

We are now preparing for the Massing of the Flags at the Wall on Veterans Day and celebration of the 40th Anniversary of that Wall. South Carolina is sending the Myrtle Beach VVA Chapter Honor Guard to represent us at the Wall. Of 46 VVA state councils, about 35 will participate. There will be additional events by the Vietnam Veterans Wall Foundation, the Secretary of the Veterans Administration, and our AVVA. Many of us are pessimistic that we will be able to celebrate the 50th so we are making this one big. Not sure I will be able to hop and skip in ten years but I hope I will be around to try.

Aging was an emphasis of the just passed Leadership Conference. We had medical professionals tell us our skin is thinner and getting more so each year. They say our bodies cannot process certain drinks like they were able to 20 years ago. They note our bones are more brittle and our balance not so good. In other words our bones cannot handle falls as we lose balance. And we cannot see the variances in the sidewalks and curbs so we trip and cannot hear approaching vehicles as we walk. We are more susceptible to colds and the flu and our grandchildren want to hug as and sneeze all over us. So life is great being retired but we are tired and have a rough time getting out of the chair. But as you all have heard; it is better than the alternative. So we should not give up. Exercise. Do games that make you think. Get plenty of sleep. Set a goal and work to meet it. If you do not make it, don't worry and stop altogether. A few down days do not hurt. Avoid excuses. Recent studies show that some down time is not all bad. But all down time is not good. Eat well. And eat good stuff. You know what stuff is good. Doughnuts are not good. I tell my grandkids I am not allowed them. They say why not? I ask them if they want some whiskey. They say, I'm not allowed that. See! Basically enjoy life, socialize, get out, and live each day. Do not eat the Halloween candy.

Life is great. It is tough and some of it hurts but have a happy attitude. Do not be a Debbie Downer complaining all the time. An upbeat attitude is healthy. Do not let it bother you if you forget where you parked the car, it is part of aging. Laugh it off and be happy.

I apologize a bit of repeating what I am sure you have heard before but I love my RVN brothers and sisters and wish you all happiness and safety.

Very respectfully,

Sam Brick

SC State Council President and Conference Chair.



