

Pennsylvania  
State Council



# The PASC Newsletter

February, 2019

## Vietnam Veterans of America Pennsylvania State Council

A Congressionally Chartered Veterans Service Organization

### Memorandum

From Jake Barsottini, PASC Treasurer  
To All VVA Chapters Involved in Household Goods  
RE Reporting Date For Reports On Household Goods

Your Household Goods Annual Report for the period September 1, 2018 through February 28, 2019 are due to me NO LATER than March 9, 2019. I can only accept reports by email to the below email or **fax to fax at 888 261 5236**. Please get your reports in on time if you want to be paid for the next six months

[jbarsottini@gmail.com](mailto:jbarsottini@gmail.com)

Chapters 67, 131, 210, 266,349, 415, 436, 468, 565, 590, 678, 862, 1008, 1035



## National Salute to Veteran Patients Week

The week of February  
14th each year!

The purpose of the National Salute to Veteran Patients Program is to:

- pay tribute and express appreciation to Veterans;
- increase community awareness of the role of the VA medical center;
- encourage citizens to visit hospitalized Veterans and to become involved as volunteers

# USS Ronald Reagan



Seeing this next to the Arizona Memorial puts this into perspective! When the Bridge pipes 'Man the Rail' there is a lot of rail to man on this monster: shoulder to shoulder, around 4.5 acres. Her displacement is about 100,000 tons with full complement.

1. Towers 20 stories above the waterline
2. 1092 feet long; nearly as long as the Empire State Building is tall
3. Flight deck covers 4.5 acres
4. 4 bronze propellers, each 21 feet across, weighing 66,200 pounds
5. 2 rudders, each 29 by 22 feet and weighing 50 tons
6. 4 high speed aircraft elevators, each over 4,000 square feet

## Capacity

1. Home to about 6,000 Navy personnel
2. Carries enough food and supplies to operate for 90 days
3. 18,150 meals served daily
4. Distillation plants provide 400,000 gallons of fresh water from sea water daily, enough for 2,000 homes
5. Nearly 30,000 light fixtures and 1,325 miles of cable and wiring 1,400 telephones







## Veterans and Military Service Members

Come experience the healing power of our horses through our Equine Therapy Programs. Shamrock Reins is a Safe Haven a calm, peaceful, safe, nonthreatening, nonconfrontational place to heal. Shamrock Reins has been awarded grant funds from the VA through ASG-VA Program. We are offering weekly sessions with our horses to help you develop valuable coping skills for symptoms of PTSD, Traumatic Brain Injury, depression, anxiety, various physical issues, and other service-related traumas. Contact us to schedule a visit and learn more at [jbrennan@shamrockreins.org](mailto:jbrennan@shamrockreins.org) or (215) 766-4988



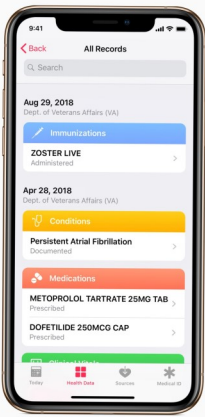
### VA's Appeals Modernization Act Now in Effect

**VA** | News Release

On February 19, the VA announced the implementation of the Veterans Appeals Improvement and Modernization Act of 2017. Veterans who appeal a VA claims decision now have three decision review options: "Higher-level Review"; "Supplemental Claim"; and "Appeal to the Board of Veterans' Appeals". In the Higher-level Review option, a more experienced adjudicator will conduct a new review of the previous decision. Veterans who select the Supplemental Claim option may submit new and relevant evidence, and VA will assist in developing new evidence under its duty to assist. If veterans appeal a decision to the Board, they can choose one of three dockets: direct review, evidence, or hearing.



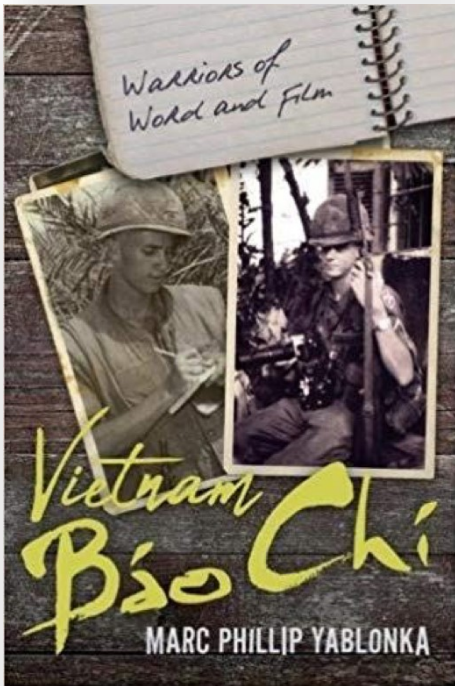
## Apple and VA Partner to Create Health Records App



In a February 11 press release, Apple announced its partnership with the VA, noting that for the first time, American veterans receiving care through the VA will be able to securely view their aggregated health records directly in the health records app on their iPhone.

## Sentence for Accepting Bribes and Defrauding Veterans

As reported February 19 by Eric Katz for *Government Executive*, a former VA employee was sentenced last week to 11 years in prison after pleading guilty to accepting bribes to direct former military personnel to organizations fraudulently claiming to offer more training than was actually available. James King was a Vocational Rehabilitation and Employment program counselor, and from 2015 through 2017, the Justice Department said, he “demanded and received cash bribes” from three different schools offering various services to veterans.



## Books In Review II

You can find more than 1,100 book reviews, all of them of books dealing with the Vietnam War or Vietnam War veterans, on *The VVA Veteran's* Books in Review II page.

Here's one of the latest, a look at a new book on U.S. military Vietnam War journalists, *Vietnam Bao Chi*, by Marc Phillip Yablonka.

## Veterans with PTSD: Help a Doctoral Student with Her Study

Doctoral Candidate Debra Kimberlin is reaching out to veterans with PTSD to participate in an anonymous, 15-minute research survey on coping and eating behaviors. The survey is located via this secure link: [https://niu.az1.qualtrics.com/jfe/form/SV\\_b7M7iibOlzlb1I3](https://niu.az1.qualtrics.com/jfe/form/SV_b7M7iibOlzlb1I3). Kimberlin is a doctoral candidate in the Health Sciences program at Northern Illinois University under the supervision of supervision of Dr. Beverly Henry, dissertation chair. No identifying information will be asked of participants in this study, and there are minimum foreseeable risks (possible negative feelings about coping or eating behaviors) involved with this study. For each survey completed, \$5 will be

[Pauline](#) remembers when her first marriage — and then the second — fell apart. Both relationships were abusive and left her feeling anxious, depressed, and worthless. “I just felt I wasn’t good enough,” she says. “I was accepting the men who would try control me in my life.”

At the same time, Pauline was dealing with severe hearing loss. She worked near loud generators while serving in the U.S. Army, and they took a toll on her hearing. She found it increasingly difficult and embarrassing to communicate with people. She began avoiding others, which led to depression.

That’s when Pauline decided to take control of her life. She contacted VA mental health services and started seeing a counselor. The experience helped her to not only accept her hearing loss, but also to find ways to cope with it — and continue enjoying life.

“They really helped me look inside at who Pauline was and what it is I wanted in life. ... I’m allowed to cry. ... It really helps,” she says.

Pauline saw benefits in both one-on-one and [group therapy](#), which helped her become more self-confident. “Before I went to counseling, I was an isolated person,” she says. “I became a stronger, [more] empowered person. There’s a big change in me. I’m an advocate for myself.”

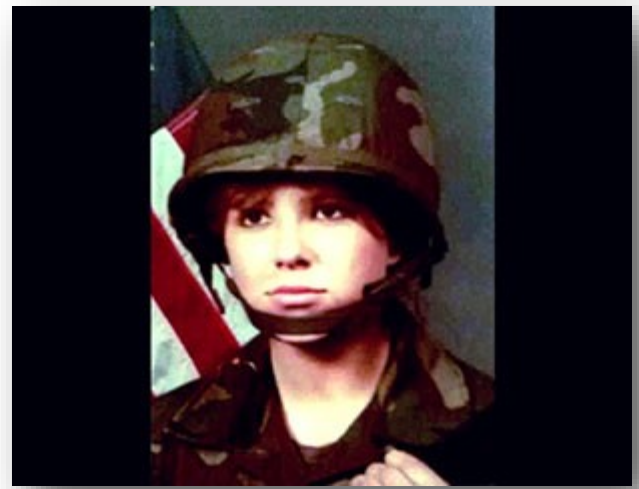
During one session, Pauline’s therapist asked two questions: Who do you identify with? And what do you want to do? She thought about the causes close to her heart — the deaf community and people with hearing loss — and decided to go back to school, earning her master’s degree in mental health counseling

(CNN) More men with low-risk prostate cancer are foregoing treatment to instead watch and wait to see whether their cancer progresses....and experts say that’s a good thing.

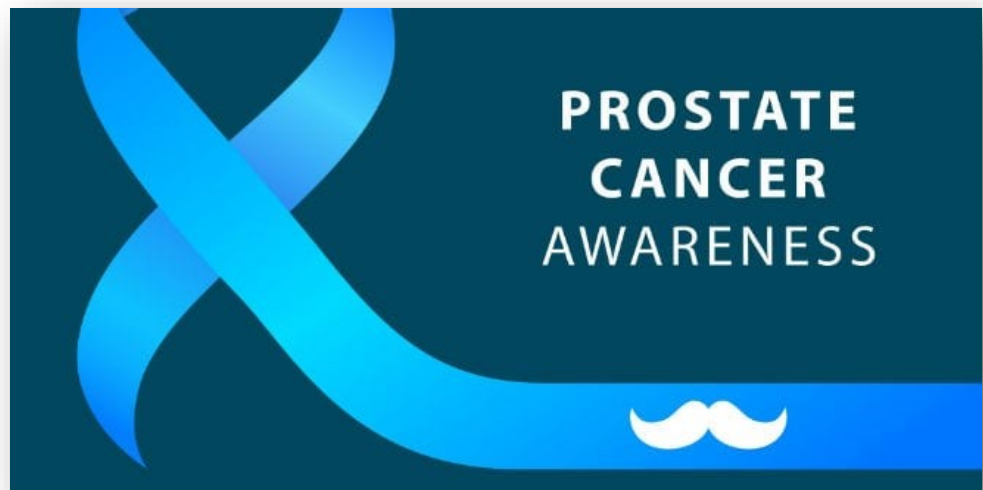
Among men with low-risk prostate cancer in the United States 42.1% used the watch-and-wait approach, also called “Active Surveillance.” In 2015, up from 14.5% in 2010, according to a study published in the medical journal JAMA on Monday.

Compared with high-risk or intermediate-risk, low-risk prostate cancer tends to grow very slowly or not at all which is why “Active Surveillance” can be considered as a alternative to treatment options such as surgery or radiation therapy. Surgery and radiotherapy can come with some side effects, including a high risk of erection problems or accidental urine or stool leakage.

In the United States, about 11.2% of men will be diagnosed with prostate cancer at some point during their lifetime, according to the National Cancer Institute.



to





# A Brief Tribute to the Gun-Trucks of Vietnam

From M16 rifles to Huey helicopters, the Vietnam War launched weapons that went on to become legendary. There is an untold story of one such weapon built not by the Pentagon, but by teenage soldiers trying to keep themselves alive: the gun truck. Meet the U.S. Army's unsung heroes: the self-made, five-ton, moving monsters that defended convoys from enemy attack and went on to influence today's combat tactics.



While Hollywood would tell you everything moved by chopper in Vietnam, the hard fact of life was that it was truck convoys that schlepped the bulk of the food, fuel and ammo to American and allied units stationed in the countryside. However, these predictable routes became target for enemy ambushes.

One of the worst supply runs was that along Route 19, some 150 miles of winding nowhere that became known as "Ambush Alley" for the motor transportation guys having to make the drive

**From Dong-Ha to the Delta, these "Gun Trucks" were a beautiful sight for many sore eyes!**

