

VETERANS OF VIETNAM WAR

Middletown, Connecticut

January 2005 Volume XXXIX

www.vietnamvetstmiddletownct.org

PO Box 2113

Middletown, CT 06457-2113

"People Who Care"

20th ANNIVERSARY YEAR,

Oct. 1985 to Oct. 2005

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

It's a New Year 2005. Get involved with the Veterans of the Vietnam War!

MARK YOUR CALENDAR
January MEETING

This Months Meeting is on **Tuesday, Jan. 4, 2005 at 7:00 P.M.** at the American Legion Hall.

Member Activity:

A flurry of activity at the November and December meetings led to the election of new officers for 2005. The slate for the anniversary year is:
Commander-Joseph Labbadia
Vice Comm.- Paul Fazzino*
Secretary - Rich Couture
Treasurer - Jack Mayoros

3 yr trustee Frank Martini
2 yr trustee Marty Reardon
1 yr trustee Dean Buden

Sgt at Arms Luke Mailhot
Chaplain Marty Reardon

*Pending accept/approve by P Fazzino

Luke, Feel the FORCE and JOIN us in Middletown
Bring some 2005 beer!

Members and potential members welcome.

NEEDED SOON: **For the Good of the Chapter:**

2005 marks the 20th anniversary of the chapter. 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. 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.

February 2005 meeting will be on Tuesday February 1, 2005 at 7:00 p.m.

Agenda Items:

20th ANNIVERSARY PARTY
PLANNING, November 2005
D.C. trip to 'THE WALL'

Send E-Mail Greetings

Send e-mail greeting through

<http://anysevicemember.navy.mil>

Chapter Christmas Party

Friday Dec 17th at the Amer. Legion Hall, Members and guests, Dinner, Music, BYOB was a success 28 revelers had a great time.

Salvation Army Bell Ringing was a SUCCESS even though we only manned the kettle from 9:00 to 2:30 p.m. We brought lots of cheer to Middletown. Thanks to all who participated. Next year we'll do better by

getting members to sign up earlier. With 100 members, we should be able to fill an 8 hour shift for those less fortunate. Captain Faith Miller was very appreciative of our efforts.

Silent Time

Each day, pencil in a couple of minutes on your planner for complete silence. Turn off your phone, don't check your e-mail, and don't talk to anyone. Noise zaps your positive energy; it increases heart rate and the level of cortisol (the stress hormone), interrupts thoughts, and rattles nerves. Silence is a time-out; it calms you down. You can have silent time while working, gardening, or taking a walk. Just make sure you schedule it. You can't sneak the time in, or you're sure to be interrupted.

Judith Orloff, M.D. Psychiatrist

When you harbor bitterness, Happiness will dock elsewhere.

I WOULD RATHER LIVE MY LIFE AS IF THERE IS A GOD,
AND FIND OUT THERE ISN'T,
THAN TO LIVE MY LIFE AS IF THERE ISN'T,
AND DIE TO FIND OUT THERE IS.

Past Commanders

Joe Labbadia	10/85 thru 12/86
Joe Labbadia	01/87 thru 12/87
Jack Mayoros	01/88 thru 12/88
Jack Mayoros	01/89 thru 12/89
Jack Garner	01/90 thru 12/90
Al San Souci	01/91 thru 12/91
Al San Souci	01/92 thru 12/92
Dean Buden	01/93 thru 12/93
Dean Buden	01/94 thru 12/94
Eric Tyler	01/95 thru 04/95 part
Tom Pitruzzello	05/95 thru 07/95 part
Marty Reardon	08/95 thru 12/95 part
Marty Reardon	01/96 thru 12/96
Jack Mayoros	01/97 thru 12/97
Jack Mayoros	01/98 thru 12/98
Jack Mayoros	01/99 thru 12/99
Jack Mayoros	01/00 thru 12/00
Jack Mayoros	01/01 thru 12/01
Marty Reardon	01/02 thru 12/02
Marty Reardon	01/03 thru 12/03
Frank Martini	01/04 thru 12/04
Joe Labbadia	01/05 thru

Man of the year

Jon Tewksbury
Paul Fazzino
Frank Martini
Tom Guart
Jack Mayoros
Ron Delisle
Tom Clayton
? none
Calvin Hilton
n/a
n/a
Dean Buden
? none
Joe Labbadia & Fred Yarger
Rich Couture
Jim Marshall
? none
? none
? none
? none
?

FROM THE NEW COMMANDER

Joe Labbadia

A happy and healthy New Year to all of our members and their families. Can you believe that the chapter has been in operation for 20 years? As a charter member, I am very proud that the chapter has a continued presence in the community and has been able to bring some joy into the homes of needy veterans not only during the holiday season but also throughout the year. The participation is way down from where we were during our peak in the early 90's but we still have 47 regular, 38 life and 8 honorary members (93 total). As I remember, our all time high was about 110. **We really need your support.**

The annual dues are only \$12.00 and our continued presence in the community is important. As of this writing, only two members have paid their 2005 dues. So please take a moment and put a check in the mail today. Even with the membership down: we were still able to sponsor our college scholarships, put the flags out on Memorial Day at the Veteran's cemetery, be represented in the Memorial Day parade, we almost (2005 for sure) have the names of the Middletown KIAs engraved on the back of the Vietnam Veterans Monument on the Green. We're planning our 20th Anniversary Party, we do the bell ringing for the Salvation Army at Christmas, host a Christmas party and host the eighth annual Thomas W. Fritsch Golf Tournament. **We all have busy lives and we are not pressing you to come out to the events but we would appreciate it if you would pay your dues and continue membership with the group.** If you can help out with an event that would be fantastic, if not, just pay your dues and support the group with your membership. Maybe in the future you will be able to come out and support the chapter in other ways.

In 2005 we are again offering our "Welcome Back" program. Former members are welcomed back in good standing if they pay their 2004 and 2005 dues. If you are in contact with any previous members please encourage them to take advantage of this program. In addition, we are constantly looking for new members. If you know a Vietnam Era Vet who might be interested please contact one of the chapter officers for an application.

There has been much discussion lately about how we can get people to come out on meeting night. We have been meeting the first Tuesday of the month to see if it makes a difference in attendance. Try it and tell us what you think? In addition, some members thought that quarterly meetings would be enough but personally I believe if we go to quarterly meetings we will lose the 10 to 12 people who attend most of the monthly meetings now. What are your thoughts on quarterly meetings?

We are trying to make the meetings more interesting and will attempt to develop speakers over the next few months. As we have done in the past, we will still have free pizza and reduced drink prices at least one meeting per quarter.

What can you expect for 2005? We will continue with the present functions and try to add some recreational events, Recreational Golf, a RockCats Baseball Game and a welcome back picnic for our September meeting. .

"YOU ARE NOT FORGOTTEN"
SP4 THOMAS W. SHAY, U.S. ARMY, June 15, 1966
PFC LEROY FRAZIER, U.S. ARMY, October 01, 1966

Life is not measured by the number of breaths we take,
but by the moments that take our breath away.

GOLF PRAYER Prayer For A Perfect Day

As I approach the course to play
I'd like to start without delay
So get my partner there on time and let the weather be sublime.
I pray you'll let this day be mine.

Guide my golf balls straight and true
And keep my screw-ups to a few
I'll win my bets and pay back dues
Then do some bragging over booze
And PLEASE no duck doo on my shoes. Amen.

This years tournament is: **Thursday, June 2, 2005.** SAVE THAT DATE!

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MAIL TO:
