



ON THE RIGHT TRACK

1ST BATTALION 50TH INFANTRY MECHANIZED

Give Thanks for Freedom & Veterans Who Fought to Protect It

MISSION STATEMENT

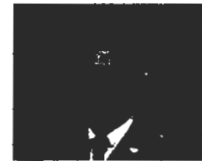
The mission of the Association is to publish a newsletter and to maintain an internet web-site.

The Association will use these venues to inform its members of upcoming Association events and current or proposed legislation relative to Veterans Affairs.

Veterans Day is once again approaching. This day America sets aside to honor and remember the millions of men and women who served in uniform since the birth of our nation. For more than two centuries, the United States has called upon its armed forces to defend our freedoms. The tribute we render to veterans on that day recalls and honors a debt that can never fully be repaid. Whether they earned the title "veteran" in battle, during peace keeping missions, providing disaster relief at home or aboard, the veteran deserves our respect and gratitude. Every day for many years, they have done the hard work of preserving peace and defending our interests, both at home and abroad. As we enter this new millennium, let us renew our commitment to honor our promise to America's veterans, whose selfless service and devotion to duty have preserved peace and protected our freedom, time and again. Something is wrong, though, when veterans lose faith in the government they once so proudly served. Something occurs when the government fails to appreciate veterans for who they really are - American heroes who deserve better treatment than current policy offers. The Department of Veteran's Affairs duty to assist veterans seeking benefits has been, and must remain, an

FROM THE EDITOR

integral part of the mission as an advocate for veteran's rights. Pitting our veterans against the policies of the government is unacceptable. If a nation is to be judged by the respect and gratitude it shows its veterans, let us pledge that the United States of America shall never be found wanting.



Kenneth G. Riley
kenr@lobar.com
ichiban@blazenet.net

a sanctuary from religious persecution. Under the leadership of Miles Standish, Plymouth was established. The settlers endured great hardship on their voyage to America, but nothing proved as devastating as what they faced that first winter. Less than 50 people survived the harsh winter. The following March brought warmer temperatures and greetings from two Abnaki Indians, Samoset and Squanto. The Pilgrims learned to tap maple trees for sap and how to determine which plants were poisonous and which had medical powers. Squanto taught them how to plant corn. They planted other crops, making the fall harvest successful. So successful in fact, that enough food was gathered to store for the upcoming winter. There was corn, fruits, and vegetables. The fish and meat was packed in salt and cured over fires. To celebrate, Plymouth Colony Governor, William Bradford, planned a grand feast with the Indians to give thanks for the bountiful harvest. Chief Massasoit and 90 warriors came to the three-day cele-



A DAY OF THANKS

For most Americans, Thanksgiving is a day of feasting on turkey with all the trimmings. Some offer words of thanks and reflect on what the first thanksgiving at Plymouth Massachusetts must have been like. Most though watch football, or go shopping; giving the actual holiday little thought. No matter how you choose to celebrate, it's likely images of Pilgrims dressed in black and white clothing sitting around a table with the Indians come to mind this time of year. We assume this is how the first Thanksgiving was. This notion is a far cry from the historical facts though.

When a group of 110 people who broke from the Church of England set sail on the Mayflower for the New World in 1620, they had no idea what to expect. They were searching for

Inside this issue:

<u>From the Editor</u>	1
<u>Enrichment</u>	2
<u>Thoughts from Cap'n G</u>	3
<u>Return to Bin Dinh</u>	4
<u>Brother Bios</u>	5
<u>Comrade Search Reunion Update</u>	6
<u>Life Members Surfing the Net for Vets</u>	7
<u>V.A. Benefits Longevity 101</u>	8
<u>Membership Applications</u>	9

(Continued on page 2)

Only a life lived for others is worth living.....Albert Einstein

(Continued from page 1)

bration that included games, races, and a feast fit for a king. While the Indians demonstrated with their bow and arrow, the Pilgrims showed off their musket shooting abilities.

The meal, however, was not one commonly associated with the traditional Thanksgiving feast of today. Duck, clams, mussels, boiled eel and venison were the main dishes served. Sweet wine made from native grapes topped off the celebration.

This is the way the feast was described in a first-hand account presumably by a leader of the colony, Edward Winslow, as it appears in Mourt's Relation:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, amongst other recreations, we exercised our arms. Many of the Indians coming amongst us, and among the rest their greatest King Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed on our governor, and upon the captain and others. And although it be not always so plentiful as it was this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty."

Women donned clothing in red, earthy green, blue, violet, and gray while men wore white, beige, green, and brown. The shoes and hat buckles did not come along until later in the 17th century.

The first celebration was not called Thanksgiving, nor was it always held on the fourth Thursday of November. In fact, the first celebration was held sometime between mid-October and November. It was not until November 26, 1789, that the first Thanksgiving Proclamation by a President was

issued. Until October 3, 1863, no other President issued another proclamation. In so doing, Abraham Lincoln said, "No human counsel hath devised, nor hath any mortal hand worked out these great things." Thanksgiving was unofficially observed on the fourth Thursday of the month until 1939. At that time, President Roosevelt announced he would set Thanksgiving on the third Thursday instead. There was quite an uproar and 23 states refused to observe Roosevelt's "New Deal Thanksgiving."

Following the controversy, Roosevelt returned Thanksgiving observance to the fourth Thursday of November. In 1941, Congress passed a resolution designating the fourth Thursday of November as Thanksgiving. Some 320 years after the pilgrims held the first feast, Thanksgiving finally achieved full congressional recognition.

Things have evolved since the days of that first feast. Rather than eels and mussels, turkey is the meal of choice. In keeping with the custom, many families in Plymouth Massachusetts will likely find five grains of corn on their breakfast plate Thanksgiving morning. The five grains of corn are symbolic of the pitiful ration to which each of the Pilgrims were reduced to during that first bitter winter. This year, as the turkey and stuffing are passed around, pause, give thanks, and tell those at your side the true story of Thanksgiving.

Oh my friends, my friends forgive me
that I live and you are gone.
There's a grief that can't be spoken,
there's a pain goes on and on.
Phantom faces at the window.
Phantom shadows on the floor.
Empty chairs at empty tables where
my friends will meet no more.
Oh my friends, my friends, don't ask
me what your sacrifice was for.
Empty chairs at empty tables where
my friends will sing no more...

*"Empty Chairs at Empty Tables"
from Les Miserables*

THREE DOCUMENTS EVERYONE SHOULD POSSESS

Report cards, driver's licenses, draft cards, lottery tickets—they all hold some degree of importance at certain times of your life. But none may prove more essential than the following three documents. If you do not have these when the critical time arrives, there is no turning back.

LAST WILL & TESTAMENT

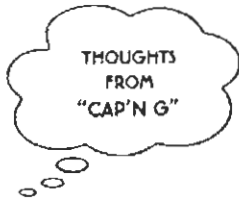
By some estimates, up to 75 percent of Americans will die without a will. In those cases, the government automatically applies estate taxes, ranging up to 55 percent. State law determines how the remainder will be divided. At death, a will serves as a road map, so to speak, telling your personal representative how to distribute your assets. Without a will, you are powerless over how your assets are distributed. Instead, the laws of the state where you were domiciled determine how those assets are divided. State laws vary of course, but usually one-third to one-half goes to a surviving spouse, and the rest is divided amongst any living children.

POWER OF ATTORNEY

A general power of attorney permits the holder of the power to act on behalf of another individual. A durable power of attorney survives the incompetence of the grantor and allows the holder of the power to act. This document can be used when a grantor lapses from competence into incompetence for periods of time (i.e. undergoing surgery) or indefinitely (i.e. Alzheimer's disease). The holder of the durable power of attorney is permitted to perform a broad range of activities, including the ability to buy and sell assets, discharge debts, make charitable gifts, and conduct other types of business.

HEALTH CARE PROXY

With a health care proxy, you can name a trusted individual to make health decisions if you are unable to do so. The proxy is used only for medical purposes and states when life-support equipment should be disconnected and other medical efforts should cease. Once completed, distribute copies of the health care proxy to close family members, personal physician, attorney and possibly the clergy.



By Dick Guthrie

Pebble Beach, CA - I hope the Fourth of July celebrations in your part of the world did what they should have done to inspire gratitude and respect for the sacrifices and bravery of our nation's military veterans of all generations. Ideally, patriotic activities should inspire that gratitude and at the same time make sure nobody gets the idea that the lives of our young soldiers are commodities to be squandered without good reason. If celebrations in your neck of the woods did not do this, maybe you want to look for ways to turn that around.

One thing I think we all want to do is stay in touch and continue to exchange ideas and feelings among old and new members of our organization. For a number of years now, Ken Riley has done a tremendous job of keeping that information flowing with this quarterly Newsletter. It is time to pass that load along to another member. Previous experience would be helpful, but is not mandatory. I think there are a number of ways the work could be divided up, and there are some ways we could make a great newsletter even better for our membership. If you are even slightly interested in this critical function, please contact me. This is a great opportunity to make a real contribution to a worthy cause.

I have received inputs from several fellows who provided me excellent accounts of incidents from our time in Binh Dinh province as we operated out of Landing Zones UPLIFT and ICHIBAN, An Khe, in the Crescent, and around Bong Son. All of this will help me write a better tribute to our troops. Please keep that information coming whenever the mood strikes you.

So far, eleven of you have indicated interest in making a trip back in October of '01. This is enough to make the trip worthwhile. Our preparations will be effective to the extent that we plan well. If we have good numbers, our planning will be better. If you think you *might* be interested, please drop me a line. This would not be binding, but would help us plan more accurately.

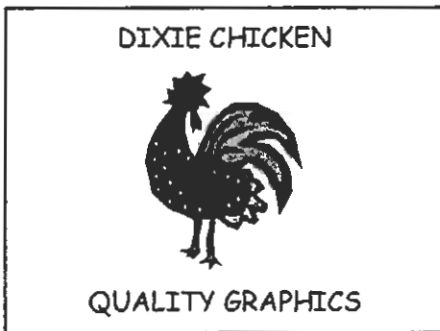
Ken's preparations for the Vegas reunion in early '01 are moving along. We can all ease that enormous load for him a bit by giving him prompt responses to his queries, and by volunteering to take up slack for him on one or more committees. Thanks in advance for helping out.

You should soon receive our organization's roster, another important tool for our members to use to keep up the contacts and the mutual support. If you see inaccuracies in that roster, get the changes to Ken Riley. We'll make the roster available to non-members for a small fee. To further reduce costs, annual updates to the roster will be sent via email to those members who have active accounts.

Keep a low profile, troops, see you in Vegas.

To indicate your interest in returning to the old AO, or willingness in helping edit and produce the newsletter, contact me.

E-mail: RPGUT3@aol.com
Home Phone: (831) 646-8217.
FAX: (831) 333-9726
Snail Mail:
 Richard P. Guthrie
 1059 Wrangler's Trail
 Pebble Beach, CA, 93953



Return To Binh Dinh

Please complete this form & send to Dick Guthrie

NAME _____

ADDRESS _____

CITY STATE ZIP _____

PHONE _____

FAX _____

EMAIL _____

NUMBER IN GROUP _____



Continued on Page 4



Oct 2001 12 Day Tour

*Visiting Binh Dinh Areas of
Operation*

*An Khe * Qui Nhon * Bong Song * Phu My*

Day 1: Staging and USA Departure:

Tour members domestic travel to West Coast staging city (San Francisco or Los Angeles) and board transpacific flight for Asia.

Day 2: Transit Day

Crossing International Dateline

Day 3: Direct Connection to Saigon

From connecting city, fly to Vietnam's southern capital arrive by midmorning. Transfer to Metro-pole Hotel and check-in. Free afternoon for rest. Attend late afternoon orientation followed by a downtown tour by Cyclo and dinner with traditional Vietnamese music and dancing.

Day 4: Saigon City Tour and Meet Veterans

Morning city tour: former Presidential Palace, US Embassy, Notre Dame Church, Westmoreland's Headquarters, Cholon Area etc. Lunch gathering with members of Ho Chi Minh City vets. Assn. Afternoon and evening free: Tour members provided with list of recommended locations for shopping, touring etc.

Day 5: Saigon to Qui Nhon (Binh Dinh Prov)

Morning flight to QN, (former Phu Cat AFB) – early check-in. Tour of former US base areas, beaches. Relax and Dinner

Day 6: An Khe – Qui Nhon

Morning drive over An Khe Pass to city of An Khe. Short visit around city to former 1st Cav. Basecamp. Return to Qui Nhon – stop for tour at Quang Trung Museum near QN. Relax and Dinner

Days 7-11: 5 Day Detail Tour of Former AO

For next 5 days, early morning departure and all day trip for intensive tour of former areas of operation in Binh Dinh Province. Travel along National Hwy 1 and provincial roads East and West to reach areas of

interest to 1/50th tour members: Including but not limited to: cities/villages of Phu Cat, Phu My, Bong Song, An Quang, Dai Dong, Tam Quan, Truong Lam, An Lac, Lo Dieu, and assorted fishing villages along the crescent coast – and to general areas of Phu Cat, Nui Mieu & Cay Giap Mountains; Dam Tro-O Lake; and Soui Ca, Kim Son & An Lao Val-

leys. Also visits to what is left (if anything) of LZ's Uplift, Ichiban, English, Salem.

Daily travel will be fully customized to meet tour member needs and may include subdividing into smaller groupings. In addition to civilian local tour guides with detailed knowledge of area, we will also invite Vietnamese veterans from Binh Dinh to assist in locating former key operational and battle areas. Further assistance is expected from Cpt. Dick Guthrie (Cmdr. B Company 67-68) who traveled back to former AOs in 1998.

Day 12: Qui Nhon to Saigon

Return by air to Saigon for final day of free time, shopping, sightseeing etc. Farewell dinner cruise on the Saigon River

Day 13: Return to USA

Transfer to Ton Son Nhut for return flight to USA. Direct connection in connecting city, and arrive West Coast on same day of departure after crossing Intl. Time zone. If you would like, you can extend your visit to other areas of Vietnam or Asia.

All Inclusive Price:

\$2,375 per person, Twin share room.

Single Supplement: \$ 395

Price Includes: International Airfare, Vietnam domestic airfare, all land transportation, tour guides, all airport taxes (domestic and international), all meals, entrance fees for local sightseeing (Saigon), Vietnam Visa Fees, all tips and gratuities, Travel Insurance. The only money you need to bring is for personal spending and beverages at meal times other than bottled water.

RULES TO LIVE BY

General Colin Powell

- It ain't as bad as you think. It will look better in the morning.
- Get mad, then get over it.
- Avoid having your ego so close to your position that when your position falls, your ego goes with it.
- It can be done!
- Be careful what you choose. You may get it.
- Don't let adverse facts stand in the way of a good decision.
- You can't make someone else's choices. You shouldn't let someone else make yours.
- Check small things.
- Share credit.
- Remain calm. Be kind.
- Have a vision.
- Don't take counsel of your fears or naysayers.
- Perpetual optimism is a force multiplier.

Continued on Page 5



BROTHER BIOS

Wheeler, Robert—Robert now hails from Alabama. (no further information available at this time).

Whitehorne, Joseph—Joe was S-1 (Headquarters Company) once we arrived in country. He served his year, then departed country. Joseph and his wife, Ellen now resides in the Virginia area.

Wilde, Leroy—Leroy served in bravo Company during his tour of duty. He now makes Indiana home.

Williamson, Lloyd—Lloyd went over by boat with Bravo Company. Leaving country in April, Leroy returned to the states and settled in Mississippi with his wife, Deborah.

Willis, William—Bill served with Charlie Company from November 1969 until December 1970 at Phan Thiet. He now resides in Missouri.

Wilson, Harry—Harry took over as platoon leader for Charlie Company in December of 1967, where he stayed until returning home the following year. Harry, his three children, and his wife, Ann now lives in the Illinois area, working as an attorney.

Willson, Pat—Pat joined the Scout Platoon in July of 1969, serving until May of the following year. He returned to the states and took up occupancy in Minnesota.

Winslow, Roy—Roy came over by boat with Charlie Company. Roy took his R&R to Hong Kong in December 1967. Returning home, he returned to Washington State where he now lives.

Wolf, Russell—Russ joined Charlie Company in the summer of 1969. Returning home, he settled in the California area and is married to Susan.

Woodall, James R—Jim was battalion XO from June of 1968, then becoming Battalion CO, until he left the country in June 1969. He and his wife Gloria have four daughters, and he is now living in Texas, pursuing a second career in the financial services business.

Woodrow, Dennis—Dennis came by boat with Charlie Company. He now resides in Arizona.

Wonsick, James—Jim was platoon leader with Bravo Company from the time it arrived in country, until he left the following year. For many years, Jim raced motorcycles. Jim now resides in Ohio.

Wroblewski, Walt—The Kid originally took basic at Fort hood with the 2/41st, then moved to our unit and he served with the mortar platoon in Charlie Company upon arrival in Vietnam. He served his year, then returned to the states. He and his wife Janice now reside in Michigan.

Wusetenberg, Robert—Robert entered Vietnam and was assigned to Alpha Company in January of 1968. Serving only a short time with the unit, he headed home in March after the track he was on ran over a mine. He now calls Iowa his home.

Zamzow, Thomas—Tom came to Charlie Company in July of 1968, then liked it so much, he stayed there until the following July. He returned home and now props his feet up in Kansas, working as a computer systems programmer.

The following are additions and corrections to some previously printed "Brothers Bios" pages.

Allen, Noel—Noel served in the scout platoon, Delta Company from September 1967 until the end of summer 1969. He and his wife live in New York.

Arzate, Arthur—Arthur was a member of Alpha Company from June of 1968 until June 1969. He returned to the States and resides in California at this time. Arthur has two children.

Barton, Walter W—Walter was with Alpha Company, mortar Platoon, from 16 January 1968 until 16 August 1969, then returned 12 January 1970 until 10 November 1970. Walter and his wife, Debra, have two daughters. They reside in Connecticut.

Frank G Baylog—Frank just recently contacted me, however the conversation was very short, so I have little information on him, other than that he lives in Pennsylvania.

Bennett, Sam—Sam was with Charlie Company, 1/50th, from January of 1970 until December OF 1970. Sam now resides in Missouri.

Brodigan, John D—John recently became one of our newest members and information is scarce right now. He resides in Iowa.

Brunsvold, Peter—Peter was in our unit from February 1968 until February of 1969, with HQ Company. He was Battalion Radio Operator. He and his wife, Susan, reside in Mississippi.

Canter, Sheldon L—"Doc" was with Delta Company, "SRAP" from mid December 1968 until December 1969. Sheldon currently works as a Management Consultant in Minnesota. He has two children.

Carpenter, Alan L—Alan came to Headquarters Company in August of 1967 and retired from the country in August of 1968. David and his wife Susan reside in Texas.

Colquette, Jerrell—Jerrell served with Charlie Company as it arrived in country, staying there until August of 1968. He and his wife Charlotte now live in Louisiana, where he has worked in the plumbing and HVAC business since discharge.

Cruz, Gilbert—Gilbert served with the 1/50th Infantry during the period of 1960 until 1964 in Germany. He was with Alpha and Bravo Companies. He now makes his home in Colorado.

Continued on Page 6

Daniels, James L—James was with the unit from December of 1968 until November 1969. He was with the "Zippo's". James and his wife Judy now reside in Indiana.

Dean, William—Bill was with Charlie Company from December 16, 1967 until December 13, 1968. Bill and his wife have two daughters. He now resides in Oklahoma where he works for the Tinker Air Force Base.

Dougherty, Charles—Charles originally was in Vietnam with 1/7th Cav until January of 1968, then transferred to Alpha Company until April 1968. Charles lives in Oregon at this time.

Douglas, Dennis—Dennis is another new member of the Association. He currently lives in Pennsylvania. No further information available at this time.



Comrade Search

Leon S Gallant

(Flame Platoon 67-68) wishes to contact anyone with pictures of the "Zippos". Also, if anyone is thinking of a future trip to Maine, contact him and he will give you ideas and suggestions of what to see and where to go. Take advantage of this "free" travel agent if you can!

Leon S Gallant
RR3, Box 523
Lincolnton ME 04849
207-236-3296

To those of you who were in country during 1968-69; our KIA list from that era is lacking names. Please submit any possible KIA list to the editor as soon as possible, so we may have the correct rubbings for our Memorial Book, which will be at the reunion in March.

Welcome Home Reunion

We are only a few short months away from our next reunion. Wow! Memories of the last one in Kansas City are still vivid in my mind. I will have an itinerary printed shortly and include as much information as possible, so you will have an idea when any Association Events will occur. What we plan on doing this year is separating the meeting from both dinner, only the Sunday evening meal will feature a meeting. Two nights, we will have dinners planned for the group; the rest of the time, you may team up with your buddies and newly found friends to head your own way. We just ask that all members present at the reunion attend the main General Membership Meeting, and any guests who wish to participate may do so.

The hotel provides a Hospitality Room, assuming we meet their minimal requirements of number of rooms booked. Because of Nevada Liquor rules, however, we must buy the hotel's beer and they must provide a bartender, at \$50.00 per hour. I am open to any options from the membership on this one. If we do not meet the minimum room requirements, we will have to find a spot for our Picture Books, Fund-Raising activities, and other camaraderie events.

A newsletter will be sent out one month prior to the reunion with details, information, and what-nots in it. I hope to have a list of Got-to-see-shows and costs listed. Many tours of the countryside are available, including Hoover Dam, Lake Meade, the desert valleys, etc. Most information about these side trips, will be available at the Registration Desk for the Association Reunion. Keep in mind, they have group rates available, which are much cheaper. On the Registration Form I have listed several of the more popular tours and rates. These rates may be adjusted downward if the participation is high enough to warrant a group rate. Dinner arrangements are still incomplete as of this printing, but will be finalized by the next newsletter.

DEADLINES

Registration forms: Feb. 15, 2001
Hotel: Feb. 19, 2001

After that date, the room rate will be the current rate at that time. Also, don't forget early registration is only \$25.00 per person. Registration at the door will be # \$30.00 per person.

A tour of Nellis Air Force Base will start on Tuesday, 13 March, 2001 at 1100 hours (11 a.m. for you civilians)! The bus will pick up in front of our hotel at that time. Sign up sheet will be at Registration desk. We need 40 people to make this work. We will have a lunch on base, hopefully in one of the Officer's Clubs, then on to a tour of the museum and hangar, from where the "Thunderbirds" are based. At this time they cannot tell me the planes will actually be on base; if they are, I have requested a "flyby" for us. Don't hold your breath, but we are trying! I have another surprise (hopefully it will not fall through because of budget cuts!) set up for us there. Look for details in December newsletter, with a form to reserve your space on the bus. There is no charge for this trip.

The winner of the 50/50 tickets will be drawn on Veteran's Day, 11/11/2000. We sent tickets out several months ago. If you have tickets that you have not returned please do so before the day of the drawing so that you will be entered in the drawing.



Continued on Page 7

LIFE MEMBERSHIP ROSTER

Thanks to those listed below for their Life Membership Dues.

% Life members to total membership: 16.06%

% of members pd to total membership: 62.18%

#	Name	Status as of
05	Riley, Kenneth G.	10/17/99
08	Thelen, Jon	12/14/99
29	Poage, Norm	07/17/00
60	Burch, Roger	06/26/00
61	Rainwater, Don	01/22/00
63	Lohman, Fred	03/23/00
70	Bloomquist, Harry	04/20/00
73	Wadleigh, Melvin	03/07/00
78	Topper, John	02/23/00
81	Morrison, Matt	01/24/00
82	Hopp, John A.	03/01/00
84	Hope, (Jr.) Russell G.	04/22/00
87	Jordan, "Toby" Lawrence	01/27/00
88	Hayes, Billy	01/21/00
90	Warren, Rockey	01/22/00
96	Zanzow, Thomas	02/26/00
103	Heuvel, John V.	02/04/00
110	Sourwinc, Darrel	03/31/00
119	Wonsick, James L.	01/14/00
120	Thomas, Brian	04/15/00
121	Rhatigan, John C.	01/17/00
124	Pottinger, Norman	01/08/00
129	Dossey, Larry	04/14/99
135	Harmon, Toby	01/23/00
140	Payne, David	01/24/00
141	Smittle, Richard	01/26/00
145	Segars, James R.	01/25/00
150	Sarlin, Ray	03/30/00
158	Blankenship, Thomas	01/22/00
160	Wilson, (Jr.) Harry B.	11/18/99
175	Breseman, Wilber D.	12/05/99
185	Schillaci, David	04/24/00
194	Hurley, Tim	10/11/99
195	Nichols, John	01/22/00
107	Schaller, Bob	09/16/00
213	Torres, Joe	07/12/00
216	Dulany, Joseph	08/11/00



Surfing the Net for

Since the last newsletter our cyber-correspondent has been busy surfing the net for interesting and fun sites for your enjoyment. As always, if you find a great place that you would like to share with us, please contact the Editor and we'll be sure to let the other members know about it.

Vietnam Veterans of America Foundation

<http://www.vvaf.org/index.html>

Vietnam Veterans of America Foundation is an international humanitarian, advocacy, and educational organization dedicated to assisting the victims of war. Established by a dedicated group of Vietnam veterans in 1980, VVAF has transformed the experience of war suffered by America's Vietnam veterans into a program of service to others who have suffered the scourge of national and international conflict. VVAF's programs focus on the reconciliation of war-



torn societies and providing assistance to the innocent victims of those wars. This organization is making a noble effort to ban land-mines. Make a statement on behalf of this important issue and display their banner on your website.

Vietnam Veterans Memorial Fund

<http://www.vvmf.org/>

As the founders of The Wall, the Vietnam Veterans Memorial Fund works to preserve the legacy of the Vietnam Veterans Memorial and to educate current and future generations about the enduring lessons of the Vietnam War on American society. In doing so, the Memorial Fund serves as a resource to individuals, schools, colleges and community organizations seeking information about the Memorial and the role it has played in the remem-

brance of those who served in the Vietnam War. The Memorial Fund also develops educational resources and sponsors projects that foster the understanding, healing and reconciliation of Americans. Many thanks to Ken Riley for submitting this site.

The Vietnam Veterans Oral History And Folklore Project

<http://www.buffalostate.edu/~fishlm/folksongs/>

The Vietnam Veterans Oral History and Folklore Project is engaged in an ongoing undertaking to collect, preserve and make better known the folklore, especially the folksongs, of Americans in war. To most of us, the Vietnam War has a rock and roll soundtrack. All the songs of the sixties were part of life in the combat zone; troops listened to music in the bush and in the bunkers. But there were other songs in Vietnam, too--the songs made by the American men and women, civilian and military, who served there, for themselves. This Web was built as a project for the Taming the Electronic Frontier course taught at George Mason University by Brad Cox during the fall semester of 1998. I found this a simply made, yet interesting site about the music listened to while living thru the Vietnam experience. Some of the guys wrote some rather bawdy lyrics, so if you're easily offended, you may want to just read the articles.

The National Vietnam Veterans Art Museum

<http://www.nvvam.org/home.html>

The National Vietnam Veterans Art Museum (NVVAM) opened the doors of its permanent home in August 1996 and is centrally located in Chicago Illinois. The Museum houses over 700 works of fine art created by 115 artists who participated in the Vietnam war. All of the pieces chronicle their individual experiences in that conflict. The artists come from the United States, Australia, Cambodia, Thailand, and North and South Vietnam.

Continued on Page 8

VETERANS BENEFITS

TO CONTACT THE V.A.

Call their toll-free number:

1-800-827-1000

The best time to call is before 9 A.M. or after 2 P.M. EST. Have a claim number and any reference material ready before calling. Things to do:

Keep your mailing address with VA current.

Follow up on any reported change with a written notice and retain a copy for your records. Call VA if they have not effected the change in sixty days.

When calling about a specific program, ask to speak to the program coordinator. For example; there are programs for homeless veterans, veterans, women veterans, military services, and POW's, just to name a few.

If you experience difficulty with a VA counselor, ask to speak to a supervisor.

File any claims to establish service-connected disabilities as soon as possible after separation from active duty. It is very difficult to attribute a disability twenty years from separation to something that occurred while on active duty.

Maintain records of dates and locations of treatment while you were on active duty, as well as private medical care you received. When possible, provide copies of private treatment records.

Be realistic in your expectations of the agency. Remember, VA processes thousands of claims and claims-processing times vary based on many factors, such as complexity of the claim, availability of records, and scheduling of examinations.

VA Benefit information is available from numerous sources in addition to the department. But be sure you are receiving accurate information. If something sounds too good to be true, it probably is! Ask questions and verify any information you hear of with a VA official.

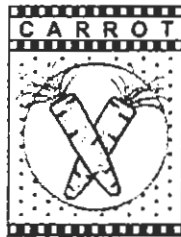
If you believe you are entitled or know someone who may be entitled to benefits, contact a local VFW, American Legion, or AMVETS Service officer, your congressman, or someone at the nearest regional VA office. It is always best to file a claim with the VA through a Service Officer of a veteran's organization.

Veterans should also ensure their disability claims are current. If a veteran's service-connected disability increases, he or she should file for an increase in compensation. For example: a veteran with service-connected diabetes who later experience blindness because of the disease is eligible to be compensated additionally for the blindness.

Veterans nearing the benefit finish line should remember that VA maintains national cemeteries in thirty-nine states and Puerto Rico. The National Cemetery Administration of the VA honors eligible veterans with a final resting-place. It is important that veterans make sure their military and VA records are safe, current, and available to their loved ones so that when the time comes, burial preparations can be made expeditiously.

REMEMBER

Players of the VA Game are allowed to keep playing until they win!



LONGEVITY 101: Eating Right

Good nutrition plays an important role in how you feel. But the desire to eat can sometimes be hampered by medications, poorly fitted dentures or the prospect of dining alone. Here are some tips for making mealtime more enjoyable and nutritious.

The older you get, typically the lower your caloric needs. Chose highly nutritious foods in small serving sizes such as instant hot cereal, whole-grain rolls you can freeze, flavorful sweet potatoes and easy to chew fruits such as bananas, prunes, and canned peaches.

Today's seniors want to live a long, healthy, and active life—and they are doing it with style and gusto. Everywhere you go, it seems, you see people exercising. "Use it or lose it" is good advice for the mind and body alike. In fact, exercise may do more than any other single item to promote successful aging. It is good for the heart, aids in digestion, lowers blood pressure, and wards off other debilitating illnesses.

Before starting a vigorous exercise program, always see your doctor, especially if you are over 50 and are on medication, or have an illness or disability. It is important to tailor your exercise program to fit your own level of ability and special needs. Your doctor can evaluate your condition and situation and help you to decide what activities would be most beneficial.

Exercise does not have to be extremely painful for you to reap the benefits. Start off with walking—gradually picking up both speed and distance. Swimming or hiking are good places to start. Just remember, start gradually, but start some form of exercise program now, and continue to improve on it as you go. Stick with it. Maybe begin with short periods of exercise, such as five to ten minutes, and gradually increase the tempo, time, and distance. But, listen to your body. The old adage, "no pain, no gain", is simply not true! Pay attention to what your body is trying to tell you during your exercise period. If you feel pain or discomfort, stop right away and have a doctor check you out if it persists.

Always remember, to always start and end your exercise program with stretching exercises. Start slow, gradually increasing the tempo. A cool-down period is a must.

Good luck and enjoy!

"Politics is supposed to be the second oldest profession. I have come to realize that it bears a very close resemblance to the first."

Ronald Reagan

Continued on Page 9

First Battalion Fiftieth Infantry (Mechanized) Association
Membership Forms

A Ten (\$10.00) dollar donation is requested. This represents dues for one year. For those not currently paid for the year 2000, please remit your dues using one of the two forms below. Our annual dues are necessary to publish the newsletter and organize bi-annual reunions. Without these funds our treasury depletes rapidly. Please commit to

ANNUAL DUES FORM
(PLEASE PRINT)

NAME: _____ BIRTHDATE: __/__/__

UNIT: (Co., Platoon, Squad) _____ APC (Track) #: _____

SERVICE IN VIETNAM Arrival date __/__/__ Departure date __/__/__

HOME ADDRESS: _____

CITY _____ STATE _____ ZIP CODE _____

PHONE:() - FAX:() - EMAIL _____

Please make check payable to 1/50th Infantry Association. Mail your check to:
Kenneth G. Riley * 200 Georgetown Court * Hanover, PA 17331

LIFE MEMBERSHIP APPLICATION
(PLEASE PRINT)



NAME: _____ BIRTHDATE: __/__/__

UNIT: (Co., Platoon, Squad) _____ APC (Track) #: _____

SERVICE IN VIETNAM Arrival date __/__/__ Departure date __/__/__

HOME ADDRESS: _____

CITY _____ STATE _____ ZIP CODE _____

PHONE:() - FAX:() - EMAIL _____

Please make check payable to 1/50th Infantry Association. Mail your check to:
Kenneth G. Riley * 200 Georgetown Court * Hanover, PA 17331

SIGNATURE _____ DATE _____

1ST BATTALION 50TH INFANTRY MECHANIZED



Kenneth G. Riley
Editor in Chief
1st BTN 50th Infantry Mechanized
200 Georgetown Ct.
Hanover, PA 17331

Check out our website
<http://www.ichiban1.org>

U.S. Savings Bonds



Since the 1940's, large numbers of savings Bonds have been tucked away in dressers, bank deposit boxes, and forgotten. A big reason is that when you purchase a savings bond, that is the last communication you will have with the agency that issues them ... the U.S. government. The result: Americans are holding more than \$6 billion dollars worth of bonds that no longer draw interest. If you are one of those people, you need to make them work for you. Do not make these common mistakes.



- Most Savings bonds issued before March 1960 no longer draw interest. Series E Bonds issued before November 1965 only earn interest for 40 years; bonds issued in December 1965 and later earn interest for only 30 years, except for Series HH Bonds, which earn interest for 20 years. The date of issuance appears in the upper right hand corner of the bond.

- Americans forfeit over \$150 million a year by cashing bonds at the wrong time. If you cash a bond that was purchased before May 1977, you can lose six months of interest because series EE bonds interest is posted only on the issue date and six months thereafter.



- Most savings bonds earn between 4 and 6 percent, and its important to know which rates apply to your bonds. For example, if you have \$20,000 in bonds, half of which earn 4% and the other half 6%; and you sell the ones earning 6% first, you stand to lose \$200. A year in interest.
- Remember those bonds you received as a child? What happened to them? Lost bonds can be replaced free of charge, if you can establish a legitimate claim. To do this, obtain a Lost Bond Claim Form (PD1048) available from most banks, Federal reserve Banks, the Bureau of Public Debt, and from several Web Sites. Mail to the address listed on the form. You will typically get a response in four to eight weeks.



- Many bond owners like to convert series E or EE bonds to HH bonds because they make interest payments twice a year. However, they only pay 4% interest and that rate is fixed for ten years. This is usually less than the amount you would earn on the E or EE series bonds. Instead of converting, it may be wiser to just cash in the bonds and buy other securities.
- To the IRS, savings bonds interest is income, not capital gains, but it does not have to be reported until the bond is cashed in or reaches final maturity. Therefore, timing is critical. Only cash bonds in as your income lessens, to reduce the amount of taxes you will have to pay on it.
- Most bonds are held in names of a husband or wife. Upon death of one spouse, the surviving spouse should re-title the bonds, adding a beneficiary or co-owner. This way the bonds are not held in probate upon the death of the second spouse. To re-title bonds, get a reissue form from your local bank, or on line at the government's web site, www.savingsbonds.gov.