



Volume 15 • Issue 12

VVA Chapter 12 ♦ Newsletter

December 2015

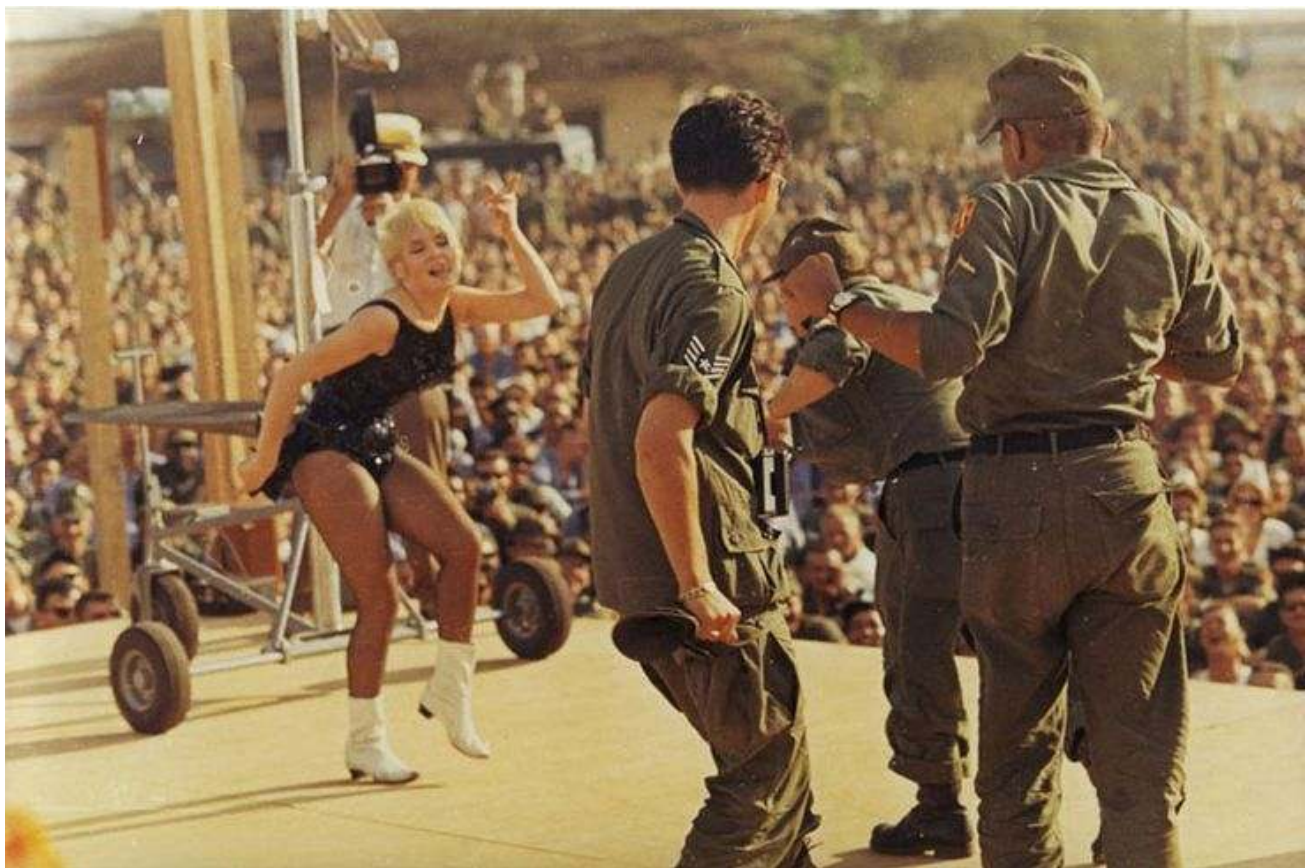
MERRY CHRISTMAS – HAPPY HANUKKAH



**Vietnam Veterans of America Chapter 12
PO Box 276, Allenhurst, NJ 07711**

'For those who fought for it, Freedom has a special flavor the protected will never know.'

The cover sheet is because it is a family News Letter





OFFICERS AND E-BOARD

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| Paul Bausch, Delegate | Dan Higgins, Alternate Delegate |
| Tony Ponzio, Delegate | |

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| Rob Ford | BITW Editor & Web Master | 732-687-3846 | nlvva12@gmail.com |

Please remember our fellow Chapter members, and their families in your prayers, as they continue to face very serious medical conditions.

Please visit and like our [Face Book](#) page, "Vietnam Veterans NJ Shore Area Chapter 12" for info on what we are doing – photos, and more.

Please visit our Chapter web site – www.vvachapter12.net for photo albums, News Letter Archive's, Chapter History.

.....
We have been informed that in lieu of specific items to send to troops on deployment, gift cards to the PX would be appreciated. The troops can get almost anything in the PX, but could use the help via gift card. This is also a money and effort saver on our part. Donations to the PX gift card fund are being accepted. **We are also switching from actual food to gift cards for our food bank as this will better serve our veterans in need.**

.....
Anyone needing a ride to the VA, please contact Ernie Diorio for assistance.

If you are able to provide transportation ,please let Ernie know, so the same people aren't doing it all the time.

If you are looking for a fellow vet that you lost track of, or someone that you served with, that might have information you need, please send it to us and we will put it in the monthly newsletter.

Check this link out if you need help with an appeal, or know a Vet that does. Keep it moving, and pass it on to all other Vets you know. <http://www.vetsprobono.org/index.htm>

Anyone wanting to submit an article, picture, or story please send it to: va12p@verizon.net or nlvva12@gmail.com by the 25th of each month. Anything received after that will be placed in the following month's newsletter. (Make sure it can be verified)

Presidents Message

November was a very busy month for the Chapter. On November 7, Ernie, John Atkins and I had our Military Artifacts and Membership tables set up at the Home Depot Store. Since that Saturday was a kids workshop day, the Chapter purchased Patriot Coloring Books from the Ohio State Council of VVA that were given out to 150 kids who attend the workshop. We met a number of Veterans, who stopped by to check us out, and were very interested in joining the Chapter.

On Veterans Day some twenty five Brothers attended the annual Veterans Day service and placed our Chapter wreath. Our Chapter School program committee has been very busy visiting five schools during the month and has confirmation for two more in December.

On November 20, ten Chapter members attended the annual Brennan Stand Alone Gala in Howell where we presented a donation Check for \$1000.00. For those who are not aware, our Chapter monthly 50/50 profits are deposited as a line item for our annual donation.

Just a reminder that on December 12, we will be holding the Chapter annual Holiday Party at the VFW post 2179 in Port Monmouth, starting time is 3:00pm. Please bring an unwrapped toy for Santa.

Dolores and I wish everyone a Merry Christmas and a Happy Hanukkah.

The Colonels



UPCOMING CHAPTER EVENTS

The next Chapter meeting will be at the Holiday Party
Annual Holiday Party, Dec 12, 2015, 3 PM, VFW 2179
2nd VVA Call In Day, December 9, 2015

BIRTHDAYS AND ANNIVERSARIES

Dec.2 Dominique Beaugard

Dec. 16, John Aitken

Anyone born in December ?? Please let me know so I can put it here!!

If you wish to post a birthday or anniversary please submit the info by the 20th of the month for the next month's news letter.



HOLIDAY PARTY

Our annual Holiday Party will be held on **SATURDAY, DECEMBER 12** at **VFW Post 2179 in Middletown**. The party will run from **3:00 PM to 6:00 PM**.

As always, we will have a **Sweets and Treats** table. The best **home made** dessert will win a prize, but all desserts are welcome. We will also have games and prizes and, for the children, a special surprise guest!!! Please bring a new, unwrapped toy for Santa to give out – after he checks his list twice.

In the past, we've asked that you call to let us know if you're coming, but we no longer need for you to respond, as we pretty much have this down pat and always have enough food.

If you have any questions or need directions, give me a call at (732) 531-2574. Looking forward to seeing all of you.

Bob Hopkins
Santa's Helper

VVA Call-In Day 2.0!

Capitol Hill: December 9, 2015



Call (202) 224-3121, give the operator your state or zip code, and he/she will connect you with your elected officials' office. Ask to speak to the LA for Veterans Affairs, **make it clear that you are calling as a constituent, asking for their support of H.R. 1769 and S.901, the Toxic Exposure Research Act of 2015.**

Message from John Rowan, VVA National President

Action Alert: December 9, 2015, 2nd Call-in Day on the Hill

On behalf of the Vietnam Veterans of America Board of Directors, I am requesting once again – this time on December 9, starting at 9:00 am -- that you call your members of Congress seeking their support for H.R. 1769 and S.901, the Toxic Exposure Research Act of 2015.

It is all about the one-minute phone call. Let your politicians know that you are watching and that you care.

The passage of the Toxic Exposure Research Act of 2015 is one of the most important efforts that we can do collectively to insure that future military service generations learn from our experience and that our offspring receive the respect and consideration for the sacrifices and pain that they endure from illnesses due to our service in Vietnam.

Your voices were heard. Members responded. We need to keep up the momentum!

This is one of our last battles— Remember, losing is not an option.

Make the call on December 9, 2015

John Rowan
National President



Vietnam Veterans of America

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A Not-For-Profit Veterans Service Organization Chartered by the United States Congress



TELEPHONE CALL IN - HOUSE BILL H.R. 1769

(Sample Script)

Hello, my name is (**identify yourself**) and I am a constituent in your congressional district. I am calling today to urge you to co-sponsor and support H.R. 1769 the Toxic Exposure Research Act of 2015 introduced by Representatives Benishek and Honda. This legislation would establish within the Department of Veterans Affairs a national center for the research on the diagnosis and treatment of the health conditions of the descendants of veterans exposed to toxic substances during service in the Armed Forces.

Thank you for your attention to my request, please co-sponsor, and support H.R. 1769 the Toxic Exposure Research Act of 2015.

H.R. 1769 Noncosponsors

New Jersey

Tom MacArthur (R 3rd)

Scott Garrett (R 5th)

Albio Sires (D 8th)

Bill Pascrell (D 9th)

Donald Payne (D 10th)

Bonnie Watson Coleman (D 12th)

Bill Number: S.901 Noncosponsors (new)

New Jersey

Corey Booker

Robert Menendez

A simple solution to VA's many problems

By Rep. Jeff Miller (R-Fla.) - 11/09/15 08:12 PM EST

More than 18 months after Americans were shocked and appalled by revelations of veterans dying while waiting to receive much-needed medical care from the Department of Veterans Affairs (VA), the VA's problems are still far from fixed.

A steady stream of independent audits, media reports and congressional investigations prove this is the case. At the epicenter of the VA scandal in Phoenix, an Oct. 15 government report details how seven more veterans died after delays and lapses in care at the Phoenix VA Health Care System. "Veterans still facing major medical delays at VA hospitals," reads an Oct. 20 CNN headline. And after receiving information from the House Committee on Veterans' Affairs, the VA Office of Inspector General recently made criminal referrals for two senior executives it says gamed the VA's hiring system, enabling them to benefit from a total of more than \$400,000 in taxpayer-funded relocation expenses.

American veterans and taxpayers are rightly asking themselves, "When will the madness at the VA end?" Former Acting VA Inspector General Richard Griffin offered a blunt answer to that very question last year when speaking about the intentional manipulation of patient wait times by VA bureaucrats. "Once someone loses his job or gets criminally charged for doing this, it will no longer be a game. And that will be the shot heard around the system," he said.

Apparently, VA leaders weren't listening to Griffin. In the wake of the biggest scandal in VA history, which centered on patient wait-time manipulation, the department has successfully fired just three low-level employees for manipulating wait times. Not a single VA senior executive has been successfully fired for doing the same. It's a statistic that's almost impossible to believe, considering the fact that 110 VA medical facilities maintained secret lists to hide long waits for care.

Until the VA rids itself of those who engage in scandalous behavior, the department will always be mired in scandal. But unfortunately, indefensible civil service rules that put the job security of failing VA bureaucrats ahead of the safety of the veterans they are charged with serving are prolonging the agency's problems indefinitely. The VA's highest-ranking benefits executive, Danny Pummill, perfectly described the issue during a Nov. 2 congressional hearing. VA is often stuck with problem employees because "the rules, the regulations, the protections are such that it's almost impossible to do anything" to discipline most federal workers, Pummill said.

Pummill's moment of candor was a drastic departure from the VA's top leadership, who along with President Obama are actively opposing common-sense legislation the House of Representatives passed in July to tackle the VA's accountability crisis head-on. The VA Accountability Act would simply give the VA secretary the authority to fire or demote any employee for poor performance or misconduct while protecting whistleblowers and limiting the amount of time employees can spend on paid administrative leave.

VA leaders — the same ones who have only fired three people for wait-time manipulation — have put forth a number of laughable arguments against this effort to increase accountability at VA. Among them is the canard that making it easier to fire failing VA employees will somehow make it harder for the agency to attract top talent. They have it backwards. Perhaps what's really making it hard to attract top talent to VA is its notorious aversion to accountability.

As of mid-July, the department was struggling to fill nearly 41,000 open positions for doctors, nurses and other healthcare professionals. Faced with the grim prospect of working side by side with cold-hearted bureaucrats who chose to put veterans on secret waiting lists rather than providing them with the care they had earned, why wouldn't medical professionals and administrators simply choose to work elsewhere?

A White House veto threat regarding the VA Accountability Act is even more ludicrous in its approach. It suggests that granting the VA the ability to quickly fire corrupt or incompetent employees is somehow unconstitutional. Let's be honest. If you perform poorly in your job, you should be fired. To suggest that this basic tenet of common sense is somehow unconstitutional is completely absurd. The White House should be ashamed of itself for using such ridiculous logic in order to protect corrupt bureaucrats at the expense of veterans.

In order to field a winning team, the VA has to be prepared to cut its worst players. But time and again VA leaders and Obama seem unable and unwilling to do that. As a result, the department — forced to tolerate corruption, malfeasance and incompetence within its ranks — remains under the shadow of perpetual scandal.

The millions of American veterans who depend on the VA and the hundreds of thousands of VA employees who are dedicated professionals deserve better than this broken status quo. But until VA leaders and Obama make a commitment to supporting real accountability at the department, efforts to reform the VA are doomed to fail.

Miller

Senate approves VA funding for fiscal 2016

By Leo Shane III, Staff writer 3:58 p.m. EST November 10, 2015

Senate lawmakers advanced plans for a \$166 billion Veterans Affairs Department budget for fiscal 2016, a potential next step not only for veterans program funding but also a broader budget deal for all federal spending.

The military construction and VA spending measure is the first fiscal 2016 appropriations bill to make it through both chambers of Congress, although revisions from the \$163 billion House plan mean it will have to go through further negotiations before it can head to the White House for President Obama's final signature.

How soon that might happen is unclear. While the Senate passed the measure by an overwhelming 93-0 vote, leaders in that chamber said they see the legislation as a potential vehicle for a larger omnibus budget deal, one that is still being negotiated in advance of the Dec. 11 deadline facing lawmakers.

In late October, White House and congressional leaders announced the framework for a two-year budget deal that lifted spending caps both for defense and nondefense spending.

The move appeared to calm Democrats who had signaled an intent to stall the fiscal 2016 appropriations process over funding fights, but the specifics of each agency's appropriations still must be finalized by Congress. The two parties are still sparring over possible riders that might be attached to those measures, on such issues as immigration and abortion.

Senate passage of the VA budget bill gives lawmakers some momentum toward a budget compromise, and could give VA leaders an unexpected funding boost for the fiscal year.

VA leaders repeatedly have lamented earlier congressional plans to trim about \$900 million from the president's budget request for the department. On Tuesday, before the Senate vote, Republican leaders added about \$2 billion to the budget total, to cover unmet medication and benefits requests made by department leaders.

That move prompted Democrats to drop their concerns about the earlier funding levels, and would give a boost of 4 percent to department spending over fiscal 2015.

VA has seen its total budget nearly triple since the late 1990s, but department officials have insisted that increased demand on services still leave potential shortfalls in health care and facility construction funds.

The Senate plan would give VA about \$71 billion in discretionary spending for its fiscal 2016 programs and almost \$60 billion more in advance appropriations for fiscal 2017.

Sen. Mark Kirk, R-Ill., chairman of the Senate Appropriations Subcommittee on Veterans Affairs, praised Tuesday's vote as a step towards helping all veterans

"With \$1.1 billion in funding for veterans' care above the president's request and special protections for whistleblowers like doctors and nurses who speak up to protect our vets, I am proud we found a bipartisan path forward," he said in a statement.

Ending Veteran Homelessness in NJ

by Kate M. Kelly

VA Has Housed 1,282 Homeless Veterans in NJ

Today is Veterans Day. It is a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. And what better way to honor them is to work to end homelessness among veterans.

The U.S. Department of [Veterans Affairs \(VA\) New Jersey Health Care System](#) is making great strides in housing homeless vets.

[NJ Counts 2015](#), the statewide point in time count of the homeless, found 738 homeless veterans that made up 695 households. Of these homeless veterans:

- 90% are single men,
- 60% have mental health issues,
- 55% have substance use disorders,
- 44% have medical problems,
- 75% of the homeless veteran population are over the age of 45 but the population is getting younger, and
- 20% have served in Iran/Afghanistan.



Rob

The VA in NJ has housed 1,282 homeless veterans (in fiscal year 2015.) The rate of housed veterans has doubled over the last two years. And of those veterans housed, 87% remain stably housed after 12 months.

The VA has shifted the way that it serves homeless veterans with a focus on street outreach, prevention and housing homeless veterans through the Housing First model, and providing permanent housing. It is reaching homeless veterans that traditionally were not accessing VA services.

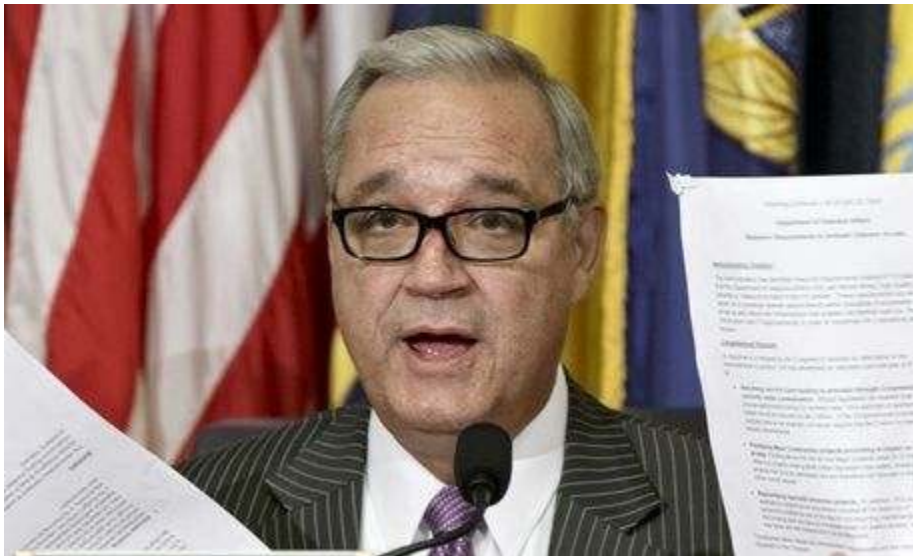
New Jersey puts federal funding to end homelessness to good use. NJ receives:

- \$10 million annually in federal funding for a strong Supportive Services for Veteran Families (SSVF) program, and
- since 2009, New Jersey has received 935 HUD-Veterans Affairs Supportive Housing (HUD-VASH) vouchers.

The VA's Lyons campus will receive 50 additional vouchers in 2016. The [NJ Dept. of Community Affairs](#) (DCA) has provided 200 Housing Choice Vouchers for homeless veterans.

. Today, we ask you to tweet messages that recognize the economic struggles veterans face, and the importance of food assistance and other programs that support struggling veterans.

House Panel Wants Answers on VA's Use of Paid Administrative Leave, Union 'Hit List'



- House Veterans' Affairs Committee Chairman Jeff Miller, R-Fla., wrote a letter seeking answers. AP file
-

The House Veterans' Affairs Committee is pressing the Veterans Affairs Department on the status of employees on paid administrative leave -- and what the department plans to do with a [union report](#) alleging egregious behavior by several supervisors.

“Please provide a by-name list of every VA employee currently on administrative leave longer than 14 consecutive days, to include duty location, job title, grade level, the reason the employee is on administrative leave and the date the leave started,” said an [Oct. 26 letter](#) from Chairman Jeff Miller, R-Fla., to VA Secretary Bob McDonald. Miller also asked the secretary for the total amount of money the department has spent on administrative leave for each of the last three fiscal years. According to the letter, the committee has been asking for that information since July 28, 2014. That’s around the time McDonald was confirmed as secretary.

The four-page letter specifically asked about the status of [Brad Curry and Lance Robinson](#), employees of the Phoenix VA Health Care System. The committee said they have been on paid leave since May 1, 2014. The panel also wanted to know about Philadelphia VA regional office employees Lucy Filipov and Gary Hodge, who have been on paid leave since June 2015. Curry and Robinson were top officials working at the facility at the center of the wait time manipulation scandal. Filipov and Hodge got into [hot water for ethics violations](#), not misconduct related to serving vets.

Miller also wants information related to Frederick Kevin Harris, a nursing assistant at the Alexandria, La., VA Health Care System, who was [charged with manslaughter](#) in December 2013 in the death of a patient. “Please provide an update regarding Harris’ employment status with VA,” said the letter. “If he remains an employee, please outline what his job duties and responsibilities are.”

The committee said the department has not yet responded to its requests for information in the Oct. 26 letter.

“We will respond to the chairman once appropriate actions are complete on the individuals listed in his letter,” wrote James Hutton, VA director of media relations, in an email responding to questions from *Government Executive*. “It is important that our response is thorough, as it applies to specific actions administered by the department, and respects the rights of the employees listed in the letter in order for any administrative actions to be upheld.”

Another issue in limbo is what Secretary McDonald plans to do with a July report compiled by American Federation of Government Employees Local 17, allegedly at McDonald’s request. The 40-page report details alleged incidents of harassment, discrimination, bullying and incompetence by “disruptive and ineffective” managers who work in VA’s Central Office. Miller again asked in the Oct. 26 letter for the status of the department’s “investigation started and when you expect it to be

complete.” The committee first ask for an unredacted copy of the report in July. *Government Executive* received a [redacted copy of the report](#) through a Freedom of Information Act request.

Hutton did not respond directly to questions about the status of the union report. “VA’s goal continues to be strengthening its culture of accountability and putting renewed focus on employee-led, veteran-centric change,” Hutton said. “Improvements in workforce culture, with a focus on ICARE values, will allow VA to address issues as they arise, rather than necessitating employee termination following repeated and/or pervasive poor behavior.”

Last week, the Senior Executives Association and Federal Managers Association sent McDonald a [letter](#) citing a “growing concern on the status of labor-management relations at the VA,” and asking that he give “little credence [sic]” to the report. SEA and FMA have called the union’s report a ‘hit list.’

“We ask that you examine the personnel records of those managers and supervisors listed in the report before any actions are taken,” the groups wrote. “We call upon you to examine charges filed against them and the failure to find supportive evidence.”

SEA and FMA said they had been contacted by several managers named in the report. “While they corroborated the fact that complaints have been filed against them, complaints were often found to be unsubstantiated. Because these managers and supervisors had repeated, yet groundless, accusations against them, FMA and SEA worry that instead of thoughtfully examining constructive means to improve VA, Local 17 is personally targeting managers and supervisors and perpetuating labor-management hostility,” the letter stated.

The groups also said that since the report surfaced, they have heard from “several VA managers and supervisors who have been verbally threatened and harassed by union representatives and members.”

Some of the allegations against the managers detailed in the report are specific examples of abuse or intolerance, while others are more general criticisms of managers’ leadership abilities and communication skills.

Theft From Educational Center

on November 24, 2015 at 4:50 PM

[HOLMDEL](#) – An 18-year-old Ocean Township man was charged with theft after he allegedly stole the donations box from the New Jersey Vietnam Veterans Memorial.

On or about Nov. 20, the cash donations box at the New Jersey Vietnam Veterans Memorial, Vietnam Era Museum and Educational Center was stolen, police said.

According to court documents, between \$1,200 and \$1,500 was enclosed in the donations box, which was located in the lobby of the Vietnam Era Museum and Educational Center, when it was stolen.

Bujon Russell, 18, of Ocean Township, was later charged with third-degree theft in connection to the stolen donations box, police said.

His bail was set at \$7,500.

From: Paul Sutton
Date: Nov 20, 2015 3:34:23 PM
Subject: Requesting Guidance and Assistance - Blue Water Navy Veterans

Hello,

The Blue Water Navy Vietnam Veterans Association has, for the past several years, been working with the National Archives (College Park, MD) in their project to get Deck Logs scanned and placed on their public access portal. They currently are focusing on finishing up the Carrier Deck Logs, and will soon be moving to the AE/AOE hull types.

As you undoubtedly know, the VA is preparing new rules for adjudicating Blue Water Navy claims for herbicide exposure because of the Gray Ruling by the CAVC. Although I don't believe they have a deadline that can be enforced by anyone, they will eventually have to get those new regs submitted. Our current belief is that exposure will be granted for ports and harbors, and they may also grant exposure to the ships with presence in the Territorial Seas. Since that is the same results as the language of HR-969 and S-681, the cost of that legislation will be significantly impacted. However, we will not know what their new guidelines will be until they are presented. We may still need documentation such as Deck Logs and Command Histories. If so, we would like to stay one step ahead.

If the VA still requires proof of a ship's location, as they have been doing with Deck Logs for the ships that have been added to the Inland Water Service Project (Project 211 -

<http://www.publichealth.va.gov/exposures/agentorange/shiplist/list.asp>), it will be much faster and easier to use the Command Histories of (at least) the Gun Line ships to identify which of those ships went into ports and harbors during the Vietnam War.



Rob

I understand that the Naval History and Heritage Command is the repository for those documents. I would like to find a way that we could work with you to get access to those documents. Would it be possible to begin another scanning project to make those documents publicly accessible via the Internet? Is that something you would allow outside volunteers to help with? Is there another method you might know of to make that documentation available to us so that it only needs to be handled once as opposed to responding to the thousands of requests you may soon be receiving for copies of the Vietnam Era ship documentation?

If you could assist by forwarding this email to someone(s) who could help us determine how this access can be made available, I would be very grateful.

Thank you in advance for your assistance with this,

John Paul Rossie, Executive Director
Blue Water Navy Vietnam Veterans Association

[303-762-9540](tel:303-762-9540)

www.BlueWaterNavy.org

**I WOULD SAY I DON'T BELIEVE THIS
BUT.....!**

Quote of the day by Dianne Feinstein.....Dianne Feinstein: "All vets are mentally ill in some way and government should prevent them from owning firearms."

>

> Yep, - she really said it on Thursday in a meeting in front of the Senate Judiciary Committee....

> And the quote below from the L.A. Times is priceless. Sometimes even the L.A. Times gets it right.

>

>

> KurtNimmo:

> "Senator Feinstein insults all U.S. Veterans as she flays about in a vain attempt to save her anti-firearms bill."

>

>

> Quote of the Day from

> the Los Angeles Times:

>

> "Frankly, I don't know what it is about California , but we seem to have a strange urge to elect really obnoxious women to high office. I'm not bragging, you understand, but no other state, including Maine, even comes close. When it comes to sending left-wing dingbats to Washington , we're Number One. There's no getting around the fact that the last time anyone saw the likes of Barbara Boxer, Dianne Feinstein, Maxine Waters and Nancy Pelosi, they were stirring a cauldron when the curtain went up on 'Macbeth'. The four of them are like jackasses, who happen to possess the gift of blab. You don't know if you should condemn them for their stupidity or simply marvel at their ability to form words."

>

> Columnist Burt Prelutsky,

> Los Angeles Times

>

> Be sure to forward this to all of the "mentally ill" vets you know.

> Especially the ones with guns...

Rich Magovern submitted an article called " At The Bloody Dawn of the Vietnam War", New York Times, November 15, 2015. I cannot get that article to copy in any language known to man. But there is the reference. Sorry, Rich, I tried. Rob

Kids Workshop at Home Depot



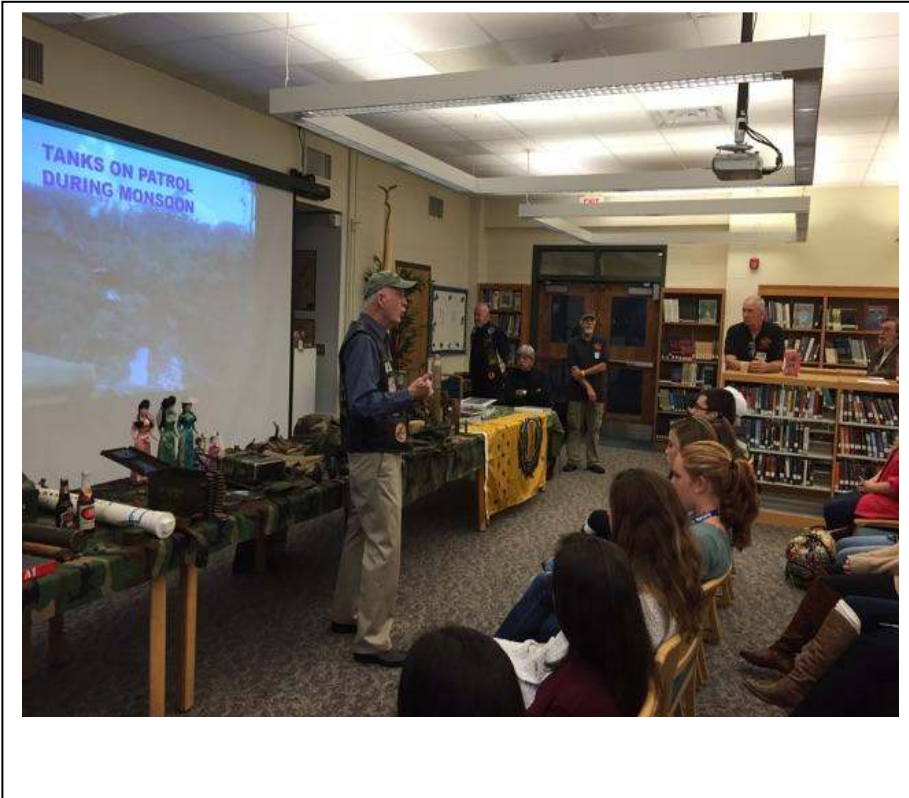
Veterans Day at School

On Wednesday, November 11, 2015, Simonelli, James <jsimonelli@shoreregional.org> wrote:

Thank you Ernie, you guys were fantastic and the lasting effect you had on everyone who heard you was incredible. It was a great lesson for our students who got to see true heroes. God bless you and Don and the guys who participated. I have been friends with Mike George for over 60 years and I remember what he went through and how the news media tried to portray American soldiers as evil and wrong; it was shameful and why I will NEVER trust the media. But I digress, I hope to be able to continue our relationship and next year do it again. Regards to all and thank Mike Quilty for his singing. God bless. Jim

On Tue, Nov 10, 2015 at 3:38 PM, litetrop67 <litetrop67@aol.com> wrote:
Thanks Jim for a great day for us veterans at your school





EAGLE SCOUT PROJECT



BRENNEN STAND ALONE GALA



Presenting Check



Humor

Housework was a woman's job, but one evening, Jenny arrived home from work to find the children bathed, one load of laundry in the washer and another in the dryer. Dinner was on the stove, and the table set. She was astonished! It turned out that Ralph had read an article that said, 'Wives who worked full-time and had to do all the housework were too tired to have sex'.

The night went very well. The next day, she told her office friends all about it.

'We had a great dinner. Ralph even cleaned up the kitchen. He helped the kids do their homework, folded all the laundry and put it away. I really enjoyed the evening.'

'But what about afterward?' asked her friends.

'Oh, that ... Ralph was too tired..'

God's Plan for Aging

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things, thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Nine Important Facts To Remember As We Grow Older

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted.

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 All of us could take a lesson from the weather. It pays no attention to criticism.

#2 In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeno peppers. What you do today may burn your ass tomorrow.

The 5 Riddles...

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?

2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

3. What is black when you buy it, red when you use it, and grey when you throw it away ?

4. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?

5. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd but if you work at it a bit, you might find out. Try to do so without any coaching!

THE ANSWERS TO ALL FIVE THE RIDDLES ARE BELOW:

Answers:

1. The third room Lions that haven't eaten in three years are dead.

That one was easy, right?

2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry (shot; held under water; and hung).

3. Charcoal, as it is used in barbecuing.

4. Sure you can name three consecutive days, yesterday, today, and tomorrow!

5. The letter "e" which is the most common letter used in the English language, does not appear even once in the paragraph.

I'll be getting Alzheimer's any time now.

How did you do?

TAPS

Shore Area Vietnam Vets Called Home By The Lord

Bouvier Bourke, Dennis, 67, Ocean Gate, Army

Franson, Robert, 74 Highlands, Army

Lachowiec, Joseph Thomas, 69, Waretown, Army

Melillo, Joseph Nelson, 72, Toms River, Army

Weston, Guy, 67, Farmingdale, Army

Willis, Donald, 69, Colts Neck, Army

REST IN PEACE BROTHERS