

VETERANS OF VIETNAM WAR

PO Box 2113
Middletown, CT 06457-2113
"People Who Care"

Middletown, Connecticut

November 2004 Volume XXXVII

www.vietnamvetstmiddletownct.org

Meetings are held on the first Tuesday of each month at 7:00 p.m. @ the Legion Hall in Middletown. (Bernie O'Rourke Drive, off RT 66.)

It's Fall 2004. The trees leaves are almost done changing color.

MARK YOUR CALENDAR November MEETING

This Months Meeting is on ELECTION DAY, **Tuesday, NOV. 2, 2004 at 7:00 P.M.** at the American Legion. Nomination of officers for 2005 is on the agenda. *Luke, Feel the FORCE and JOIN us in Middletown* Members and potential members welcome.

NEEDED SOON: For the Good of the Chapter:

2005 marks the 20th anniversary of the chapter. Does anyone have a suggestion on a location for a party? The committee is working hard but needs help in planning for the October 2005 celebration. More info in future newsletters and/or come to a meeting and share your ideas, help us to plan the celebration.

V V W WEBSITE INFO:

The Veterans of the Vietnam War, Middletown Inc. have a computer WEBSITE:

www.vietnamvetstmiddletownct.org

Please take a few minutes of your time to "ADD IT TO YOUR FAVORITES", become familiar with its content and related links.

We need your E-mail

address: the chapter would like all members who have a computer email address to forward it to the Chapter at WEBMASTER

@vietnamvetstmiddletownct.org

So far, we have only 32 Email addresses out of 108 members. Are we in the computer age or what! Please sign up with any of the officers or the Webmaster.

To do:

2005 Dues Reminder

Dues are payable at the beginning of the year. \$12.00 per year or \$100.00 for life membership.

2005!

9th Annual Golf Tournament June 2nd

NEW MEMBERS Welcomed

If you know anyone who would like to join the chapter, bring them to a meeting or let us know and the Secretary will send an application. Membership is open to any Vietnam-era vet. \$15.00 initially, includes first year's dues and then just \$12.00 per year.

December 2004 meeting will be on Tuesday 12/07/2004. 7:00 p.m.

Agenda Items:

Election of Officers, Christmas Party, Holiday Food Baskets and the Holiday Bell Ringing for the Salvation Army.

Send E-Mail Greetings

Send e-mail greeting through

<http://anysevicemember.navy.mil>

Chapter Christmas Party **Friday Dec 17th**

Legion Hall, Members and guests, Dinner, Music, BYOB MORE to follow. Save the date!

Perhaps one day all people, in accord, will finally learn that to know peace, one must first love peace; and to love peace, one must first love.

Eli Takesian

“NORMAL”

I worry that I’m not normal.

Then I worry that I don’t even know what “normal” is. Hugh M.

Many of us struggle with fears of not being normal, of not being like other people. But what does the word really mean? For most of us, normal means whatever we have been feeling and doing long enough to be comfortable with.

Many of us adult children have practiced feeling nothing--- that has become normal. Some of us have practiced feeling guilty for so long that we don’t know what it means to feel confident. Others of us are so good at working, that playing seems unworthy of responsible adults---it’s not normal.

Since feelings wrap themselves around behavior, we come to feel that many abnormal behaviors are perfectly normal. So we end up feeling normal only when we’re doing something that is self-defeating. Conversely, to act on our own behalf, to become our own best friend, may feel anything but normal. For us, “What’s Healthy?” is a better question than “What’s Normal?”

Today, I will not worry about meeting somebody else’s standards. I will make healthy choices, confident that they will become healthy patterns and normal for me.

Chapter Christmas Party is: Friday, December 17, 2005. SAVE THIS DATE!

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MAIL TO:

DON’T FORGET TO VOTE TUESDAY NOVEMBER 2ND!