

Vietnam Veterans of America

Chapter 324 - PO Box 18631 - Milwaukee, WI 53218

In Service to America



Meeting Notice

21 April, 2021

Elks Club

5555 W. Good Hope Rd.

Board Meeting 6:30 p.m.

Chapter Meeting 7 - 8 p.m.

Future Meetings TBA

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National web page: www.vva.org

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John is listed in the phone book - good luck finding one

MEETING: 21 April 2021 Elections Will Be Held

Is it safe to come out, yet?

If you've been fully vaccinated:

CDC has new guidelines to help you understand what's safe to do now, and what hasn't changed.

What's changed?

You can gather indoors with fully vaccinated people without wearing a mask.

You can visit friends and family from one other household who all live together without masks unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.

If you're exposed to COVID-19, only get tested if you have symptoms.

If you live in a group setting and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

What Hasn't Changed?

You should still protect yourself and others by wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces.

Take precautions whenever you're in public or spending time with anyone unvaccinated, especially if they're at an increased risk of severe illness.

Avoid medium or large-sized gatherings.

Delay travel. If you do travel, you'll need to follow CDC requirements.

Watch out for symptoms of COVID-19, especially if you've been around someone who's sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.

Diseases That Are Common in Seniors Who Get COVID-19

Chris Kissell, MoneyTalksNews, January 22, 2021

Seniors with 12 chronic conditions are especially vulnerable to ending up hospitalized for COVID-19, according to newly updated data from the federal Centers for Medicare & Medicaid Services (CMS).

Medicare is the federal health insurance program for people who are age 65 and older or who have disabilities or certain medical conditions. CMS says that more than 1.9 million Medicare beneficiaries were diagnosed with COVID-19, the disease caused by the novel coronavirus, between the start of last year and 21 NOV.

Of those beneficiaries, more than 493,000 were hospitalized as inpatients with a COVID-19 diagnosis during that period.

Those numbers, released in mid-January, reflect cases and hospitalizations that CMS knew about as of 18 DEC. The federal agency notes that all data in its latest report will continue to change as CMS processes more Medicare health insurance claims.

The present data reveals that 12 chronic conditions are most common among the Medicare beneficiaries who have been hospitalized:

- Hypertension: 79%
- Hyperlipidemia: 61%
- Chronic kidney disease: 49%
- Diabetes: 49%
- Rheumatoid arthritis/osteoarthritis: 46%
- Ischemic heart disease: 45%
- Anemia: 44%
- Heart failure: 33%
- Depression: 33%

- Alzheimer's disease/dementia: 32%
- Obesity: 32%
- Peripheral vascular disease: 31%

Of the beneficiaries who were hospitalized, 19% died and 35% were discharged to their homes. The others moved from the hospital to skilled nursing facilities (20%), home health care (15%), hospice (5%) or another health care facility (4%), CMS says. About half of the hospital stays lasted for fewer than eight days, while 11% percent of the stays were at least 21 days.

The coronavirus disease appears to be affecting people of color, older adults and the poor in greater numbers, and that disparity also shows up in the Medicare data. CMS says COVID-19 hospitalization rates are especially high for:

- Black beneficiaries (1,569 hospitalizations per 100,000 beneficiaries)
- Hispanic beneficiaries (1,258 hospitalizations per 100,000 beneficiaries)
- Beneficiaries who are age 85 or older (1,436 hospitalizations per 100,000 beneficiaries)
- Beneficiaries who are age 75 to 84 (917 hospitalizations per 100,000 beneficiaries)
- Beneficiaries enrolled in both Medicare and Medicaid, the government insurance program for people with low incomes (1,794 hospitalizations per 100,000 beneficiaries)

By comparison, the overall rate for all Medicare-only beneficiaries was 527 hospitalizations per 100,000 people.

New Rank Names for Guardians Announced

Caitlin M. Kenney, Stars & Stripes, January 29, 2021

Space Force has decided on the names for its ranks, and while officers will keep the same names that they have in the Air Force, several enlisted ranks have changed, according to a memorandum released 22 JAN. The service-wide memo is the most recent change for Space Force personnel 1 FEB.

For the junior enlisted who are E-1 to E-4, they will no longer be "airman" but "specialist," and then depending on their grade, the rank will include numbers 1 through 4, according to the memo provided by the Air Force. For example, an E-3 will go from airman first class to specialist 3, or Spc3, in Space Force. They can be addressed as specialist, Spec3, or specialist 3, according to the memo.

Guardians who are E-5 will no longer be a staff sergeant but a sergeant in the Space Force. Grades E-6 to E-9 with names technical sergeant, master sergeant, senior master sergeant and chief master sergeant will remain the same. The most senior enlisted guardian will now be the chief master sergeant of the Space Force, according to the memo. All the officer ranks, from second lieutenant to general, remain the same.

Reasons to Work for as Long as You Live

Retiree Life Expectancy

Alex Valdes, MoneyTalksNews, October 8, 2020

- While countless workers dream of retirement, millions more have decided to work full time or part time after age 65:
 - The U.S. Bureau of Labor Statistics predicts that by 2024, there will be about 13 million working Americans age 65 and older.
 - A 2017 Gallup poll found that 74% of working Americans planned to work past retirement age.

Working longer might be your best option. Here are several reasons why. A significant one could be living longer. One analysis of a long-term public health study showed that Americans retiring at age 66 had an 11% lower rate of mortality than those working until 65, Oregon State University doctoral student Chenkai Wu told the Harvard Business Review in 2016. Even unhealthy people in the survey had a lower risk of death when delaying retirement by a year. A connection between working and a lower mortality risk doesn't prove one causes the other. These benefits might make you think twice about retirement.

1. Increased financial security

If you're worried about outliving your savings, working longer is the answer. It can let you:

- Wait to collect Social Security. Delaying benefits until age 70 earns you payments much larger than if you had started claiming benefits at or before your full retirement age.
- Keep adding to your retirement savings.
- Leave your nest egg untouched longer. This means having more money to use later and give your savings more time to grow and compound.

Last year, MarketWatch cited these findings from the National Bureau of Economic Research: "The longer you work, the longer you can add to your retirement savings, the more time they have to grow, and the less you will need when you eventually retire. Throw in the boost to Social Security as well, and 'delaying retirement by one year is roughly 3.5 times as impactful as saving an additional 1% of wages for 30 years,' calculated financial researchers recently."

2. Staying sharp

A job gives you projects to complete, tasks to perform, deadlines to meet and co-workers to team up with. If all that vanishes in retirement, you may risk losing some mental acuity. One researcher found that people reduced their risk of dementia by 3.2% for each

additional year they worked. Another researcher found that folks who didn't fully retire and kept working — whether through self-employment, part-time work or a temporary job — enjoyed better mental and physical well-being than those who retired completely.

3. Feeling relevant

Like it or not, it's not uncommon to measure ourselves and others by career status and achievement. Leaving work forever can provoke an identity crisis for some. But there are many alternatives to withdrawing from work completely. For example, workers may transition to an "encore career" in their profession or elsewhere to use their skills in a new way.

4. Retaining social networks

After decades of employment, co-workers may be among your closest friends. Leaving that world can be a shock to the system, and 43% of people over 60 reported feeling lonely on a regular basis, says U.S. News & World Report, citing a study from the University of California at San Francisco. The lesson: Working helps retain vital connections. If you retire, take steps to build new social networks through church, neighborhood, classes, clubs and elsewhere.

WARBIRDS ARE COMING to Janesville

VVA Chapter 236 March newsletter

The Warbirds Weekend Aircraft Exhibit will be at the Rock County Southern Wisconsin Regional Airport on July 23-25, 2021 from 9:00 AM to 5:00 PM daily. One of the aircraft on display will be an AC-47 Gunship, also known as "Spooky" or "Puff the Magic Dragon". In Vietnam, this aircraft was able to save countless lives by applying tremendous amounts of firepower where needed. You can view this aircraft from both the inside and the outside.

Admission is \$10.00 per person at the gate and this gets you into the entire exhibition. There will be many aircraft on display.

For more information visit Janesville Warbirds Weekend 2021 on the internet.

The Lichtenstein army went to battle in 1866, during the Austro-Prussian War with 80 soldiers and came back with 81. They befriended an Austrian man along the way and he joined them.

Navy Has Patents It Says Will ‘Engineer the Fabric of Reality’

By Matthew Gault, Feb 3, 2021, <https://www.vice.com/>

The U.S. Navy has patents on weird and little understood technology. According to patents filed by the Navy, it is working on a compact fusion reactor that could power cities, an engine that works using “inertial mass reduction,” and a “hybrid aerospace-underwater craft.” Dubbed the “UFO patents, The War Zone has reported that the Navy had to build prototypes of some of the outlandish tech to prove it worked.

Dr. Salvatore Cezar Pais is the man behind the patents and The War Zone has proven the man exists, at least on paper. Pais has worked for a number of different departments in the Navy, including the Naval Air Warfare Center Aircraft Division (NAVAIR/NAWCAD) and the Strategic Systems Programs (SSP). The SSP mission, according to its website, is to “provide credible and affordable strategic solutions to the warfighter.” It’s responsible for developing the technology behind the Trident class nuclear missiles launched from Submarines.

The patents all build on each other, but at their core is something Pais called the “Pais Effect.” This is the idea that, “controlled motion of electrically charged matter via accelerated vibration and/or accelerated spin subjected to smooth yet rapid acceleration transients, in order to generate extremely high energy/high intensity electromagnetic fields.”

Essentially, Pais is claiming to use properly spun electromagnetic fields to contain a fusion reaction. That plasma fusion reaction he claims to have invented will revolutionize power consumption. Experts theorize that a functioning fusion reactor would lead to cheap and ubiquitous energy.

One of Pais and the Navy’s patents described what the propulsion system and fusion drive would be used for—a “hybrid aerospace-underwater craft.” According to the patent, the craft could travel land, sea, and outer space at incredible speeds. Other patents invented by Pais and filed by the Navy include a “high temperature superconductor,” a “electromagnetic field generator,” and a “high frequency gravitational wave generator.”

It all sounds like science fiction, and the Navy has been skeptical too. Navy authorities called bullshit on Pais’ inventions and his patents went through a lengthy internal review at NAVAIR. The

War Zone obtained emails about the bureaucratic fight between Pais and the Navy through a Freedom of Information Act Request and revealed that the mad scientist won. According to the patents, some of the technology is “operable.” That means the Navy is claiming some of Pais’ wild tech works and has been demonstrated to Navy officials.

The physics of what Pais is claiming are beyond theoretical and beyond the ken of the layman or lowly science reporter. But a paper about his compaction fusion reactor was accepted by the peer reviewed Institute of Electrical and Electronics Engineers Transactions on Plasma Science and published in its November 2019 issue. “The fact that my work on the design of a Compact Fusion Reactor was accepted for publication in such a prestigious journal as IEEE TPS, should speak volumes as to its importance and credibility - and should eliminate (or at least alleviate) all misconceptions you (or any other person) may have in regard to the veracity (or possibility) of my advanced physics concepts,” Pais told The War Zone in an email.

Pais continued to toot his own plasma horn. “Do realize that my work culminates in the enablement of the Pais Effect (original physical concept),” he said. “Such high energy [electromagnetic] radiation can locally interact with the Vacuum Energy State (VES) - the VES being the Fifth State of Matter (Fifth Essence - Quintessence), in other words the fundamental structure (foundational framework), from which Everything else (Spacetime included) in our Quantum Reality, emerges. The Engineering of the Pais Effect can give rise to the Enablement of Macroscopic Quantum Coherence, which if you have closely been following my work, you understand the importance of.”

If the email Pais sent sounds like the jargon filled ramblings of a mad scientist, you aren’t alone. The Pais emails sound like the jargon filled ramblings of a mad scientist, but the Pentagon does have a history of successfully fostering cutting edge technology. More than 100 years ago, nuclear weapons were science fiction. GPS, the TOR network, and the internet itself all began life as Pentagon programs. Perhaps the Navy will soon revolutionize the way we think about energy and transportation.

Urgency Promised In New Presumptive Agent Orange Rules

Leo Shane III, MilitaryTimes, February 23, 2021

Veterans Affairs Secretary Denis McDonough on Tuesday promised an “urgent” review of new rules regarding presumptive benefits status for Vietnam veterans suffering from serious illnesses related to toxic chemical defoliant exposure, but offered no specific timeline for when veterans may see those changes put in place. “We’re under the gun on this, and I think that’s a good thing,” McDonough told reporters during a press conference on 23 FEB. “I feel some urgency on this ... and we are trying to get spun up on it.”

In January, officials from President Donald Trump’s VA leadership team said it could be months or years before veterans suffering from bladder cancer, hypothyroidism and Parkinson’s-like symptoms — three new conditions added presumptive benefits list by Congress last year — would see any benefits from the change in law.

Veterans’ advocates for years have fought for years to force the change, which would give about 34,000 Vietnam veterans a faster path to receiving disability benefits. Past VA officials have argued against the move in part because of lingering questions about connections between the illnesses and chemical

defoliant exposure (although National Academies of Sciences, Engineering and Medicine officials have said the science linking the two is conclusive) and in part because of the potential cost of the move, estimated at about \$8 billion over the next 10 years

But Congress sided with the veterans’ advocates, putting language in the fiscal 2021 National Defense Authorization Act forcing the change. Following the bill’s passage, VA officials said the regulatory process to implement the new rules can take up to 24 months. McDonough indicated he hopes to move much quicker. “So many of the vets have been waiting while on this,” he said.

McDonough also promised to re-examine a related issue: the connection between hypertension and Agent Orange exposure, one that medical experts have said is strong but not as conclusive as the other approved illnesses. Adding high-blood pressure to the presumptive list could potentially more than double the cost to VA, and benefit as many as 160,000 veterans. “People often are inclined to focus first on the cost,” McDonough said. “I want to focus first on the facts and on the data.”

Capitol Police Officer Who Died Was Iraq War Veteran

BY SOO KIM, Newsweek, 1/8/21

Brian D. Sicknick, the U.S. Capitol Police officer who died while “physically engaging with protesters” at the violent riots in Washington, D.C. on Wednesday, was an Iraq War veteran in his early 40s, according to local media.

Sicknick, who joined the Capitol police in 2008 and most recently served in the department’s first responder unit, died at about 9:30 p.m. on January 7 “due to injuries sustained while on duty,” according to a police statement.

“Officer Sicknick was responding to the riots on Wednesday, January 6, 2021, at the U.S. Capitol and was injured while physically engaging with protesters. He returned to his division office and collapsed. He was taken to a local hospital where he succumbed to his injuries.

Sicknick was a former Air National Guardsman who served in Operation Desert Shield and Operation Enduring Freedom before joining the police force, according to his brother.

He was reported to have often written letters to the editor of Central New Jersey Home News, according to tweets by Marcus Baram, a New York City-based investigative journalist.

Sicknick criticized the Iraq War and the George W. Bush administration in a 2003 letter published by the local newspaper. “With an unnecessary war taking place and other major problems going on in this country, there is no room for blatantly partisan politics,” he wrote, according to Baram. This is just another poor example of the Bush administration that has its hands grasped firmly on the puppet strings of conservative senators,” Sicknick wrote.

In another letter to the editor, Sicknick denounced the government’s lack of support for veterans, stating: “I am no longer going to risk my life in hostile environments around the globe for a government that does not care about the troops,” according to Baram.



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Anyone Else:

- Associate Member - 1 year \$20 • Associate Member 3 year \$50 • Associate Life Member \$250
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