

Vietnam Veterans of America

Chapter 324 - PO Box 18631 - Milwaukee, WI 53218

In Service to America



Meeting Notice

16 March, 2022

5555 W. Good Hope Rd.
Board Meeting 6:30 p.m.
Chapter Meeting 7 - 8 p.m.

16 MARCH

Future Meetings

20 April, 18 May, 15 June, 20 July, 17 August

Chapter web page: www.vietnamvetschapter324.com

National web page: www.vva.org

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

ELECTIONS AT THE APRIL MEETING

Buy a Shirt to Save the Soldiers Home

Our friend Laura Rinaldi is selling Save the Milwaukee Soldiers Home T-shirts highlighting the Chapel, with proceeds going directly to Milwaukee Preservation Alliance! Grab a great looking shirt and help support our efforts to preserve this endangered treasure today!

These shirts were recently rediscovered in a storage area from the previous Reclaiming Our Heritage event that was held on the grounds of the Milwaukee VA Medical Center. This is a one-time offering of these shirts - when they're gone, they're gone!

Shirts are American made 100% preshrunk cotton; available in sizes Small to 3X, and sell for \$10 plus \$5 for shipping (or can be picked up in Pewaukee for free).

To order email Laura at chapelshirts@gmail.com and specify the size and shipping address or a time to pick it up in Pewaukee.

Shirts will also be for sale at Real Time Automation, N26 W23315 Paul Road, Pewaukee, on Saturday March 12, from 8:00a.m. to noon.



Grab yours today and help Save the Soldiers Home!

Joe Campbell, PRESENTE



Conscientious Objector program linked to Biggest Winner contest?

By Craig T. Brown, Director Selective Service System (Acting), The Register, Winter 2022

As WWII progressed, it became obvious that feeding those liberated from Nazi concentration and incarceration camps as well as civilian refugee populations throughout Europe and Asia was going to be difficult. In some cases, well-meaning servicemen and medical personnel were doing more harm than good when they tried to treat starved people. There had been little scientific study on the physical and psychological effects of starvation. That is where COs came in.

During WWII, a separate entity, the Civilian Public Service (CPS), managed more than 12,000 men classified as COs by SSS local boards. COs performed many tasks to benefit national security; some worked in hospitals, some on farms, some on public works projects. Some volunteered to assist in scientific research. In 1944 CPS called volunteers to participate in what became known as the Minnesota Starvation Experiment, and 36 COs signed up.

The COs were put through a 12-month protocol: 3 months of a standardized 3600 calories/day diet followed by six months of 1800 cal/day (designed to achieve on average a 25% weight loss), followed by one of four different 3-month recovery diets. During these 12 months, all volunteers had to sustain a certain level of physical and mental fitness to mimic conditions in a war-torn population. They walked no less than 22 miles a week, had administrative and housekeeping duties, and participated in university classwork in order to measure mental acuity.

Among the many findings of the Minnesota Starvation Experiment was that everyone has a basal

metabolic rate. There is a caloric cost to running your body no matter what you do. Further, your body will adjust to ensure there is enough energy to keep your most critical systems, such as brain and liver function, running at the expense of virtually everything else. Your muscles, which require a lot of energy to maintain, will wither. Blood pressure and pulse rate will drop.

As the six-month caloric limitation part of the protocol progressed, the COs became more and more lethargic and experienced mental foginess. The COs had no say in what systems got energy; their bodies decided for them. Further, all 36 COs were able to regain their pre-experiment weight, many within the three months of recovery.

But what does this have to do with the Biggest Winner? As you have been hearing, if you participate, a well-balanced, gradual approach is best for weight loss. Dramatic changes to diet don't work. Your body will rapidly adjust to what it interprets as starvation conditions and then will once again rapidly adjust when your caloric intake inevitably increases. Sensible food intake combined with exercise and a healthy understanding of your body and how it reacts to change over time is the best way to lose weight. Although complete results were not published until 1950, the work performed by the medical team and COs in the Minnesota Starvation Experiment influenced recovery efforts throughout post-war Europe and Asia and helped save lives. That is a great legacy for the 36 COs who participated.

Collateral Damage

Cam Lo, Quang Tri, Vietnam February 16, 2022

Forwarded by Chuck Theusch

Mr. Le Chi Truong, was Killed by an 81MM Mortar Round Feb 16 2022--on his Birthday. Born Feb 16, 1979 He was killed while putting in a new Kitchen Floor in his home. Digging in to replace the concrete floor he sank his shovel hitting a US 81 MM Mortar that immediately detonated, over 50 years after it was fired in the Vietnam war.

We will send his wife support for the now fatherless family.

WIFE: Tran Thi Nhung, Born August 29, 1987

DAUGHTER: Le Tran Phuong Trinh, Born December 1, 2011

Whenever you decide to build something in Vietnam, "JOB 1" is site clearance. His home had been built years ago, with unknown laborers escaping this fate. War Legacy Hazards are a regular challenge in this District at the Demilitarized Zone/17th Parallel on the Ben Hai River separating old North and South.

Below: Mr. Truong's Home, humble and now the site of his death, with family, friends and neighbors planning his funeral. (Other Pics) Wife inside the home, and with a friend, Covid masked.



Drone Warfare: The Problem that Everyone Saw Coming

Jordan Cohen & Jonathan Ellis Allen, DefenseOne, December 21, 2021

Just because drone warfare is less dangerous for American soldiers does not mean it is more effective.

A new trove of Pentagon documents revealed by the New York Times shows once again that drone warfare does the United States more harm than good. U.S. drone strikes, which have killed many hundreds of civilians in the greater Middle East, radicalize enemies, keep the United States involved in wars long



past their expiration date, and cause post-traumatic stress for those running the drone program.

The general argument for using drones is that these uncrewed, generally precision-guided weapons can accomplish many of the desired effects of general conventional war at a far lower cost. Proponents argue that drones send a credible signal to adversaries that the U.S. can fight wars indefinitely, that they allow Washington to mostly withdraw from the Middle East, and the reusable nature of new drones keeps U.S. troops out of harm's way. This could not be further from the truth. Even if drones do send a credible signal to adversaries, that does not matter unless those adversaries stop fighting. The opposite is true. Because drone strikes kill families and innocent civilians, they lead to radicalization.

The New York Times reports show that 1,417 civilians have been killed in U.S. drone strikes in the Middle East. This means that the United States is playing right into the narrative anti-American terrorist organizations use to radicalize recruits. Reporting shows that the Islamic State has used footage from the aftermath of drone strikes in its propaganda videos. It is not difficult to convince someone that a far-off country hates them after you show them footage of what a drone strike did to a family in their country. The impact of this is stark. Recent research finds that, when attacks successfully kill a cell's leader in Pakistan, the resulting power vacuum typically leads to a nearly 30 percentage point-increase in attacks

over the next three to six months. Other research finds similar effects in Yemen, Somalia, and the Middle East as a whole.

Beyond increasing the number of enemy troops, drones allow for primacy on the cheap. They are attractive to presidents because they demonstrate “doing something” to fight terrorism. In 2013, CIA Director-appointee John Brennan said drones are best at deterring future terrorist attacks.

Furthermore, successful drone strikes increase presidential approval ratings despite things like weak economies more than is seen with traditional uses of force. Thus, even if the president is unsure of drones' efficacy, the future benefits from this “cheap primacy” are undoubtedly attractive.

The problem is that this also means an extension of forever wars. The U.S. drone program fits well with the “over the horizon” operations

Washington continues to conduct in Afghanistan, despite knowing that its partners have the perverse benefit of mandating Washington's involvement in the region. Beyond that, the United States is using drone warfare to aid Saudi Arabia's war in Yemen that has led to the largest manmade humanitarian crisis in history.

Finally, the cost to American soldiers from using drones is not cheap. A 2011 Pentagon study found that drone pilots experience post-traumatic stress at the same rate as pilots of manned aircraft, a cost that persists long after the fighting has stopped. Beyond the burden for taxpayers, these former drone pilots face a life of nightmares and flashbacks, which can reduce their ability to work and maintain relationships. Recent psychology research affirms this point, finding that drone operators have higher chances of having PTSD, emotional exhaustion, and burnout compared to manned aircraft pilots. Policymakers cannot justify drone warfare on the claim that it does not cause harm to American soldiers, just because they are physically far from harm.

It is attractive to focus on how drones allow for primacy on the cheap. Yet, by increasing the number of terrorists and psychologically damaging American soldiers – all while allowing forever wars to endure – drone warfare hurts the United States and target countries. Warfare on the cheap is still war, primacy on the cheap is still primacy, and Washington's policymakers should operate on this reality.

*Coming Soon from Mental
Health America of Wisconsin...*



THE R&R HOUSE

A first-of-its-kind resource will soon be coming to Southeastern Wisconsin to provide peer-supported recovery services to former members of the United States Armed Forces in low-level crisis. The R&R House is a home-like environment for veterans of:

- Any Branch,
- Any Discharge,
- Any Age, and
- Any Gender/Identity

to find a safe and welcoming space to connect with state-certified peers with shared lived experience recovering from mental health or substance use challenges. With peer-support staff on-site 24/7, guests will have access to person-centered guidance to help begin or reconnect with health services, develop recovery plans, and improve coping skills to better manage stress and improve responses to moments of crisis.

The R&R House will provide short-term stays of up to one-week in individual bedrooms for 3-5 guests, with full access to common areas and secure storage for medication and valuables. All services at the R&R House will be free of charge, and are funded through a grant from Wisconsin Department of Health Services.

For More Information, Contact Brian Michel, Program Director,
at brian@mhawisconsin.org.



Vietnam Veterans of America #324
PO Box 18631
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Sign Up Now With Vietnam Veterans of America Chapter 324

Anyone can join! Membership Options:

Life Membership for all veterans \$50:

VVA is only offering LIFE memberships at \$50. If you have been getting a 1 year membership for \$20 you will need to pay \$50 at your next renew or be dropped from the VVA. If you paid \$50 at your last renewal you will become a LIFE member automatically without any further payment. NEW members will only have the \$50 LIFE membership when they join. (with a DD214 submitted).

Anyone Else:

- Associate Member - 1 year \$20 • Associate Member 3 year \$50 • Associate Life Member \$250
- Associate Life Member Installment Plan (\$50 Deposit; \$25 per month for 8 Months)

Please Print

Name _____ Membership # _____

Address _____ City _____ State _____ Zip _____

Phone (_____) _____ E-mail _____

I would like to help Chapter 324 by donating \$ _____

Make checks payable to VVA324 and mail with this completed application to:
VVA Chapter 324 - Membership, PO Box 18631, Milwaukee, WI 53218