Avenue Appointments: 510-724-8800	Mon, Wed & Fri 9 am - 3 pm
Brentwood Civic Center 35 Oak Street Community Center, Room A only Appointments made at site Walk-ins accepted, time permitting	Monday 9 am - 3:30 pm	Pittsburg Senior Center 300 Pseudo Lane Appointments: 925-252-4850 Walk-ins accepted, time permitting	Tuesday 9:30 am - 3 pm
Concord Library 2990 Solvo Street Appointments: 925-405-5135 Walk-ins welcome	Friday & Saturday 10 am - 3:30 pm	Pleasant Hill Hilcrest Congregational Church 404 Gregory Lane Appointments: 925-405-9111	Monday 9 am - 4 pm
Concord - Senior Legal Services Contra Costa Senior Legal Services 2702 Clayton Road, Suite 202 Appointments: 925-899-7900	Call for Dates 9 am - 4 pm	Richmond Annex Senior Center 5801 Huntington Avenue Appointments: 510-623-6812	Thursday & Friday By appointment only
Concord - United Methodist United Methodist Church 1645 West Street Appointments: 925-465-5234 Walk-ins accepted, time permitting	Wed & Thurs 8:45 am - 3:30 pm	San Pablo Senior Adult Center 1940 Church Lane Appointments: 510-215-3050	Tues, Thurs & Fri 9 am - 3:30 pm
Danville Veterans Memorial Bldg of SRV 400 Hartz Avenue Appointments: 925-460-7202 Walk-ins welcome	Tuesday 9 am - 2:30 pm	San Ramon Senior Center 9300 Alameda Boulevard Appointments: 925-673-1259	Wednesday 8:30 am - 3 pm
El Cerrito Open House Senior Services 8500 Stockton Avenue Appointments: 510-559-7577	Mon, Wed & Thurs 9 am - 3 pm	Walnut Creek - Grace Grace Presbyterian Church 2100 Tice Valley Boulevard Appointments: 925-405-5278 Walk-ins accepted, time permitting	Monday & Tuesday 9 am - 2 pm
Hercules Senior Center 111 Civic Drive Appointments: 510-709-8218	Monday & Tuesday 9 am - 3 pm	Walnut Creek - Rossmoor Hilside Clubhouse, Visits Room Appointments made at site only	Tuesday & Thursday 9 am - 3 pm
Lafayette Lafayette Library & Learning Center 3451 Mt. Diablo Blvd Appointments: 925-388-2280 Walk-ins welcome	New Site Friday 10 am - 3:30 pm	Walnut Creek - St. Paul's St. Paul's Episcopal Church 1924 Tice Valley Avenue Appointments: 925-679-0013 Walk-ins welcome, time permitting	Monday & Tuesday 9 am - 3 pm
Martinez Senior Center 818 Green Street Appointments: 925-370-8770	Friday 8:45 am - 2 pm	Walnut Creek Senior Center 1379 Chic Drive Appointments: 925-945-5851 Site closed on 4/5	Thursday 9 am - 3 pm
Pacheco Community Center 5800 Pacheco Boulevard Appointments: 925-709-4525 Walk-ins accepted, time permitting	Tuesday 9 am - 3 pm		

Tax-Aide is sponsored by the AARP Foundation, in co-operation with Contra Costa County, the IRS and the California Franchise Tax Board.

AARP Tax-Aide - Contra Costa County
Area on Aging Tax-Aide Program
400 Edinwood Way
Pleasant Hill, CA 94523
taxaidecc@gmail.com

Personally recommended by our VNVDV Treasurer & Tax Volunteer "Slatts"

SAT Morning Veterans Social Coffee in Danville *every week*
Join fellow Veterans each Saturday 9AM until 12PM at Veterans Memorial Building of San Ramon Valley in Danville
Join hosts: Hank Glauser - Art Gaskins - Lee Halverson in the Lounge at your Veterans Memorial Building
Join Us for a few minutes or an hour - Just Drop In - Say Hi!



INCOMING
This INCOMING News is on-line along with past historical issues. Check them out at: www.VNVDV.org

VETERANS SHOPPING AT THE EXCHANGE
Last year on Veterans' Day 12,000 veterans began shopping at the military exchanges by way of a "beta test." The beta test allowed veterans' to test the new online exchange shopping experience, which did open for millions of honorably discharged veterans this past **Veterans Day Nov. 11th.** All veterans are being encouraged to confirm veteran eligibility status at <https://www.vetverify.org>. It might be a multi-step process if the Defense Manpower Data Center lacks information to verify that a veteran served and received an honorable discharge.



Remember to get your personal copy of...
"It don't Mean Nothin' Man
We're back in the world now"
a new book about the VNVDV
by... Honorary Life Member
JERRY WHITING



MEMORIAL DAY - Annual Remembrance at Oak Hill Park - Danville - **Gary Villaalba**, featured Key Note Speaker
Following official one-Hour Remembrance
Special Educational Program with - **Teddy Roosevelt**

A reminder - absolutely NO politics or political comments at our dinner tables or meeting. We are a non-profit service organization & do not want to violate our by-laws or jeopardize our state & federal status. Thank You for helping.

VNVDV Member *March* Birthdays

Frank Wallace	Marine	John Baker	Navy
Randy Parent	Army	Alex Siddo	Marine
Steve Burchik	Army	Bob Paulson	Army
Larry McKenzie	Army	Gary Phipps	Navy
	Dennis Petersen	Army	

WELCOME TO NEW MEMBER
Peter Garcia Navy



How to prevent stroke (recurrence)

- Manage your blood pressure
- Eating foods low in fat, carbohydrates and salt (<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/?loc=ff-slabnav>)
- Exercise at least 30 minutes a day / 5 days per week
- Quit smoking (1-800- NOBUTTS or <https://www.nobutts.org/>)
- Take your medications as prescribed
- Get yearly physicals (check blood pressure, cholesterol and A1C levels)

Thanks to the February Speaker Ann Juntura for presenting an important discussion of Stokes & signs that are essential to preventing serious cerebral damage & a reminder on the Flu & to cover-up & wash hands.

SPOT A STROKE

FAST

FACE DROOPING ARM WEAKNESS SPEECH DIFFICULTY TIME TO CALL 911

**4105 Blackhawk Plaza Circle
Danville, CA 94506
CalBRE#00441586**

MIKE WEBER
Realtor *

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"*

Rotary



Rotary Club Of
Danville/Sycamore Valley

www.blackhawkfilmfestival.com



DANVILLE/SYCAMORE VALLEY ROTARY
COMMUNITY FOUNDATION

presents:

28th Annual

BLACKHAWK FOOD, WINE & FILM FESTIVAL

Breakfast at Tiffany's

April 26, 2018

11:30 a.m. - 1:30 p.m.

Blackhawkfilmfestival.com

A health benefit for the District of the Rotary Club of Danville/Sycamore Valley Community
Foundation with a minimum individual donation of \$20.00. All proceeds support Community
and individual member projects.

**The Rotary supports our VNVDV events & Veterans and -
The VNVDV proudly supports the D/SV Rotary**



Veterans Voices Staff Volunteers

Contra Costa County Veterans Service Office

WATCH VETERANS' VOICES on CCTV Every Month on the 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 all 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

JLF

A Law Firm

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

johnsonstateplanning.com

Sentinels of Freedom Gala



save the date
 ANNUAL SENTINELS GALA ★ 04.14.18 ★ DANVILLE, CALIFORNIA

Bayou Bash

Jambalaya and Crawfish Feed
 Saturday April 21, 2018

VFW

Post 75

www.vfwpost75.org (925) 362-9806

\$45 per person

Menu

- Salad
- Crawfish Boil
- Cornbread
- Shrimp Bisque
- Chicken/Sausage Jambalaya
- Dessert

How to eat crawfish:
<https://goo.gl/nx5zVo>

Doors Open 5:30pm
 No-Host Beer & Wine Bar
 Dinner Begins 6:30pm

Raffle Prizes and Silent Auction Items

Veterans Memorial Building
 400 Hartz Ave.
 Danville, California

Order online at: <http://2018bayoubash.brownpapertickets.com>
 -OR-
 Return this portion with your check no later than Tuesday, April 17th
 Mail reservation form to: VFW Post 75, P.O. BOX 1092, Danville, CA 94526

NAME: _____
 No. of Tickets: _____ @ \$45 Total \$ _____
 Phone No.: _____
 All names in your group: _____
 Seating preferences: _____

Benefit Fundraiser for VFW Post 75 *Laissez les bons temps rouler!*

VFW
 POST 75
 TEXAS
HOLD 'EM
 TOURNEY
 MOVED
 TO
 MAY 12,
 2018

A FUNDRAISER TO BENEFIT VFW SAN RAMON VALLEY POST 75

TEXAS HOLD 'EM TOURNEY

SUPPORTING VENTURE CREW 236 SHOOTING SPORTS

DECEMBER 9th 2017 • Saturday
 Registration 5-6PM • Tournament 6PM *5day

\$100 BUY IN
 340 SPECTATORS
 MUST BE 21+ TO JOIN

VETERANS MEMORIAL BUILDING
 of the SAN RAMON VALLEY
 400 Hartz Avenue, Danville CA 94526

Register online and get \$10 extra chips at the event!
google/8Phge *Case sensitive. Online sales end 12/09/2017

Veterans Can Now Schedule Optometry and Audiology Appointments

No Referral Needed

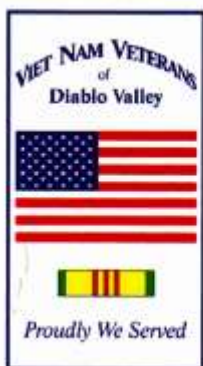
Veterans can now schedule optometry and audiology appointments without a referral from their Primary Care Doctor.

For more information or to schedule an appointment today.
Call 1-800-382-8387

VA Northern California Health Care System



Thanks to Procurement Director John "T.J." Trujillo for his presentation of VNVDV Hats and Shirts. Please contact "T.J." for all your uniform requirements.



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



Contact "T.J." to obtain one of the FIRST EDITION Coffee Mugs that have been prepared for the Viet Nam Veterans of Diablo Valley

VNVDV Members are proud supporters of the

Wheelchair Foundation

"Serving the World"



Looking for a great gift - donate a wheelchair in their honor... for someone who has everything!

The Viet Nam Veterans made distribution trips in 2006 & again in 2012 to Viet Nam to provide mobility for those lacking this basic freedom.

Thank you for your support of VNVDV & Two Trips to Vietnam



The VNVDV is considering another Wheelchair distribution trip to Vietnam. If you are interested - advise the President.

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

**VNVDV LIFE MEMBERSHIP...
Special 50th Commemoration
Limited Time - ONLY \$50.**

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

All Wars Memorial Paver

**AWM ENGRAVING ONLY TWO TIMES A YEAR - Only 05 Blank Pavers Remain
Do you have Your AWM Paver Ordered?**

Don't wait - Honor a veteran, friend, neighbor, family member with a Paver Tribute! Only - \$250.00

**Engraving is only performed in the Spring & Fall. Take time to visit the AWM website for an order form & more historical & educational information about all wars.
www.AllWarsMemorial.org**

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.ccbluestarmoms.org

VNVDV website to see more about the Viet Nam Veterans of Diablo Valley at: www.VNVDV.org

See other website LINKS listed inside this edition of the INCOMING News & on our website.

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



Department of
Veterans Affairs



VA | Defining
HEALTH CARE | **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 GUIDELINES for EMERGENCY & URGENT CARE
Going to the Emergency Room - Who Pays?
New Guide for Service-Connected Urgent Care
FLU SHOTS now available at Martinez VA

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.

Don't miss CCTV "VETERAN VOICES" on 3rd Monday

Featuring Nathan Johnson - our Contra Costa County Veteran Service Officer & Guests

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



Rub it on - Pain is gone!

Promo Code: 2058

Mike Martin
Independent Vendor

1090 B Street, #128
Hayward, CA 94541
925.323.1093

www.AskMikeMartin.com | info@askmikemartin.com

For many Veterans there may come a time when it is necessary for you to go to a hospital. The hospital may be a Department of Veteran Affairs affiliated facility or a local non-affiliated institution. The following guide is an overview of questions you may have.



Questions

What should I do if I need to go to an Emergency Room?

If you suspect you have an emergency medical condition that needs to be addressed, please call the VA telephone Advice Nurse at **1 (800) 382-8387**. The Advice Nurse will be able to direct you to the appropriate resource and document your concerns in your VA Record.

EMERGENCY / URGENT CARE GUIDE For VA S/C VETERANS

Beneficiary Travel
(916) 843-7012

VA Telephone Advice Nurse
1 (800) 382-8387

Community Care Program
1 (707) 562-8430



VA NORTHERN CALIFORNIA HEALTH CARE SYSTEM

Emergency/Urgent Care Guide

IMPORTANT NEW EMERGENCY INFORMATION

VA



U.S. Department of Veterans Affairs

Will I have to pay for my trip to the emergency room?

The question of VA reimbursement has several criteria:

- Was the visit to the Emergency room service connected?
- Any condition, if rated 50% service connection or more.
- Non service connected aggravating a service connected to a service connected condition.
- Any condition of a WWI Veteran.
- Disability discharged from active duty.

VA MUST BE NOTIFIED WITHIN 72 HOURS



The VA sent me to the hospital and now the hospital is billing me. What should I do?

Hospital billing should forward all bills to the VA Northern California Health Care System - Community Care Program at (707) 562-8430/ fax (707) 647-8901 for payment. Please inform the hospital billing department to contact the VA Community Care Program to make sure your other insurance (Medicare, Medi-Cal or private insurance) is not billed. If you do receive a bill, please contact VA Community Care Program immediately to process the claim.



What if I am not service connected? Can I go to an emergency room?

Veterans must meet all of the following criteria:

- Enrolled in VA Healthcare
- Must have been seen at the VA Outpatient clinics or hospital within the last 24 months
- No or some health "coverage"
- No injury sustained by third party
- Disability discharge from active duty
- VA hospital/clinic is not available and must meet the definition of an emergency
- Please file your claim within 90 days

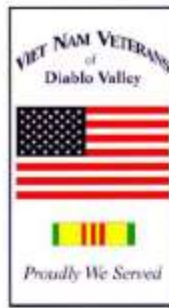
What if I am sent to the hospital by the VA? Will I get an ambulance bill?

Most VA clinics have contracts with local ambulance services. Ambulance reimbursement occurs through BENEFICIARY TRAVEL (BT) (916) 843-7012 throughout Northern California. Some Veterans may still receive a bill from the ambulance service. If you do receive a bill, please contact a (BT) service representative.

I am being discharged home and need home health or equipment what should I do?

Most hospitals have discharge planning. If you are in need of additional services or equipment , the hospital should call Community Care Program at (707) 562-8430 to coordinate discharge plans. All requests must be pre-approved by the VA to avoid additional costs or delays. The VA has 48 hours to consider whether to approve or deny the hospital discharge requests.

THIS NEW VA BOOKLET IS AVAILABLE AT VMB & VA



**Are YOU a
LIFE
MEMBER?**

Dear VietNam Veterans

The **VietNam Veterans of Diablo Valley** is a Commemoration Partner with the Department of Defense's 50th Anniversary Commemoration of the Vietnam War. The VNVDV Board of Directors, as partners in this national recognition program, wants to honor the service of our Members who served in Vietnam during the war in a special way. **VNVDV Lifetime Membership is only \$50** to recognize the Commemoration of 50 years and honor the service and sacrifice of all those who proudly wore our nation's uniforms in VietNam. This special tribute is also to celebrate and commemorate VNVDV's 25th Anniversary of service our organization has provided Veterans and our community since establishment in 1991. ***I encourage all of our VietNam Veterans to take part in this recognition tribute and become a Lifetime Member.***

WE, as individuals, have come a long way since Vietnam and the Viet Nam Veterans of Diablo Valley - as a non-profit, grass-root, and all volunteer organization has been extremely helpful to our fellow Veterans, the local military and continues to do a great job in working with our community to enhance their impression and commitment to support Veterans. We are ***EXTREMELY proud*** of our organization, its achievements, its service to others, and how it has bonded so many great friendships.

Thank you for your service.

Joe Callaway

Membership Recruiter

Viet Nam Veterans of Diablo Valley

You know other VietNam Veterans... Invite them to join you for one of our dinners!

VNVDV MEMBERSHIP APPLICATION

VIET NAM VETERANS
of
Diablo Valley



Proudly We Served

MEMBERSHIP APPLICATION

DATE: _____

	<i>Last</i>	<i>First & MI</i>	<i>Home Phone</i>	<i>Cell Phone</i>	<i>Work Phone</i>
NAME:					
Spouse / SO					
	<i>No. & Street</i>		<i>City</i>	<i>State</i>	<i>ZIP Code</i>
Address:					
Home E-Mail:			Work E-Mail:		
Company:			Title:		

Military Service

<i>Branch</i>	<i>Dates of Service</i>	<i>Rank</i>	<i>Specialty</i>	<i>Viet Nam / Military Dates</i>
Viet Nam Units:				
Location(s):				
Medals & Awards:				

PLEASE INDICATE ACTIVITIES/COMMITTEES OF PERSONAL INTEREST

- | | |
|---|--|
| <input type="checkbox"/> Operation Welcome Home Events | <input type="checkbox"/> VNVDV Super Sunday Crab Feed |
| <input type="checkbox"/> Memorial Day Ceremony / All Wars Memorial | <input type="checkbox"/> Walk of Honor for our Veterans |
| <input type="checkbox"/> Danville Fourth of July Parade - Flag Distribution | <input type="checkbox"/> East Bay Stand Down - Volunteer |
| <input type="checkbox"/> Color Guard & Service Colors / Flag Detail | <input type="checkbox"/> Holiday & Other Support for Veterans |
| <input type="checkbox"/> Veterans Day Ceremony | <input type="checkbox"/> Speakers Bureau - High Schools |
| <input type="checkbox"/> Board of Directors / Leadership | <input type="checkbox"/> GWOT Duck Club Retreat |
| <input type="checkbox"/> Veterans Memorial Building Museum / Docent | <input type="checkbox"/> Take the Rock: Veteran Swim Challenge |

Please Visit our Website @ www.VNVDV.com for other Activities & Programs

I PLEDGE MY INTENT TO PARTICIPATE WITHIN THE ORGANIZATION. TO HELP MAKE IT A SUCCESS AND OFFER ASSISTANCE WHENEVER POSSIBLE. I ACCEPT PERSONAL RESPONSIBILITY FOR ANY LIABILITY IN ANY ACTIVITY I CHOOSE TO PARTICIPATE IN AND HOLD HARMLESS THE VIET NAM VETERANS OF DIABLO VALLEY, ITS MEMBERS AND ITS BOARD OF DIRECTORS SHOULD ANY MISHAP OCCUR. I PLEDGE TO ABIDE WITH THE BYLAWS OF THE ORGANIZATOION.

THE ABOVE INFORMATION IS TRUE AND CORRECT TO THE BEST OF MY KNOWLEDGE.

SIGNATURE: _____

DATE: _____

Please attach a copy of your DD-214 - and a check for Life Membership: \$50 payable to VNVDV

P.O. BOX 2079 - DANVILLE, CA 94526-2079 - PR/INFO: 925 / 935 - 4859 - E-Mail: VNVDV1@gmail.com

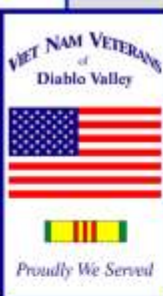
Viet Nam Veterans of Diablo Valley is a non-profit organization/corporation (EIN 68-0266369) exempt from Federal (IRC 501a) and State (RTC 23701w) income tax

Please Mail your completed application to our P.O. Box above or Submit at our 1st/Thurs. of Month Dinner. Thank You!

**VietNam Veterans... first dinner is on us! A token of our thanks.
Life Membership \$50 in honor of 50th Commemoration**

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

MAR 2018



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

**2018 OFFICERS &
BOARD MEMBERS**

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VICE PRESIDENT -

Dennis Giacovelli

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Mike Slattengren

SECRETARY

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Chelle Clements

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

PAST PRESIDENTS

Ray La Rochelle

Michael Slattengren

Jerry Yahiro

John Estes

Del Loewe

Tim Hart

Mike Weber

Mike McDaniel

Rich Lambert

Ron Azarcon

Bill Picton

Norm Mahalich



Established in 1991