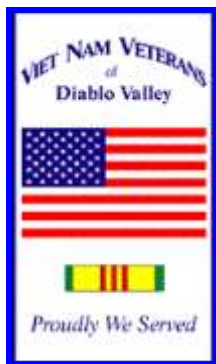


INCOMING NEWS



OCT 2019

Viet Nam Veterans of Diablo Valley

**FISHING TRIP OF A LIFETIME OPPORTUNITY TICKETS
SUPPORT THE VNVDV CRAB FEED FEB 2, 2020**

FLEET WEEK 2019 SCHEDULE IN NEWSLETTER

PRESIDENT'S MESSAGE A big *Shout Out* to

Phillips 66 - their management & all the employees - and especially **Aimee Henry (with check) and Adrienne Ursino** for their generous donation from the 11th annual "Walk of Honor" for our Veterans Event. VNVDV appreciate the tremendous effort by **Phillips 66** enabling support of many worthy veteran programs.



OCTOBER 3rd SPEAKER

GARY ESTRELLA
Gary will discuss his experiences while serving in Vietnam with the 2nd BN of the 9th Marines and his visit at Oak Knoll Naval Hospital.



September begins, the last third of 2019. First, I should say from what I heard I missed a really good meeting in August. I had planned on attending but had a medical procedure that prevented me from going. Some of you may know that since April I have been going through some medical tests. Well, it looks like the lymphoma I had about 10 years ago has either re-emerged or came back. The prognosis is good. I'll be going through chemo again. It is a good thing that I saved my do-rags from the last go around. The chemo starts in October and goes for three rounds. I've been told I may not be on my A game until the rounds are finished which is forecast for about 6 weeks. I've also been told I won't need a Halloween costume and no one should take me off their Christmas list.

I will be at the meeting October 3rd and will be the Speaker. I'll have the opportunity to share my experiences with the 2nd Battalion, 9th Marine Regiment in Vietnam.

As the end of the year approaches, we need to recognize that a lot of activities still remain and preparations for our crab feed begins. With some of our members

President's Message (Continued on Page Two)



Gary Estrella
VNVDV
President



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

VETERAN 's

SAT Morning

Social Coffee...

Join fellow

Veterans each Saturday

8AM until 11AM

In Danville at the

Veterans

Memorial

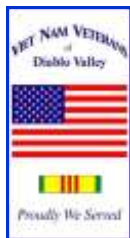
Building

Pastries too!

making the Wheel Chair Vietnam Trip in a few weeks while the rest of us will step forward and begin the work needed to make our yearend events successful. We have our annual Christmas meeting and Program, Operation Santa Claus, our Board of Directors Elections, and the Crab Feed Event that will take up some of our "free time" without sacrifice time with our grandchildren.

My message this month is shorter than last months, because I think I took up too much space in our last newsletter. Besides, Jon Robins and John Reese include more detailed information about our upcoming events. All I could offer this month is that they both do great jobs and you should read every word in the newsletter. Next month I might add a feature in my message similar to a trivia quiz on what appeared in the last newsletter just to check to make sure you guys keep on your toes.

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



Planning Ahead

December Holiday Dinner

Reservations Required

Annual VNVDV Appreciation/Recognition Dinner Gala Thursday - Dec. 5th

Veterans Day Parade
Pleasanton - Sun. Nov 3

Need volunteers for Flags

Contact Jerry Yahiroy
925 / 683-2541
Muster 11:00 Veterans
Bldg. Main Street
Pleasanton



2020 VNVDV Crab Feed
Sunday - Feb. 2nd
"Donations Needed"



**For the Feb. 2
Crab Feed
there are some
BIG BOOTS to
fill. Donations
don't fall from**

**the sky. Andres Schmidt
and Ray LaRoche have
moved. Their donation in-
put was significant. Jim
Murphy and Jim Hill need
everyone's help to make
the Auction successful.
Contact them to discuss
ways to fill the this void.**

Exchange Club Remembers 9/11 at AWM



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.



**VIET NAM VETERANS
OF DIABLO VALLEY**

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**

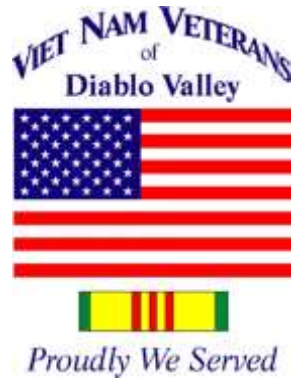
\$50 PER OPPORTUNITY

*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 2th – Sunday at the Veterans Memorial Building of San Ramon Valley in the Town of Danville

Need Not be present to Win





SAN FRANCISCO FLEET WEEK 2019



SCHEDULE OF EVENTS

23 SEPT - 19 OCT **Veterans Art Exhibit:** Ateller Gallery of the Academy of Art University

9 OCTOBER **Softball Tournament:** Moscone Fields | **Ship Tours, Day 1:** The Port of San Francisco |
"Honor Our Fallen" Concert & Reception: SFJAZZ CENTER

10 OCTOBER **Ship Tours, Day 2:** The Port of San Francisco

11 OCTOBER **Humanitarian Assistance Village, and the STEM Education Center Presented by Verizon:** Marina Green | **Parade of Ships:** Marina Green | **The San Francisco Fleet Week AIR SHOW Presented by United Airlines:** Marina Green

12 OCTOBER **Ship Tours, Day 3:** The Port of San Francisco | **SFFW Fleet Fest:** Pier 30/32 |
Humanitarian Assistance Village, and the STEM Education Center Presented by Verizon: Marina Green | **K-9 Heroes:** Duboce Park | **The San Francisco Fleet Week AIR SHOW Presented by United Airlines:** Marina Green

13 OCTOBER **Ship Tours, Day 4:** The Port of San Francisco | **SFFW Fleet Fest:** Pier 30/32 |
Humanitarian Assistance Village, and the STEM Education Center Presented by Verizon: Marina Green | **The San Francisco Fleet Week AIR SHOW Presented by United Airlines:** Marina Green

14 OCTOBER **Ship Tours, Day 4:** The Port of San Francisco | **High School Band Challenge with USMC 1st MARDIV Band:** Golden Gate Park Band Shell

PLUS... Watch for **Pop-up Band Concerts** around San Francisco, featuring the US Navy Band Southwest and the US 1st Marine Division Band.

Schedule and locations subject to change.

Visit FleetWeekSF.org and follow @FleetWeekSF for more information.

JOIN SAN RAMON ROTARY FOR LUNCH HONORING VETERANS

Sponsored By:



SAN RAMON
REGIONAL MEDICAL CENTER,
JOHN MUIR HEALTH PARTNER

Rotary



HOSTED BY THE SAN RAMON ROTARY CLUB

A LUNCH TO HONOR VETERANS AND ACTIVE DUTY PERSONNEL IN OUR COMMUNITY

THURSDAY, NOVEMBER 7 12:00 - 1:30

LOCATION: SAN RAMON REGIONAL MEDICAL CENTER

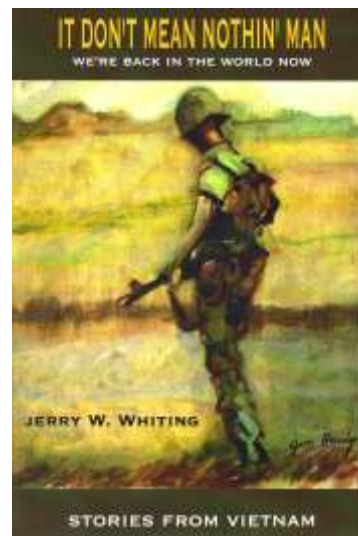
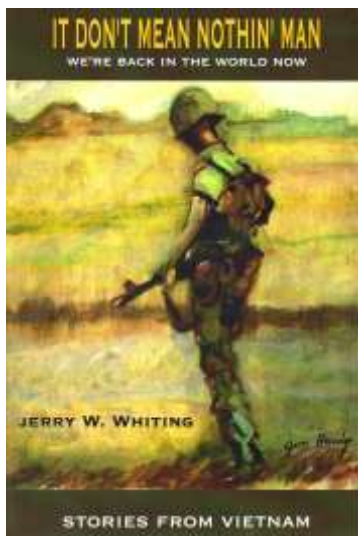
PLEASE CONTACT JULIE MCKINNEY AT JULIE@JBMCKINNEY.COM
FOR MORE INFORMATION OR TO SIGN UP. PRE-REGISTRATION
IS NEEDED BY OCTOBER 30. VETERANS AND ACTIVE DUTY
PERSONNEL ARE INVITED AS GUESTS OF ROTARY.
SPEAKER: MIKE CONKLIN, SENTINELS OF FREEDOM

September 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"





Ring those Holiday Bells

Performed by

BLACKHAWK Chorus

Saturday, December 14 | 4:00 pm
Dougherty Valley Performing Arts Center, San Ramon

Sunday, December 15 | 5:30 pm
Blackhawk Country Club, Danville

Under the direction of



Diane Gilfether

**For ticket information
visit blackhawkchorus.com**

Attend the Saturday December 14th Event



December 2019

Dear Business Owner / Community Supporter -

The Viet Nam Veterans of Diablo Valley (VNVDV) proudly announces their annual charity fund-raiser & we respectfully requests your support for this event. On Sunday, February 2, 2020, we will hold our 17th annual *Charity Crab Feed*, at the newly remodeled Veterans Memorial Building, in Danville, CA.

The VNVDV are an independent, **“grass-roots”** - non-profit / tax-exempt - 501(c)(19), veteran’s organization, comprised primarily of Viet Nam combat veterans. We **“proudly continue to serve”** our community, *with your support*, through a variety of programs, projects and events. (Tax ID number below).

The money raised through our 2020 Charity Crab Feed will support local veteran, active-duty military & community-service events and programs that we conduct and proudly support throughout the year. These include:

- The East Bay Stand Down
- Memorial Day Program at Oak Hill Park
- **Danville’s 4th of July Parade**
- San Ramon Valley **Veteran’s Day Program**
- **The VNVDV School Speaker’s Bureau**
- Operation Welcome Home – *Returning Vets*
- Armed Forces Day **“Walk of Honor”**
- The Blue Star Moms
- The Sentinels of Freedom
- Diablo Valley Flag Brigade
- All Wars Memorial at Oak Hill Park
- The Wheelchair Foundation
- Operation Santa Claus / Toys for Tots
- Memorials Dedicated to Fallen Service Members

We respectfully request your business support for this event - through a discount on goods purchased for **this event, “monetary sponsorship”** - ticket purchase - donated items or gift cards /certificates for your goods & services. Your donated items will be used in our Silent Auction or Raffle held during the 2020 *Charity Crab Feed*, to raise the necessary funds to continue these & many other worthwhile projects for our community.

For more information on the VNVDV, its programs, events, membership, our monthly newsletter, or how you can contribute to our Crab Feed, visit our website at www.VNVDV.com - or e-mail us at the address below.

We look forward to you joining us in support of our 2020 **“Tribute to our Troops”** Charity Crab Feed and are grateful for your generosity to our veterans, serving military, and community programs. Thank you.

Gary Estrella - President
Viet Nam Veterans of Diablo Valley
Telephone: (925) 693-9552
E-mail: gamastar6@aol.com

Viet Nam Veterans of Diablo Valley

P. O. BOX 2079 - DANVILLE, CA 94526-2079 - E-MAIL: VNVDV1@gmail.com - WEBSITE : www.VNVDV.com

Viet Nam Veterans of Diablo Valley is a non-profit veteran’s organization / corporation (EIN 68-0266369) exempt from federal (IRC 501c) & state (RTC 23701w) income tax



Date: _____

DONATION RECEIPT

To: _____

The Viet Nam Veterans of Diablo Valley (VNVDV) hereby acknowledges your donation to our annual charity fund-raiser. The VNVDV is a non-profit organization and the VNVDV provided no goods or services in exchange for your donation. We sincerely thank you for your support of our annual fund raising event.

Your Donation Details	\$ - Value
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

The money raised through our 2020 Charity Crab Feed, will support local veteran, active-duty military & community-service programs and events the VNVDV conducts and proudly supports throughout the year. We thank you again for your support of the VNVDV.

Sincerely,

Coordinator
Crab Feed Donation Committee 2019
Viet Nam Veterans of Diablo Valley

VNVDV Contact: President Gary Estrella - Telephone: (925) 963-9552 - E-mail: gamstra6@alo..com

[Viet Nam Veterans of Diablo Valley](http://www.VNVDV.com)

P. O. BOX 2079 - DANVILLE, CA 94526 - 2079 - E-MAIL: VNVDV1@gmail.com - WEBSITE : www.VNVDV.com

Viet Nam Veterans of Diablo Valley is a non-profit veteran's organization / corporation (EIN 68-0266369) exempt from federal (IRC 501c) & state (RTC 23701w) income tax

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

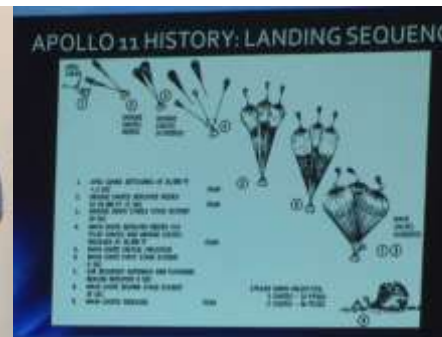


VNVDV Member *OCTOBER* Birthdays

Jim Murphy	Navy	Jon Robbins	Army
James Handlin	Army	Bob Sada	Air Force
John Reese	Navy	Tim Perry	Navy
Jerry Yahiro	Army	Greg Brown	Marine
Dennis Marguet	Marine	Henry Fanger	Navy
Mac McConnico	Army	David Behring	Honorary
Terry Miller	Army	Pat Leary	Army
Less Chakurian	Army	Mike Huntsman	Navy
Joe Callaway	Army	Bill Chew	Army
Juan Kelly	Army	Robert Mitchell	Marine
Dave Smith	Air Force	Gary Slattengren	Navy
Patti Wernet	Army	Roy Warner	Navy

Thanks to the **September Speaker Max Smith** for his presentation on the **APOLLO 11 - EARTH LANDING SYSTEM**

APOLLO 11 History: LANDING THE EAGLE



J. Rockcliff



REALTORS



MIKE WEBER
Realtor *

4105 Blackhawk Plaza Circle
Danville, CA 94506
CalBRE#00441586

direct: 925.736.1500
mweber@rockcliff.com



VENTURE RESEARCH
*Commercial Real Estate
Appraisers & Consultants*

Helen S. Reese
PH: 925 / 935 - 4294

New E-Mail: HSReese@att.net

Website: www.VentureResearch.biz

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

Nominations Open for Viet Nam Veterans of Diablo Valley 2020 Officers & Board of Directors Election at November 7th Meeting

Nominations are OPEN for 2020 Officers & Directors - as announced at the September Membership Dinner Meeting & mentioned in the IN-COMING News. President Gary Estrella appointed Past President **Rich Lambert** as Chair of the Recruitment & Nomination Committee for 2020. He also appointed Past President **Mike Weber** to serve as official member of the 2020 committee for the Election of Officers & Directors for the VNVDV. Past President Rich Lambert expressed he is *looking for a few good men...* to serve on the Board in 2020. The President needs a solid team behind him... so all members are encouraged to find out more about these positions from any of these Past Presidents... **Jerry Yahiro - Mike Weber or Rich Lambert.** The Official Ballots will be distributed at the November 7th dinner meeting with the names of those nominated to-date. You can nominate yourself - or members can nominate other current members in good standing. Any election questions about the "responsibilities" of each office should be directed to any of these three members of the election committee. **Elections/Voting (turning in your written ballot)** will be held at the General Membership Meeting on **Thursday - November 7, 2019**. Ballots may also be returned **by mail** to the VNVDV official mailing address. All "mailed ballots" must be "completed in full" and received no later than **November 22, 2019** to be counted in the final results. Election results will be announced by the President & Election Committee at the **December meeting** & announced in the Incoming electronic newsletter.

The 2020 Election is for the VNVDV Officers & Board of Directors positions listed:

President

Vice-President

Treasurer

Secretary

Director of Public Relations

Director of Membership

Director of Events

Director At Large

Director of Information

Director of Procurement

Director of Speakers

The Election Committee has received nominations for each position and encourages members to find out about each leadership role and become involved in our Board of Directors meetings. All positions are OPEN and we encourage members to run for whatever position they desire by notifying the Nomination Selection Committee by e-mail (please copy Election Committee members). The duties & responsibilities of all "Officers & Directors" positions listed above are outlined in our organizational by-laws. We encourage new members - as well and those now with time available - to attend our October Board of Directors meetings this month on the 3rd Thursday of each month at the Danville Veteran's Memorial Building at 1800. This is a good way to find out what each position is responsible for and gives you a better understanding and background of the organization. All members are welcome to attend any Board meeting. If you have questions about the positions - speak one of the members of the nomination/election committee. Co-Chairs and Assistants are *"appointed"* by the President - and are needed in most areas. This is a great way to learn about the duties - help in a significant way - and keep our organization strong & active in helping fellow veterans - those serving and our community. **Past President Jerry Yahiro noted... "The quality of an organization depends on its current leaders' and the members' willingness to participate in the administration of the organization."** We encourage all members to "strongly consider" becoming more active & involved in "the program of your choice" in our organization.

President Gary Estrella previously indicated there are many enjoyable positions to serve - making a difference in the direction of this amazing organization and he strongly encourages all members to consider joining the 2020 team which he promises will be another fun & exciting year. Our events & activities are so varied... there is truly something for everybody! You can make a difference. Join the team.

"Proudly We Served"

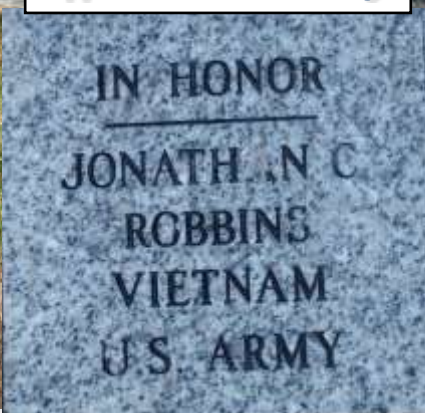
ALL WARS MEMORIAL

Expanded Walkway - 600 New Pavers Now Available!

Thank You to the patriotic community for Honoring their



Application On Next Page



www.AllWarsMemorial.org



Fall Engraving Scheduled for October 2019

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

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.*****

Plan on Getting your Flu Shot? Stop by the Martinez VA for curbside service. Escape the weekday traffic, sit in your car and enjoy a courtesy cup of coffee.

DRIVE THRU FLU SHOT CLINIC

When: **Saturday**, October 19, 2019
 From 9:00 am to 2:30 pm
 Where: Martinez VA, Main Parking Lot
 Bring your VA ID

FREE FLU SHOTS

Flu season is upon us and flu vaccines are highly recommended. Flu vaccine clinics are available at all VA Northern California Health Care System locations free of charge. Flu vaccines either prevent or reduce the impact of the flu and decrease your chance of hospitalization, or death. By getting the flu shot, you will also be protecting your family from the risk of getting the flu.

Flu shots will be available in the primary care clinics 10/15/2019



Friday, September 19th, Mike Weber met with a trucking company that was able to move our EBSD conex boxes (as requested by the Pleasanton/Alameda county fair board).

Mike is always there to get things done.



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

Veterans "STEP UP" TO PREVENT FLU



As fall and winter approach, flu season is upon us too. Influenza (flu) presents health challenges not only to us as individuals, but to our families, and our VA and hometown communities. Flu is a respiratory illness that spreads easily. It is caused by viruses that can change from year to year. Anyone can get the flu. This is why it is important for all of us to "step up" and help stop the spread of flu!

VA Flu Shots begin Oct 15th

STEP 1 Get your flu shot

People who are 6 months and older should get the flu vaccine (flu shot or nasal spray). This year the vaccine will protect you from the "2009 H1N1 Pandemic Flu", as well as two other strains of "regular" flu, so adults will need only one flu shot. Almost all people who get the flu shot have no serious problems from it. Remember, the best way to stop the flu is to get the vaccine each year.

STEP 2 Know how flu is spread

When a person with the flu sneezes, coughs, talks, or laughs, the flu virus can spread into the air as droplets from the mouth or nose. These droplets can spread to people and

spread to your hands if you touch anything that has the virus on it. If you then touch your eyes, nose, or mouth, you can get the flu. Remember, people may be able to spread the flu virus to others 1 day before they feel sick and up to 5 days after getting sick.

STEP 3 Know the symptoms of flu

Symptoms of flu include a fever (usually high), muscle aches and pains, headache, feeling tired and weak, chest discomfort, and coughing. People with flu may also have a stuffy nose and sore throat. Remember, illness can start 1 to 4 days after you get the flu virus.

STEP 4 Keep your hands AND surfaces around you clean

Clean hands often by washing with soap and water or by using alcohol-based hand rubs. Clean hands before eating or preparing food, before caring for someone who is sick, before touching your face, mouth or eyes. Clean your hands after using the bathroom, after caring for someone who is sick, and after blowing your nose, coughing or sneezing. Keep surfaces clean that are touched often such as phones, light switches, countertops, door and cabinet knobs, keyboards and mouse, and TV remotes. Remember, the flu virus can live on surfaces for 24 to 48 hours.

STEP 5 Cover your coughs and sneezes

Use tissues to stop germ "droplets" that spread from coughs and sneezes. If tissues are not available, raise your arm and cover your face with your upper sleeve. Remember to dispose of tissues in waste baskets and to clean your hands afterwards.

STEP 6 Stay home when sick

Because flu spreads easily from person to person, stay home when you are sick. School and work are well-known places that people get the flu. Remember, treat the flu by getting plenty of rest, drinking fluids, and using medicines that reduce fevers.



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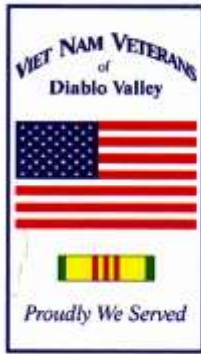
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Thanks to Procurement Director John "T.J." Trujillo for his monthly display of VNVDV Hats and Shirts. Order your VNVDV NAME TAGS contact "T.J."

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
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VNVDV Members THANK David Behring

Wheelchair Foundation



"Serving the World"



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

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

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

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

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

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

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

All Wars Memorial

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

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

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



Department of Veterans Affairs



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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 - OCT. 15
ARF Mobile Veteran Pet Exam Van Monthly!
Get your Veteran Certification for DMV License

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

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

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

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

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

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

Veterans Benefits Contact:

Nathan D. Johnson
Veterans Service Officer
Contra Costa County

10 Douglas Dr. Suite 100
Martinez, CA 94553

Tel: (925) 313-1481

Fax: (925) 313-1490

Nathan.johnson@vs.cccounty.us



Veterans Services

Because You Chose To Proudly Serve

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

Pre-Planning Lifts the Burdens Off Your Loved Ones

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



REAL TIME PAIN RELIEF

To purchase call: Mike Martin - 925.323.1093



EBSD CHANGES FOR 2020

September 20, 2019

Greetings EBSD Coordinators, Volunteers and Supporters!

I hope this finds all is well with all of you.

This message is to give you an update on what has happened since our last EBSD, held this time last year, in 2018, and to share our plans for EBSD going forward. **Yes, there will be an EBSD 2020, our 17th Stand Down!!!**

Before going further, I want to thank all of you for volunteering and serving as coordinators/co-coordinators in 2018. A special THANK YOU to those of you who have been with the East Bay Stand Down (EBSD) over many years, especially those who have been with me since its inception in 1999. I think that we all need to congratulate ourselves for a job well done! **BRAVO ZULU** (to use a US Navy term for "a job well done").

Going forward, we have some organizational changes for the EBSD Team. **MG Ron Lowe**, USA (Ret.) has elected to "Retire" and step down as our Executive Director of the Board. Thank you, Ron, for your years of service, not only to our Nation, but to all the other organizations and activities that have supported and benefited so many Veterans.

I will move to the Executive Director / Chairman of the Executive Board position. **Scott Whitacre** will take my old position, becoming the new Director of EBSD. **Scott**, a Marine Veteran (we won't hold that against him...), has been associated with the EBSD since its beginning. Early on he was our Public Relations contact from AT & T, one of our Major Corporate Sponsors. Over the years Scott has volunteered in many different areas at EBSD and served as Tent Leader multiple times. He has been active in many other aspects of the Stand Down, as well as recruiting volunteers and arranging for much needed resources at our event. Our Veterans and EBSD will be in good hands under Scott's leadership. Please join me in saying: "Welcome, Scott and Thank You!!!"

We anticipate there will be some other changes to our EBSD organization in the near future. We will let you know of them as soon as we can.

With all of this in mind, please respond back to this email as to whether you wish to return as a Coordinator/Co-coordinator for EBSD 2020. Also, please indicate your desire to serve in your previous coordinator position, or a new/different area or capacity. Also, please indicate your willingness to consider/serve in another capacity, other than your previous positions, at the EBSD Board's request, should the need arise to staff all positions with some measure of expertise. Please, get back to us with your response and input no later than October 15, 2019, so that we can move forward with staffing. We would also appreciate your input/suggestions/recommendations you may have to improve the overall EBSD experience, for all our Veterans and Volunteers.

Additionally, Scott will be contacting each Coordinator to formally introduce himself and understand your role with more familiarity and how he can help you succeed in providing our veterans with top notch support.

EBSD 2020 will be held in the **September** time frame, with specific dates yet "To Be Determined" by the Alameda County Fairgrounds, pending space availability at their facility. Community planning meetings will begin on **Tuesday, February 11, 2020, at 6:00 PM, at the SRV Veterans Memorial Building, 115 East Prospect Ave., Danville**. Successive meetings will be held on the 2nd Tuesday of the month, at the same time, same location, until the event.

Once again, I want to thank all of you for what we accomplished!

Jerry



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

OCT 2019



Official Mailing Address:

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

Danville, CA 94526 - 2079

E-Mail: VNVDV1@gmail.com

Web: www.VNVDV.org

Electronic News

**2019 OFFICERS &
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Jonathan "JON" Robbins

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



To:

VNVDV Members & VIPs

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