Study finds higher prevalence of mental health concerns for Vietnam Veterans

Veterans who served in Vietnam, Cambodia, or Laos during the Vietnam War have a higher prevalence of mental health issues, particularly PTSD, compared with both other Vietnam-era Veterans and non-Veterans, according to an analysis of data from the Vietnam Era Health Retrospective Observational Study (VE-HEROes). The report appeared online in “The Journal of Traumatic Stress” in March 2022.

“Although almost 50 years have passed since the official war’s end in 1975, Vietnam Theater Veterans are still reporting poor mental health,” said Dr. Victoria Davey, the study’s senior author. Davey is the principal investigator of VE-HEROes and an associate chief research and development officer for VA.

VE-HEROes is the first nationwide survey of both the physical and mental health of Vietnam War Veterans in more than 30 years. It sought survey data from more than 45,000 Vietnam-era Veterans, as well as 11,000 matched controls. Data collection was completed in 2016 and 2017; nearly 19,000 Veterans responded. Multiple analyses are underway based on the data.

Compared with non-theater Veterans, Vietnam-theater Veterans had four times the risk of PTSD, nearly double the risk for depression, and more than two times the risk of psychological distress. Compared with non-Veterans, they had more than nine times the risk of PTSD, more than double the risk for depression, and nearly six times the risk of psychological distress.

VE-HEROes survey data show that an estimated 62.9% of Vietnam-theater Veterans either experienced combat or were in a non-combat position in which they felt afraid for their lives. This was reported much less often by non-theater Veterans and non-Veterans (7.1% and 1.3%, respectively).

“These results may underestimate the mental health burden of Vietnam-theater Veterans, because those at greatest risk for poor mental health may have already died, or may be homeless or incarcerated,” noted Davey.

“The Vietnam War continues to have negative effects on Veterans’ mental health, particularly for those who served in the Vietnam Theater,” she added. “This is the case even 45 years after the war ended. The availability of mental health services will continue to benefit these Veterans.”
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**Birthday Wishes**

Birthday wishes go to our members born in June. May you have many more!

Moe Armstrong  
Dorothy Barry  
Bo J. De Alba  
Robert Dowding  
Gary M. Gazdzicki Sr.  
Joseph S. Hachey  
Donald Kelly  
Harry Kiernan  
Leland E. Moulton  
Jeff Nielsen  
James M. Parent  
Ronald Pariseau  
Arthur N. Steben, Jr.  
Robert Stepanian  
George W. Washington

**Happy Birthday!**

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**Chapter/State News**

**Chapter Elections**

Chapter 120 elections were held on May 5, 2022. Results of that election are as follows:

**Officers**

President: Bob Burgess  
Vice President: Frank Zizzamia  
Secretary: Peter Lund  
Treasurer: Roger Anderson

**Board of Directors**  
Paul Barry  
Patricia Dumin  
Peter Galgano  
Ken Lewis  
Leigh Lovering

**State Council Delegates**  
Roger Anderson  
Paul Barry  
Bob Burgess  
Ken Lewis  
Frank Zizzamia

**Elections Committee**  
Ken Lewis  
Peter Lund  
Tim Siggia

**Congratulations to All!**

**The Wall That Heals**

Veterans Memorial Park Norwalk CT  
JUN 2 AT 8:30 AM – JUN 5 AT 2:00 PM EDT

The Wall That Heals will be in Norwalk CT from June 2 through June 5, 2022 at the Veterans Memorial Park Norwalk, CT. The Wall is being sponsored by The Military & Veterans Liaison Committee of Norwalk and The Frank C. Godfrey American Legion Post 12.

The three-quarter scale Wall replica is 375 feet in length and stands 7.5 feet high at its tallest point. With the replica at this size, visitors are able to experience The Wall rising above them as they walk towards the apex, a key feature of the design of The Wall in D.C.

Like the original Memorial, The Wall That Heals is erected in a chevron-shape and visitors are able to do name rubbings of individual service member’s names on The Wall. The names are listed in order of date of casualty and alphabetically on each day. Beginning at the center/apex, the names start on the East Wall (right-hand side) working their way out to the end of that wing, picking up again at the far end of the West Wall (left-hand side) and working their way back in to the center/apex. The first and last casualties are side by side at the apex of the Memorial.
The replica is constructed of Avonite, a synthetic granite, and its 144 individual panels are supported by an aluminum frame. Modern LED lighting from the top of The Wall provides readability of The Wall at night.

About The Military & Veterans Liaison Committee
The Military & Veterans Liaison Committee supports all City of Norwalk’s residents who are serving on active duty, National Guard, or Reserves, and all veterans. Our goal is to facilitate the City of Norwalk’s services to its resident Service Members, Veterans, and their families; and to provide benefits and programs similar to those available on active duty bases and stations. Our focus areas are Business and Employment, Education, Finance, Healthcare (including counseling and substance abuse), Housing, Legal, and Military (those still serving). See: https://norwalkvets.org/

About The Frank C. Godfrey American Legion Post 12
The Frank C. Godfrey American Legion Post 12 was founded in 1919 in Norwalk CT upon the return of our WW1 veterans. The Post recently celebrated its 100th birthday. The post continues to serve our veterans and their families. The American Legion is the largest group of wartime veterans. The four basic principles to serve our veterans and their families. The American Legion are Veterans Affairs and Rehabilitation, National Security, Americanism and Children & Youth.

POW/MIA News
Still Missing - MIAs Unaccounted for
The fate of many Americans who fought in Southeast Asia is still unknown decades after the war ended. There are even more “missing in action” from World War II and the Korean War. The Vietnam War has the smallest percentage of the originally listed MIAs still unaccounted for. “Accounted for” is defined by law to mean the individuals have returned alive or their remains have been recovered and identified. At this point, essentially all unaccounted for MIAs have been declared dead or are presumed to be dead. They are counted in the number of war deaths.

WORLD WAR II
Originally Missing - 73,689
Still Unaccounted for - 72,348

KOREAN WAR
Originally Missing - 8,156
Still Unaccounted for - 7,544

VIETNAM WAR
Originally Missing - 2,640
Still Unaccounted for - 1,584

There are two Americans still missing from the Persian Gulf War (1990-91), three from the Iraq War (2003-11) and none from the Afghanistan War (2001-21).

At The Capitol
Veterans Bills signed into Law
Three veteran related bills were signed into law at the end of the 2022 Connecticut General Assembly session.

Public Act No. 22-34 (HB 5367)
This bill includes:

- Establishes a task force to (1) evaluate state property tax exemptions, abatements and other relief granted to veterans, (2) make recommendations concerning whether any such state veterans property tax relief should be adjusted to more effectively align with the intent, at the time of enactment, for such relief, and (3) create a list of municipalities in the state that have enacted local veterans property tax relief and specify the nature of such relief in each such municipality. Not later than January 1, 2023, the task force shall submit a report on its findings and recommendations to the joint standing committees of the General Assembly having cognizance of matters relating to military and veterans' affairs and planning and development, in accordance with the provisions of section 11-4a of the general statutes. The task force shall terminate on the date that it submits such report or January 1, 2023, whichever is later.

- Any municipality, by vote of its legislative body or, in a municipality where the legislative body is a town meeting, by vote of the board of selectmen, may provide that any veteran, as defined in section 27-103 of the general statutes, as amended by this act, whose federal adjusted gross income is fifty thousand one hundred dollars or less shall be entitled to an exemption from the tax imposed under chapter 203 of the general statutes on any dwelling owned and occupied by such veteran as such veteran’s primary
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residence, in an amount equal to ten per cent of the assessed value of such primary residence. Provides jointly with the Commissioner of Veterans Affairs a written notice annually to municipalities and veterans' organizations of the property tax exemptions that a municipality may opt to approve under chapter 203 for veterans, veterans' relatives or spouses or persons killed in action while performing active military duty with the armed forces.

- Makes technical corrections to several sections of the State statutes.

Public Act No. 22-62 (HB 5368)
This bill includes:

- The organization of the Governor’s Foot Guards, control of the Military Department’s morale, welfare and recreation programs and gifts, grants and donations from public or private sources.

- The Adjutant General may issue a military funeral honors ribbon to any member of the National Guard or organized militia or other military personnel who satisfactorily performs as a member of an honor guard detail pursuant to section 27-76 of the general statutes.

Public Act No. 22-63 (HB 5373)
This bill adds the following to Section 48-1 of the general statutes:

- If the United States Attorney, or the United States District Court, for the district of Connecticut waives exclusive jurisdiction in any matter relating to a violation by a minor, as defined in section 1-1d, of federal law within the boundaries of any military installation of the United States Department of Defense located on any land provided for in subsection (a) of this section, the state shall exercise concurrent jurisdiction with the United States over such military installation in such matter.

On The Hill

Tester Presses VA Officials on Increased Oversight of Care for Veterans
At hearing, Chairman also heard from VA OIG Inspector General on critical need for VA to broaden awareness of the OIG’s recommendations

Chairman Jon Tester led a Senate Veterans’ Affairs Committee hearing on May 11 to evaluate the quality of veterans’ health care within the Department of Veterans Affairs (VA) and in the community, where he pressed Assistant Under Secretary for Health for Discovery, Education and Affiliate Networks Dr. Carolyn Clancy on VA’s steps to prevent veteran abuse and employee misconduct at facilities across the country.

“Many IG recommendations could be applied across VA to ensure similar problems don’t occur at other facilities,” Tester said to Dr. Clancy. “Does VA review IG reports and look for ways to prevent potential problems across the system?”

“We do indeed,” replied Clancy. “…We have long-had daily meetings about what’s happening and what are we hearing from the field—but this was more of a headquarters activity. During the pandemic, this became the glue that held the system together. And it has had a fundamental impact on our high reliability journey, as well as our ability to provide care to veterans during the pandemic, because it became a matter of sharing equipment and people as we needed. But that also became the place to say, we’ve had a problem here, and people ask questions—that’s a new thing.”

VA also assured Tester that they are reporting on quality measures required under the VA MISSION Act to ensure veterans can make informed decisions about their health care options.

During the second panel, Tester questioned VA Inspector General Michael Missal on the Department’s role in implementing VA Office of Inspector General (OIG) recommendations across its health care system. Missal stressed the critical need for VA to broaden awareness of the OIG’s recommendations.

Tester is leading the push in Congress to ensure the VA OIG has the critical tools to detect waste, fraud, and abuse with essential subpoena testimony authority during the course of its inspections, reviews, and investigations through his bipartisan Strengthening Oversight for Veterans Act. Last September, the Chairman also led a bipartisan call to VA Secretary McDonough, urging the Department to address oversight failures at VA medical facilities nationwide.
Congress bestows its highest honor on WWII merchant marines

Congress has bestowed its highest honor on merchant mariners who fought in World War II, almost eight decades after the conflict in which more than 8,000 of them were killed.

More than two years after Congress voted to approve the award, leaders on Capitol Hill on Wednesday May 18 awarded the Congressional Gold Medal to surviving merchant mariners who provided equipment, food, fuel and other materials to military troops around the world during World War II. While they suffered what was thought to be the highest per capita casualty rate in the war, they did not receive veteran status until 1988 because they are not a branch of the military.

Dave Yoho, a 94-year-old veteran of the service, said at the ceremony in Statuary Hall that he and his fellow mariners “brought home the scars of war” but were forgotten.

“This war ended before most of you were born, but there was a sense of patriotism” among those who served, Yoho said. He was accompanied by another merchant marine veteran whom Yoho said was 101 years old.

The U.S. Merchant Marine provided goods in many different arenas during the war, including at the invasion of Normandy. The legislation passed by Congress in March 2020 awarding the medal cites a 1944 New York Times article that said the Normandy invasion “would not have been possible without the Merchant Marine.”

Congressional leaders thanked the mariners for their service and said it was long overdue.

“Thank you for being there when others weren’t watching,” said House GOP Leader Kevin McCarthy. “This is a beautiful medal.”

Senate Republican Leader Mitch McConnell said merchant marines had paid “far, far more than its share.”

Democratic Rep. John Garamendi of California, one of the original sponsors of the legislation, said it had taken Congress 50 years to award the medal. He noted that the veterans’ successors are still on the seas providing goods around the world.

The medal will be displayed in the American Merchant Marine Museum in New York.

Veterans Affairs News

As Turnover Soars, Most VA Employees Say They Were Not Emotionally Supported During the Pandemic

Front-line employees at the Veterans Affairs Department are reporting high levels of stress and limited assistance to deal with their mental health, according to a new survey by the agency’s inspector general, contributing to VA’s record-high turnover.

While VA took several steps since the outset of the COVID-19 pandemic to address employee well-being, the workforce remained largely unaware of those efforts. Regional and facility leadership overwhelmingly reported to the IG that they knew about the department’s steps to address employees’ mental health needs, but that largely did not trickle down to the clinical staff. Just 40% of the health care staff knew about efforts to provide emotional support resources.

Middle management similarly appeared unaware of the resources made available for them. Just 12% of “service-line leadership” said they knew about the “rapid response consultations” VA offered during the pandemic to provide assistance to the supervisors for leading in a virtual environment and meeting employee support needs.

Just 38% of clinical staff said management was responsive to their concerns during the pandemic. A slight majority of those workers said VA was not adequately providing emotional support. The IG received responses from more than 8,000 employees for its survey.

From its initial COVID-19 response plan, VA recognized it would need to account for employee “recovery” and set out to provide additional mental health services for staff. The department’s National Center for Organizational Development led the effort, though several offices—such as its chaplain service and the Office of Mental Health and Suicide Prevention—were also involved. VA installed employee support teams at facilities, solicited employee reflection videos, launched webinars on self-care and established a “wall of honor” for employees who died from COVID-19. Those who engaged with VA’s offerings generally found them to be helpful, the IG found.

“Greater awareness and encouragement could lead to increased utilization of resources, a better sense of facility support for employees experiencing distress, and improved organizational resilience,” the auditors said.

VA conducted its own survey in December, frontline staff “exhibited a diminished capacity to deal with the stresses and demands of the work environment.” About one-in-five workers said they were experiencing more burnout than usual and one-in-four said they felt high or extreme levels of stress from the
pandemic. Overly stressed employees frequently engaged in “interpersonal challenges and conflict,” VA said.

In November, VA launched its Reducing Employee Burnout and Optimizing Organizational Thriving (REBOOT) Task Force to help improve worker well-being and reduce turnover. In response to the IG’s findings, VA said the task force is already working on addressing the issues identified in the report and is focused on “supporting the individual resilience of employees.”

“The VHA recognized in the second half of FY21 that there needed to be a more strategic approach to supporting employees that addressed not just the employee well-being factors connected with burnout, but also the organizational design factors that are major contributors to burnout as well,” VA said.

In a speech in February, VA Secretary Denis McDonough acknowledged that VA was losing employees to burnout and announced 10 steps to better reward the workforce. Those included upping retention bonuses and lifting the caps on some employees’ pay. VA is currently experiencing its worst turnover rate in 15 years, and is anticipating needing to hire 15,000 nurses per year for the next five years.

“You’ve had to cover for thousands of colleagues who were sick and unable to work, meaning even longer hours and later nights,” the secretary said.

VA employees have, since the outset of the pandemic, complained of dire and, at times, unsafe working conditions, though most have acknowledged things have largely improved since those first months. Still, many facilities experienced staffing shortages as new waves of the pandemic forced thousands of employees to miss work at any given time. VA said its task force is currently soliciting and evaluating recommendations and hopes to implement changes by December.

“The VHA knows that burnout is an imperative organizational issue,” the department said, “and is committed to implementing actions to address system stressors that contribute to burnout as well as promoting initiatives that foster joy and wellbeing in the workplace.”

Massachusetts settles with families of Holyoke Soldiers’ Home victims

Massachusetts has agreed to pay $56 million to settle a class-action lawsuit brought by the families of veterans who died or became sick after contracting COVID-19 at a state-run veterans' care center during one of the deadliest outbreaks at a long-term care facility in the U.S., officials said Thursday May 12.

The families of 84 veterans who died during the outbreak at the Holyoke Soldiers’ Home will receive a minimum of $400,000 each, while other veterans who contracted the disease and survived will receive a minimum of $10,000 under terms of the settlement that still requires a federal judge's approval.

“The suit contends that what happened at the Soldiers’ Home was so severe that it rose to the level of a deprivation of the veterans’ constitutional rights to be free from harms recklessly created by the government,” Tom Lesser, one of the families’ attorneys, said in a statement.

“No amount of money can bring back the veterans who died or erase the pain and suffering that this tragedy needlessly caused those veterans and their families, but justice required that those wrongs not go unaddressed,” he said. “This settlement recognizes that the tragedy was preventable and never should have happened.”

The number of COVID-19 deaths had previously been reported at about 76, but the higher number reflects further investigation by the state and includes veterans who contracted the disease but did not have it listed as a cause of death on their death certificate, Michael Aleo, another of the plaintiffs’ lawyers said.

Former U.S. Attorney Donald Stern will serve as the settlement claims administrator and determine how much each family will receive.

The terms of the settlement will cover veterans who lived at the facility at any time between March 1, 2020 and June 23, 2020 and who became ill or died from COVID-19 during that period. The settlement amount also covers attorneys’ fees.

Gov. Charlie Baker plans to file legislation seeking $56 million for the claims fund in the coming weeks.

“The COVID-19 outbreak at the Holyoke Soldiers’ Home was a terrible tragedy. While we know nothing can bring back those who were lost, we hope that this settlement brings a sense of closure to the loved ones of the veterans,” Baker said in a statement.

The coronavirus tore through the home in the spring of 2020 infecting both residents and staff.

An investigation by a former federal prosecutor hired by Baker found that management made several “utterly baffling” decisions that allowed the virus to spread almost unchecked, such as combining two locked dementia units, both of which already housed some residents with the virus. As many as 40 residents were placed in a space designed for 25.

Never Again Will One Generation of Veterans Abandon Another
Formaldehyde?

Did Local Beer Contain Formaldehyde?

By Erik Villard

A Controversial Question

While the United States exported a variety of domestic beers to South Vietnam during the war, including Pabst Blue Ribbon, Schlitz and Budweiser, two local varieties - 33 Beer and Tiger Beer - were cheaper and always available if American brands could not be found. Many U.S. service members discovered that the Vietnamese beers varied in taste from batch to batch, sometimes having particularly bitter notes, a vinegar aftertaste or an odor reminiscent of formaldehyde, a chemical used in building materials, industrial disinfectants and preservatives for funeral homes and medical labs.

The popular 1987 comedy Good Morning, Vietnam starring Robin Williams contained a reference to the use of formaldehyde, further cementing the rumor in popular memory. Despite widespread speculation that 33 Beer and Tiger Beer contained formaldehyde, there is no evidence to support that belief. Micro amounts of formaldehyde are created in the fermentation process during brewing, which applies to all beers everywhere, but that natural process is different from adding formaldehyde as a preserving agent.

The outbreak led to criminal neglect charges against the home's former superintendent and medical director, but the charges were dismissed by a judge last year. The state attorney general has appealed.

The state Inspector General last month released a report saying the superintendent at the time of the outbreak should not have been hired in the first place because he lacked the temperament and skills to run such a facility.

The state has announced plans to build a new $400 million home to replace the current 240-bed facility that was built in the early 1950s.

The popular 33 Beer (Ba Muoi Ba for three-ten-three in Vietnamese) originated in France (Biere 33) using a German recipe in the late 19th century. The label "33" referred to the original 33 centiliter (11.2 ounce) bottle that the brand used. France established a brewery in Saigon during the early 20th century, and production continued when South Vietnam became an independent nation. The other staple lager in southern Vietnam was first brewed in Saigon in 1909 by Frenchman Victor Larue and officially named Biere Larue but was more commonly called Tiger Beer after the image on the label.

Both brands retained their original brewing recipe and manufacturing process in the 1960s and '70s. Inconsistent storage conditions (including excessive exposure to light and heat), plus occasional problems with raw materials (malts, hops, etc.) sometimes led to differences in quality from batch to batch.

A few other bits of wartime beer trivia: American canned beers exported to Vietnam were not made with the then relatively new "pop-top" opener. The troops needed a "church key" can opener or other sharp implement to puncture the lid. The two Vietnamese beers had slightly more alcohol content than their American counterparts - around 5.5 percent versus a range of 3.2 - 5 percent. Like Budweiser but unlike most other U.S. brands of the era, Vietnamese beers used fermented rice in the brewing process.

In 1975, after the war, the Vietnamese government changed the name Ba Muoi Ba to Ba Ba Ba (333) to distance the brand from associations with French colonial rule. Now produced as 333 Premium export Beer by Sabeco Brewery in Vietnam, it is still one of country’s most popular beers. Biere Larue continues to be produced by Vietnam Brewery Ltd. and should not be confused with the Singapore brand Tiger Beer, sold by the same company. Both 333 and Biere Larue remain lagers, but their recipes have changed since the Vietnam War to accommodate modern and more international tastes.

Dr. Erik Villard is a Vietnam War specialist at the US. Army Center of Military History at Fort McNair in Washington D. C.

B-57B Canberra Bomber

On Nov. 1, 1964, a Viet Cong mortar attack on Bien Hoa Air Base near Saigon destroyed five B-57B Canberra bombers and two helicopters, while damaging 13 additional B-57B aircraft. That attack largely reflected Canberra losses during the war - most occurred on or close to the ground. For example, four of the bombers that arrived on Aug. 5, 1964, the first deployment of U.S. combat jets to South Vietnam, were lost in poor weather. Originally intended as a nuclear-strike platform, the B-57’s outstanding ordnance load and ability to loiter over targets made it the ideal plane for ground support and interdiction efforts during the war’s early years.

The U.S. Air Force decided in 1951 to add the British-made English Electric Canberra B2 to its bomber fleet and selected Glenn Martin Co. to manufacture it under license. Martin’s version, the B-57A Canberra, reduced the crew from three to two while adding wingtip fuel tanks and a low-drag revolving
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Never Again Will One Generation of Veterans Abandon Another

bomb bay door that enabled the aircraft to carry a variety of ordnance. The first planes left the factory in 1953. Only eight B-57As were produced.

The B-model had a redesigned tandem cockpit for the two crewmen, a gun sight, wing ordnance hard points, wing-mounted guns and hydraulic air brakes. The B-57B could carry up to 16 bombs of 100 or 250 pounds in its bomb bay and 3,300 pounds of ordnance-bombs or rocket pods-on the wings.

The Canberra was the first American aircraft to bomb the Viet Cong and strike the Ho Chi Minh Trail. The plane’s nearly 60-minute loiter time and gun armament made it a particularly popular option not only for the trail but also for larger targets in southern Laos.

The Air Force lost 51 Canberras to combat in Vietnam - 15 destroyed on the ground and 26 downed by ground fire, mostly over South Vietnam. By 1969, only nine B-57Bs were still operational. They were withdrawn that year, replaced by heavily modified and rebuilt B-57Gs, optimized for low-level, all-weather missions. The Air Force retired the last B-57 in 1983.

Crew: Two
Engine: Two Wright J-65-W5 turbojets with 14,440 lbs. thrust
Wingspan: 64 ft.
Length: 65 ft., 6 in.
Max. Takeoff weight: 53,720 lbs.
Max. Speed: 600 mph
Max. Range: 2,700 miles
Combat radius: 520 miles with 5,250 lbs. bombs
Service ceiling: 45,100 ft.
Max. Bomb load: 7,300 lbs.
Armament: Eight .50-caliber machine guns or four 20 mm cannons

Newsletter articles/ stories/photos

Any articles, stories and/or photos submitted for the newsletter must be received by the “cut off” date for any given month. Photos must be accompanied by text which describes the event, names, dates and any other pertinent facts so our readers understand the story behind the photo(s). The newsletter editor will announce the “cut off” dates at each Chapter meeting. The “cut off” date for our July/August newsletter is 22 July 2022. Due to space availability, the editor reserves the right to include or not include photos for a given month.

Welcome Home

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