

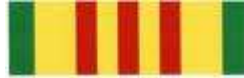


# Nam Express

The Official Newsletter  
**VIETNAM VETERANS of AMERICA CHAPTER 377**  
Chapter Established November 2, 1987  
2272 Dryden Road, Dryden, New York 13053



*"Here's to us who fought for it, the sheltered shall never know the price, or glory, of freedom."  
by an anonymous Vietnam soldier.*



October 2021



**Sept. 17, 2021:  
30th Annual National  
POW/MIA Day  
"WATCHFIRE"**

**The 30th POW/MIA Watchfire will be at  
Myers Park in the Town of Lansing, NY**

**7:00 PM**

## **Brockway Days in Cortland, NY**

On August 13, 2021, Members from Chapter 377 Vietnam Veterans of America from Dryden, New York, volunteered to help at the CNY Living History Center in Cortland New York for Brockway Days. We had a great time and the food was great.



**Fred Dexter, Dale VanBenschoten, Gary Napieracz, Jim Evener, Lisa LaDieu**





**Jim Evener, Lisa LaDieu, Mike Portzline and,  
Dale VanBenschoten**



**Greg Harvey and a volunteer**



## Chapter Picnic 2021

On Sunday August 15, 2021, Vietnam Veterans of America Chapter 377 from Dryden, New York, held their annual picnic at the Dryden Veterans Memorial Home. We had plenty of food and everybody had a good time at a white elephant gift exchange. Some lucky members went home with a can of SPAM.

**Jim Evener**



**Kevin Grewe**



**Phil Smith**

**Trisha Jesset**

**Charles Sudbrink**





# Cortland Monument Project Update

Here is the progress on the Eternal Flame Memorial dedicated to Vietnam Veterans at the Courthouse Park in Cortland, New York. The Cortland County Highway Department replaced the sidewalks, and a new footer was poured to hold up the wall, also they made a 2,000-pound base to hold the panels. Mike McKinney is the mason building the new wall. The panels and benches will be coming later this month. We are making progress.







**CHAPTER INFORMATION**

<b>President</b>	<b>Gary Napieracz</b>	<b>315-730-7726</b>
<b>Vice-President</b>	<b>James Evener</b>	<b>315-283-3637</b>
<b>Treasurer</b>	<b>Greg Harvey</b>	<b>607-753-6292</b>
<b>Secretary</b>	<b>Mike Moran</b>	<b>607-539-7728</b>
<b>Directors</b>	Dan Rose, Fran Moore, Ron Dexter, Mike Portzline, Tom Margrave, Paul Pagliaro, Dale VanBenschoten, Gene Barnes, Charles Harrington, Larry Housel, Ralph Moss	
<b>CHAPTER CALENDAR</b>		
<b>Chapter Meeting: October 5, 2021 1:00PM</b>		
MEETINGS ARE HELD @ AMERICAN LEGION DRYDEN RD.		

**Dryden Veterans Memorial Home (DVMH)  
CALENDAR:  
Next Board meeting will be Oct. 26, 2021 @ 5:30 PM  
\*\*\***

**A full menu is available every day (closed Mondays)  
\*\*\***

The director for the Home is Michelle Morse; she can be contacted at 844-9900, or [shelba3@hotmail.com](mailto:shelba3@hotmail.com).



**FROM CHAPTER 377 SECRETARY**

Chapter 377 meeting 9/7/21, DVMH. Start 6:40.

Present 20 VVA, 3 AVVA, 16 CU ROTC.

Pledge of Allegiance.

Meeting dedicated to:  
Dr. Thomas I. Soule, 76, Col. USA Medical Corps,  
Robert A. Wilsea, 71, USAF Ret  
Carl S. Czarnecki, 75, USN  
Dan Signore, 98, USA WWII & USAR VN  
James T. Blanchard, 77, USA

Prayer by Tom Margrave.

Self introduction of all attending.

Preparations for 9/17, 7:00pm, POW/MIA Watch Fire, Myers Park, Lansing,. Checklist, assignments, responsibilities discussed. Cornell ROTC Cadets were thanked for their continued support of this event. Questions, contact Mike Moran, 607-539-7728.

Secretary's Report: read & accepted.

Treasurer Report: read & accepted. Harvey Baker will be moving to Tennessee soon so a Special election was held to be Treasurer until 4/22 Elections. Greg Harvey was nominated & approved.

### **Old Business:**

Cortland Vietnam Memorial efforts were updated.

Prez. Gary thanked all those involved.  
Chapter Picnic at DVMH Pavilion in August had 46 attending.

Chapter support of the Living History Center's Brockway Days event was good.

Chapter will have a Honor Guard for Cortland 9/11 Ceremony at 9am at Memorial Park, and one at the Marathon 9/11 Ceremony at 1200 the same day.  
Contact Prez. Gary for details.

### **New Business:**

We like to put in members' old service photos in the Newsletter & see if people recognize them. Terry Clark will bring in a portable scanner to October meeting so we can scan them. Bring in the photos.

The Eveners have been updating the Chapter scrapbooks and they are available to peruse.

A big discussion on the Cortland Vietnam Memorial, its progress, its success, and its future. A

discussion on Chapter donation to it was tabled to October meeting.  
Unless COVID restrictions effect it, the next Chapter Meeting is Tuesday, October 8, 1pm, at the Dryden Veterans Memorial Home (DVMH).

Meeting adjourned: 8:40 pm

### **October Calendar**

Oct. 7,	2001, Operation Enduring Freedom begins in Afghanistan
Oct. 11,	Columbus Day
Oct. 13,	1775, US Navy established
Oct 14,	1962, Cuban Missile Crisis Began
Oct 23	1983, Beirut Barracks Bombings
Oct. 24,	United Nations Day
Oct 25,	1983, US invades Grenada
Oct 31,	Halloween

### **STORIES AND NEWS**

#### **Rural Veterans Mental Health Legislation Bill Now Law**

The Sgt. Ketchum Rural Veterans Mental Health act, or P.I. 117-21, signed into law recently, expands a VA mental health program for veterans living in rural areas.

After a VA psychiatrist dismissed Ketchum, the namesake of the law, when he sought care for PTSD and drug abuse, the 33-year-old, Ketchum, drove to his home in Davenport, Iowa, and ended his life.

The Sgt. Ketchum Act requires the VA to:

- Make and report on an assessment of health care needs for rural veterans.
- Provide an account of out-patient mental health care and residential programs.
- Provide a cost savings analysis of Rural Access

Network for growth Enhancement programs.  
For more information about this program, visit:  
( [ruralhealth.va.gov](http://ruralhealth.va.gov) ).

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#### **Army Study Links Alzheimer's Disease With Blast Exposure**

An Army-backed study by the University of North Carolina in February 2021 shows that troops exposed to military blasts shockwaves were at a higher risk of developing Alzheimer's Disease, the leading cause of dementia, or memory loss, later in life.

The study stated that those exposed to shock-waves who did not receive a traumatic brain injury (TBI) are still at



a higher risk of developing the irreversible brain disorder.

The study also stated that techniques to evaluate brain alterations caused by IED (Boobie-trap, land mines) blasts are essential to the overall well-being of veterans, (duh).

This finding may explain why those many blast-exposed individuals returning from war zones with no detectable brain injury still suffer from persistent neurological symptoms, including depression, headaches, irritability, and memory problems.

\*\*\*

### Veterans With PTSD Could Get Service Dogs From The VA



A new bill signed into law recently will allow some veterans with mental health conditions to receive service dogs.

The new law orders the VA secretary to develop and launch a five-year program that provides service dog training to benefit veterans with PTSD.

The Puppies Assisting Wounded Servicemembers for Veterans Therapy Act, PAWS Act, requires the VA to start the pilot program in early 2021 at five VA medical centers.

Some lawmakers have pushed the VA for years to help veterans with PTSD cover the cost of training service dogs. The VA however, maintained that there wasn't

enough evidence showing that dogs helped treat PTSD symptoms.

However, Congress directed the VA to conduct a study on the issue in 2010. The study conducted by the VA, did find that veterans paired with service dogs experienced a reduction in severity of their PTSD symptoms and suicidal behaviors, contradicting their own previous statements.

This law may be too late for Vietnam veterans but certainly those who served in Iraq and Afghanistan will benefit from it.

Ya gotta love dogs.

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### WRITERS' FORUM

If you've read or written

*Is there something you'd like to share* in the [Nam Express](#), please send it to [gsmith1264@comcast.net](mailto:gsmith1264@comcast.net) or to 1264 Glatco Lodge Rd., Hanover, PA 17331, or call 717-698-1343.

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### Vietnam Medal of Honor Recipients

*One or more Vietnam Medal of Honor recipients will be memorialized each month until all recipients have been acknowledged.*



### Paul Ronald Lambers, Staff sergeant, United States Army

**Citation:** "For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. S/Sgt. (then Sgt.) Lambers distinguished himself in action while serving with the 3d platoon, Company A. The unit had established a night defensive position astride a suspected enemy infiltration route, when it was attacked by an estimated Viet Cong battalion.

During the initial enemy onslaught, the platoon leader fell seriously wounded and S/Sgt. Lambers assumed command of the platoon. Disregarding the intense enemy fire, S/Sgt. Lambers left his covered position, secured the platoon radio and moved to the command post to direct the defense.



When his radio became inoperative due to enemy action, S/Sgt. Lambers crossed the fire swept position to secure the 90mm recoilless rifle crew's radio in order to re-establish communications. Upon discovering that the 90mm recoilless rifle was not functioning, S/Sgt. Lambers assisted in the repair of the weapon and directed canister fire at point-blank range against the attacking enemy who had breached the defensive wire of the position.

When the weapon was knocked out by enemy fire, he single-handedly repulsed a penetration of the position by detonating claymore mines and throwing grenades into the midst of the attackers, killing 4 more of the Viet Cong with well aimed hand grenades. S/Sgt. Lambers maintained command of the platoon elements by moving from position to position under the hail of enemy fire, providing assistance where the assault was the heaviest and by his outstanding example inspiring his men to the utmost efforts of courage.

He displayed great skill and valor throughout the 5-hour battle by personally directing artillery and helicopter fire, placing them at times within 5 meters of the defensive position. He repeatedly exposed himself to hostile fire at great risk to his own life in order to redistribute ammunition and to care for seriously wounded comrades and to move them to sheltered positions.

S/Sgt. Lambers' superb leadership, professional skill and magnificent courage saved the lives of his comrades, resulted in the virtual annihilation of a vastly superior enemy force and were largely instrumental in thwarting an enemy offensive against Tây Ninh City. His gallantry at the risk of his life is in keeping with the highest traditions of the military service and reflects great credit upon himself, his unit, and the U.S. Army."

**Biography:** Lambers joined the Army from his birth city of Holland, Michigan in 1965,[1] and by August 20, 1968, was serving as a Sergeant in Company A, 2nd Battalion, 27th Infantry Regiment, 25th Infantry Division. During a firefight on that day, in Tây Ninh Province, Republic of Vietnam, Lambers took command after the platoon leader was wounded. For his

conspicuous leadership during the battle he was promoted to Staff Sergeant and awarded the Medal of Honor in December 1969.

Walking along Lake Michigan two years later in inclement weather, he was swept off a breakwater and drowned at age 28. His body was never recovered.

\*\*\*



### Happy Birthday:

10/28 Dan Wunder, AVVA

### TAPS:

Dr. Thomas I. Soule, 76, Col. USA  
Medical Corps

Robert A. Wilsea, 71, USAF Ret

Carl S. Czarnecki, 75, USN

Dan Signore, 98, USA WWII &  
USAR VN

James T. Blanchard, 77, USA,

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Veterans in immediate crisis may call the Veterans Crisis Line at (800-273-8255 then press I, text 838255 or chat online at [veterancrisisline.net/get-help/chat](http://veterancrisisline.net/get-help/chat). For more information on VA's mental program, visit [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)

**Veterans  
Crisis Line**



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