



Veterans of the Vietnam War

P.O. Box 2113, Middletown, Connecticut 06457-2113



"PEOPLE WHO CARE"

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NEWSLETTER

February 2013

2013 Dues are now OVERDUE...

MARK YOUR CALENDARS - 2013 SCHEDULE

March 5 – "Pizza Night" Meeting, 7:00PM American Legion Hall, Bernie O'Rourke Drive, Middletown
April 2 - Regular Meeting, 7:00PM American Legion Hall, Bernie O'Rourke Drive, Middletown
May 7 - Regular Meeting, 7:00PM American Legion Hall, Bernie O'Rourke Drive, Middletown

ROLLCALL OF OFFICERS AND NEW MEMBERS

In case you didn't get the January newsletters, the Officers for 2013 are as follows:

Commander: Lawrence Riley
Vice-Commander: Ronald Lee
Secretary: Joseph Labbadia
Treasurer: John C. Mayoros, Sr.
3 Year Trustee: Richard Couture
2 Year Trustee: John Landry
1 Year Trustee: Michael Rogalsky
Sgt-At-Arms: Ronald Nanfita
Chaplain: Jerry Augustine

NEW MEMBERS

Let's all welcome our two new members: Carl Bukowiec USAF, Calvin Bunnell USN.
This brings our chapter membership to Regular: 34, Life: 62, Honorary: 6 for a
Total Membership of 102.

REPORT OF COMMITTEES

Scholarship Committee: Chairman R. Couture reports that he is finishing up the application form and has spoken with the Guidance Office at Middletown High School where the Veterans of the Vietnam War, Peter M. Taft award will be presented this year. The school informed him that when all the parameters are met to forward the material to the school.

Bingo: The Rocky Hill Veterans Home is presently under quarantine for a virus. Bingo will be rescheduled at a later date.

UNFINISHED BUSINESS

Salvation Army Bell Ringing: Still waiting the final total the Chapter had collected during the bell ringing.

NEW BUSINESS

A Golf Committee will be forming for this year's tournament scheduled for **June 6, 2013**.

Discussion was held regarding possibilities for the annual trip by the Chapter. Possible destinations were Washington, DC or the Battlefields in Virginia and Maryland. There was even mention of Las Vegas, Nevada.

MEMBERS ILL OR IN DISTRESS

The Commander informed the Chapter of the passing of Honorary Member Ronald DeLisle, USMC, in South Carolina. Our prayers go out to Ron's family.

DRAWING

Charles Lizotte's name was drawn but he was not present thus his \$30.00 prize was forfeited. March drawing will be for \$40.00. Remember, you must be present and be current on your dues in order to win the drawing. Come to the meetings and you may leave with \$\$\$\$\$ in your pocket!



CAN SCIENCE GIVE YOU COURAGE?

Psychologist and author offers tips for boosting your brave genes

The Courage Quotient: How Science Can Make You Braver By Robert Biswas-Diener

Courage. We saw it June 5, 1989, when a man stood alone before approaching tanks in Tiananmen Square. We saw it Sept. 11, 2001, when a handful of passengers on United Flight 93 acted together to overpower hijackers.

The capacity for courage lies within all of us — and there are ways to increase it, says psychologist Robert Biswas-Diener, who has studied courage in cultures around the world.

The ability to control fear, and boost your willingness to act, is a skill that can be cultivated and acquired. Biswas-Diener, author of "*The Courage Quotient: How Science Can Make You Braver*" (Jossey-Bass), researches how ordinary people can harness the bravery that lies dormant.

"The ability to control fear is vital to living a full life," he says. "Fear is a fact. It signals something might be dangerous. It makes sense. But when we're afraid of rejection, failure or flying in a plane — that doesn't pose a threat but holds us back from the life we want."

Here are some of his tips: Give yourself some credit: Instead of focusing on your fears, think about brave things you've done: gone away to college, moved to a new city, taken a new job. "These are courageous actions that are fraught with unknowns," Biswas-Diener says. "Think of three courageous decisions you made this week. Make a list. Courage is more than physical bravery."

Fear is natural: Realize that fear is part of being both human and courageous. Learn to control it so it doesn't paralyze you. First, remove your ego from the equation. A speaker who concentrates on how others see him will find that the quality of his address plummets. Instead, take yourself out of the picture and focus on the audience — how they feel as they learn new information and laugh at your jokes.

Use your imagination: Envisage positive outcomes, not what may go wrong. Speakers are nervous because they don't know how they'll be received. Arrive early, mentally project 50 minutes ahead to the talk's conclusion, and imagine the applause. Play to the crowd. Exploit your desire for social approval. We are more likely to display chivalrous behavior when we have an audience. Dampen fear and act bravely by thinking of the social consequences of your inaction, Biswas-Diener says.

Do some homework: Fear can also be tamped down by getting more information. The courageous people Biswas-Diener studied didn't throw themselves blindly into uncertain business ventures, but researched first. "Equipping yourself with knowledge acts as an antidote to uncertainty," Biswas-Diener writes.

In defense of lucky charms: Humans have the capacity to believe things that aren't proven by physical laws. Robert Biswas-Diener calls this magical thinking, and points out that even people who consider themselves quite rational have it to some degree. And, he adds, it can be used to boost your courage. Ever worn your team's jersey to the game, thinking even jokingly that it might affect the outcome? That's magical thinking. So is carrying an item, or wearing a piece of jewelry, that gives solace. Athletes routinely wear a "lucky" item of clothing or favor a piece of equipment they think will help them win.

Research shows that belief in a personal talisman consistently raises self-assurance, which positively affects performance. Golfers who were given "lucky" golf balls performed better than a control group given ordinary golf balls. People who brought their lucky item with them into laboratory experiments consistently did better on problem-solving and memory tests. "Lucky charms can boost confidence, helping you overcome fear and undertake risk," he says. Try getting a talisman, even if it sounds hokey, he says. "You likely have some capacity for magical thinking anyway. Why not harness it for courage?"

FOOD FOR THOUGHT

The Fix

There recently was an article in the *St. Petersburg, Florida Times* Business Section asking readers for ideas on "How Would You Fix the Economy?" This 80 year-old senior citizen nailed it with this submission:

Dear Mr. President,

Please find below my suggestion for fixing America 's economy. Instead of giving billions of dollars to companies that will squander the money on lavish parties and unearned bonuses, use the following plan. You can call it the "Patriotic Retirement Plan":

There are about 40 million people over 50 in the work force. Pay them \$1 million apiece severance for early retirement with the following stipulations:

- 1) They **MUST** retire. Forty million job openings - **Unemployment fixed.***
- 2) They **MUST** buy a new AMERICAN Car. Forty million cars ordered - **Auto Industry fixed.***
- 3) They **MUST** either buy a house or pay off their mortgage - **Housing Crisis fixed.***

It can't get any easier than that!!

P.S. Mr. President if more money is needed, have all members in Congress pay their taxes. While you're at it, make Congress retire on Social Security and Medicare. I'll bet both programs would be fixed pronto!

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