

THE

RED 5 DIAMOND

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“WE WILL”

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A Message from our President Bud Wagner

The Presidents Message

I recently had a conversation with a Vietnam Veteran, and he told me he does not like to talk about his experience because he has trouble sleeping that night. I tried to explain to him that he needs to find a safe environment with those he can trust and begin to open up about his trauma. All of us who served in a combat zone experienced some type of trauma. The key to healing is facing it head on and dealing with it.

I remember when I was seeking help and was going to the Harrisburg, PA Vet Center for one-on-one counseling and group therapy. My therapist told me that it is going to get worse before it gets better! I was also able to attend a small reunion in Kentucky and meet men I served with in Vietnam. We spent 3 days together talking about many of the experiences we had, and I found this to be very healing for me. During that time, I was also able to read a draft of Lou Pepi's book, "My Brothers Have My Back." I did a lot of crying through the book, but it also brought healing to me.

God led me to many different venues because He wanted me to be healed and I am thankful today for what He has done!!

And that is why our Society of the 5th Mechanized Division Reunions are so important. Meeting with other Veterans brings healing to us in so many ways. We are meeting in Harrisburg, PA this year from September 19-23, please consider coming!!

Bud Wagner

President, Society of the 5th Division



Hello from our 1st Vice President Larry Burnett

I do hope everyone had an enjoyable Christmas and New Years. And everyone's health is good. At least for our age anyway. Our Christmas season was on the quiet side.

A lot has changed since my last message. In November my wife, Marie, discovered she has breast cancer. After some byopies it was found in her left breast and in lymph nodes under her left arm. For some reason just the word puts fear into our minds. So after many trips to various doctors for different types of testing to be done. A surgery date was set for Dec. 19th. KU Medical Center in KC was her and the Doctors choice. They have a Center that specializes in Breast Cancer. Had to be there before 7:00 am. Thank the good Lord for our wonderful kids who is always by our side. (I guess the kids figure that we cannot drive anymore because they take turns driving us to out appointments. But honestly I hate driving in big cities. To me any city over 10,000 is big. The county I live in has NO Stoplight in the entire county. So thank you kids,)

I think they send People home to soon after surgery but by 2:00 that afternoon we were home. They had removed her left breast and several of the lymph nodes under her left arm. She doesn't remember any of the trip home or for some time after getting home. There are two tubes coming out of her side that we drink about every 8 hours. Go back to Doctor 1/6/24 for checkup on progress. Then again 1/8/24 I believe to meet with the Dr. about radiation and or chemo. treatments that they decide to do.

So any prayers are appreciated for my wife, America & Israel.

May you all be safe and healthy till we meet next fall,

Larry Burnett, 1st VP

A Message from our 2nd Vice President Lee Aanonsen

?!#*?!#*

&?!#*!!!

SOS



A Sermon from our Chaplain Ron VanBeek

Christian Chaplain Message

Apostasy, Disaster, Doom

The Prophet Hosea lived and preached, from 755BC-710BC, especially to the 10 tribes of the North, that had split away from the House of David, after King Solomon had died, at the beginning of his Son, King Rehoboam. The great cry of apostasy, and rebellion that came from their mouths, for nearly 200 years already was, that they wanted nothing to do with The House of David Jehovah, The God of David, or the Messiah. They wanted an easier god, which would allow them to enjoy the pleasures of the world, as well as later the pleasures of an imaginary heaven. They didn't want to be separated from the world, or sin, like God Demanded of all His Children. Certainly, They wanted to be saved from hell, instead of properly wanting to be saved from their sins, their filth, their corruption, and be Holy and reconciled with God Whom they had offended, with their sins. They mixed Jehovah with the false god baal, which promised them all of the world and heaven.

Yes, even Though God had so wonderfully, and so Graciously, led them out of slavery, in Egypt, into the Promised Land, the Children of Israel, once there, they proceeded in already apostazied from God, 18 different times, by the time of Hosea. O, The 4 sickening cycle of sin, was always the same, 1. Israel fell away from Scripture and sinned against God. 2. God sent prophets to warn them, and an enemy to conquer and punish them. 3. The faithful Remnant recognized their sin; and repented of it. 4. God saw their repentance; and sent a Savior to free them again. Over and over and over, this same sickening cycle of sin, went on in Israel, throughout history; and tragically it is the same today, as we today, have an even more corrupt Christendom, and are currently being destroyed by God, for 32nd time again today, in this wicked and perverse generation.

But, Now, tragically, The 10 tribes of Israel, to the north, had openly rejected the God of David, and Scripture, forsaken the Temple, and most importantly the Messiah Hope, of David's house. But, they still thought that they also still worshiped Jehovah, while syncretically also embracing and worshiping the idol Baal, alone with the worship of Jehovah. They were proud of themselves, for They thought they were Good People, with Good Hearts. They thought they were God's Children, and that He would Save them. Even though Israel had seen 17 times already, that God had especially destroys His Corrupt Christian Church. How foolish is man, by nature. How dead we are to spiritual things. Yes, all Israel had been taught out of God's Word, and from God's Prophets, and knew that God Is a Hyper Exceedingly Jealous God, Who will not have any rivals, or any competition, for His Love. Tragically they counted that as a small thing, and stubbornly still worshiped the false god Baal, on every hill to in Israel, mixing heathenism, with Jehovah worship. It was a collision course, with God's Law, that would not, and did not turn out well. Nineveh destroyed Israel.



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January 3, 2024

Georg Shoenet
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SOFD BOARD APPROVED

\$5 FROM EVERY CHALLENGE
COIN SOLD... 80 COINS SOLD IN 2023!

Dear George:

Thank you for making a difference in the lives of our military men and women, veterans, and their loved ones.

Families like August O'Niell's are filled with service members and veterans. He and his brother are Air Force pararescuemen, and his mom, dad, and stepdad are all Air Force veterans, so they understand the risk of getting the call that no one wants. In 2011 they received that call when August was shot in Afghanistan.

***"Family is the only
thing you have, so them
being there... it was
irreplaceable."***

- August O'Niell

August spent the next three years attempting to rehabilitate his leg before opting for an amputation. From first being medically evacuated to Landstuhl, Germany through approximately 20 surgeries at hospitals in Maryland and Texas, his mother, brother, sisters, father, and stepfather all came to support him, usually staying at a nearby Fisher House.

Some families stay at a Fisher House for a couple of days while others stay multiple times for months or even years due to the severity of their loved one's injury or illness. For many, the need continues long after they leave service. We count on donations like yours to support families like August's, who were able to make sure he always had someone there when he needed it most.

There are many more families like August's, and your donations ensure they always have someone there when they need it the most.

Thank you for your gift of \$400.00 to Fisher House Foundation.*
We are grateful for your generosity.

Sincerely,

David A. Coker
President

Thank you for this blessing!

* Your gift is tax-deductible to the extent allowed by law. This letter serves as your receipt and acknowledges that Fisher House Foundation (EIN #11-3158401) provided no goods or services in consideration of your gift.

"Dedicated to our greatest national treasure... our military service men and women, and their loved ones"



VENTING

from the Editor of The Red Diamond

What right or what is wrong? Do you say yes when you should say no or do you stay silent? Are you too timid to stand up for what is correct? Would you tell someone to remove their hat? Do you stand up proud and salute and do you know when to bow your head and kneel and pray? Can you look someone in the eye and tell them the truth? Is it so difficult to listen and understand another person's point of view? Are you the only person who is right and everyone else is wrong? Who do you talk to in the middle of the night?

Who gives you the right to be the only one who is correct?

Who do you pray to?

Why would anyone believe you?
Do you have all the answers to correct the wrongs?

Happy New Year to all and don't forget to VOTE! VOTE! VOTE!

This page is dedicated to those who may need prayers, cards and maybe a phone call. If you know of anyone who should be listed please email the names, thank you.

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Marie Burnett wife of our 1st Vice President Larry

Plan Ahead With VA End-of-Life Benefits

Did you know VA provides benefits and resources for end-of-life planning? These services can help ease stress and provide peace of mind after a Veteran has passed away.

VA offers a variety of life insurance programs to help Veterans prepare for the future and protect their loved ones. One available insurance program is VALife, which offers guaranteed acceptance whole-life coverage up to \$40,000 for Veterans with service-connected disabilities. Find out which VA life insurance program is right for you.

Spouses and family members of a Veteran or Service member may be eligible for survivor benefits that provide one-time or monthly payments. Find out which benefits you may qualify for and how to access them.

To help document end-of-life care wishes, VA offers Advance Care Planning (ACP), in which a Veteran can clarify their preferences for future health care based on personal values and beliefs. Veterans can list a person they trust to make decisions on their behalf if there comes a time when they are unable to do so.

When the time comes, VA burial and memorial benefits preserve and honor a Veteran's legacy. These benefits include a designated final resting place, grave liner, inscribed headstone or marker, a burial flag, and perpetual care of the gravesite. To better understand which benefits you or your family may be eligible for, check out the online pre-need eligibility application.

Here are the proper procedures for flag disposal, according to VFW:

The flag should be folded in its customary manner.

The fire must be large and intense enough to ensure the complete burning of the flag.

Place the flag on the fire.

Individuals may come to attention, salute the flag, recite the Pledge of Allegiance and have a brief period of silent reflection.

After the flag is consumed, the fire should be extinguished and then the ashes buried.

Make sure you are conforming to local and state fire codes or ordinances.

For more information about flag etiquette, visit [vfw.org/community/flag-etiquette](https://www.vfw.org/community/flag-etiquette).

NOW HEAR THIS | NEWS YOU CAN USE

56 Vietnam Veterans Receive Bronze Stars

Members of a military police company who fought as infantrymen in the Vietnam War were awarded the Bronze Star in July. In all, 56 former members of B Co., 720th MP Bn., 18th MP Bde., were recognized during a July 24 ceremony at the U.S. Capitol.

The members of B Co., also known as the "Bushwackers," were reportedly the first Army MPs to be assigned infantry missions during the Vietnam War. They operated from 1967 to 1970 around Long Binh, north of Saigon.

During their time in Vietnam, B Company lost 13 members killed in action and earned 24 Purple Hearts. Aided by the 212th MP Scout Dog Company, which would take point on ambush and recon patrols, the Bushwackers were responsible for a 22-square mile tactical area around Long Binh, the largest military installation in South Vietnam.

In total, 35 of the 56 recipients of the Bronze Star attended the medal presentation ceremony in July in Washington, D.C. That included then-Capt. Daryl Solomonson, B Company's former commander.

"They accepted the mission," Solomonson told *Military.com* after the presentation. "Guys would come in, they would go out and learn on the job. We had to do a lot of improvising. We just trained everybody as they came in."

Rep. Bob Latta (R-Ohio), who pushed for the Bushwhackers' recognition, said four more Bronze Stars are pending review.,

Presidential Unit Citation Awarded for Afghanistan Evacuation

The Pentagon announced in August that more than 30 Army and Marine Corps units have been awarded the Presidential Unit Citation for their participation in the evacuation of Afghanistan in August 2021. The medal is the military's highest unit award and recognizes "exceptional heroism."

During the roughly two-week long operation, U.S. troops helped evacuate more than 124,000 civilians. A suicide bombing attack during the evacuation killed 11 Marines, a Navy corpsman and a soldier.

The units recognized were elements of the Army's 82nd Airborne Division, the Marine Corps' 24th Marine Expeditionary Unit and the Special Purpose Marine Air Ground Task Force Crisis Response-Central Command. Here are the individual units:

Army units

Headquarters, 82nd Airborne Division
1st Brigade Combat Team (BCT), 82nd Abn. Div.
2nd BCT, 82nd Abn. Div.
1st Attack Bn., 82nd
Combat Avn. Bde. 2nd BCT, 10th
Mountain Division
3rd BCT, 10th Mtn. Div.
DIVARTY, 82nd Abn.
Div.
82nd Sustainment Bde.
16th MP Bde.
82nd Combat Aviation Bde.
50th Expeditionary Signal Bn., 35th Signal Bde.
1st Bn., 101st Field Artillery,
Massachusetts National Guard
319th Ordnance Co., Washington Army National Guard
1st Bn., 194th Armor, Minnesota National Guard
249th Engineer Bn., U.S. Army Corps of Engineers
USA Network Enterprise Center, Qatar
160th Special Operation Aviation Regiment
8th Psychological Operation Group
95th Civil Affairs Brigade
U.S. Army Special Operations Command

Marine units

24th Marine Expeditionary Unit Command Element

Combat Logistics Battalion 24
Marine Tiltrotor Squadron 162 Reinforced
Special Purpose Marine Air Ground Task Force Crisis Response-Central Command (SPMAGTF-CR-CC)
Command element, SPMAGTF-CR- CC 21,1
2nd Bn., 1st Marines
Combat Logistics Battalion 21
Marine Wing Support Squadron 373
Marine Aerial Refueler Squadron 352
Marine Aerial Refueler Squadron 234 Marine Medium Tiltrotor Squadron 364

WASHINGTON WIRE | CAPITOL HILL BRIEFS

LEGISLATIVE UPDATE Senate Supports Veterans 2nd Amendment Rights Legislation

DAVE SPIVA

The Senate in October passed a VFW-supported amendment that could keep VA from reporting some veterans to a background check used in purchasing a firearm.

Originally known as *H.R. 705*, or the *Veterans 2nd Amendment Protection Act*, the legislation is now an amendment of the *Military Construction, Veteran Affairs, and Related Agencies Appropriations Act of 2024 (H.R. 4366)*. The 2nd Amendment rights legislation was approved by the Senate to be a part of the omnibus bill.

If passed by Congress and signed into law by President Joe Biden, the legislation formerly known as the *Veterans 2nd Amendment Protection Act* would stop VA from reporting some veterans to the FBI's National Instant Criminal Background Check System. VA's current policy, as of Nov. 7, 2023, is to report a veteran if it is determined that he or she is incompetent and requires a fiduciary to manage his or her benefits.

In July, VFW testified in support of the legislation. VFW National Legislative Service Deputy Director Kristina Keenan said veterans with fiduciaries are reported to the FBI's background check database without additional screening.

Keenan told members of Congress that VA's current practice may cause veterans to not seek VA care due to a "fear" their firearms might be taken away.

"This has created a significant stigma surrounding mental health and has created a barrier to care for many," Keenan said before Congress. "This perception is difficult to change. The VFW continues to encourage veterans to use their earned VA health care, including the world-class, veteran-specific mental health services that VA provides."

VFW Supports the Expansion of *GI Bill* Housing Benefits

A VFW-supported bill could help student veterans taking online college courses earn a higher housing allowance.

During testimony to the House VA Subcommittee on Economic Opportunity, VFW National Legislative Service Deputy Director Kristina Keenan said VFW supports the *Expanding Access for Online Veteran Students Act (H.R. 5702)*, which she said was a "step in the right direction."

If approved by Congress and President Joe Biden, *H.R. 5702* would have *GI Bill* students receive the national average monthly. The housing allowance for full-time students appearing for classes in person is determined by the location of the institution.

As of Nov. 7, 2023, the current monthly housing allowance for students using the *GI Bill* for online courses is half of the national average allotted to *GI Bill* recipients. Keenan said the stipend is "simply not enough" for students.

"If they take courses during the summer, even online, they should not experience a decrease in their housing benefit that could cause them financial hardship before they have completed a degree program," Keenan said. "The VFW would like for student veterans to receive at least the full national average rate for housing allowance, even if they are enrolled in a degree program that is conducted online for some or all semesters."

Keenan added that online education has adapted since the COVID-19 pandemic and that the education and work model has changed around the country.

"Student veterans continue to require housing assistance in order to successfully pursue higher education, even when enrolled in online programs," Keenan said.

FOR MORE INFORMATION about specific legislation or VA benefits, contact VFW's Washington Office at vfw@vfw.org. A member of VFW's National Veterans Service staff will respond as soon as possible.

VFW Says Don't Pay for Your Benefits

VFW Commander-in-Chief Duane Sarmiento issued a powerful statement to veterans in November: Don't Feed the Sharks.

Sarmiento's message refers specifically to what VFW has dubbed "claim sharks," which are unscrupulous individuals or companies charging hefty fees to supposedly assist veterans with their VA claims. This is illegal and needs to be stopped, Sarmiento said.

"The bottom line is this: predatory claim shark companies are engaging in illegal activities," the Chief said. "There is no gray area here, no matter how much money they want to throw at it. Their latest collusion is a desperate attempt to avoid accountability."

During a VFW press conference on Nov. 14 on Capitol Hill, VFW National Veterans Legislative Deputy Director Kristina Keenan called on the Department of Justice to investigate unaccredited agencies that require veterans to pay fees for their disability claims services.

"The harm that unaccredited claims agents have caused veterans and survivors has been significant," Keenan said. "Several [unaccredited claims agents] are even sponsoring veteran events and sporting events. They are doing everything they can to appear legitimate, while scamming people out of their benefits."

Since the claim sharks first emerged, the VFW has increased the pressure on these companies by passing legislation to crack down on their practices at the state level and is working to help veterans bring litigation against them. At the press conference, VFW expressed its support for the *GUARD VA Benefits Act of 2023 (S. 740)*, which would protect veterans from entities seeking to take their hard-earned benefits. If approved, the *GUARD VA Benefits Act* would reinstate criminal penalties for unaccredited claims representatives who charge fees to veterans for filing a disability claim.

"This fight may get a little messy in the coming weeks," Sarmiento warned, "But the VFW is determined to stop predatory claim sharks and we are eager to serve alongside you in this fight."

Furthermore, VFW has trained its more than 2,300 VFW-accredited service officers on how to handle claim sharks. VFW will continue to seek out veterans who need help getting out of these predatory contracts.

For more than 100 years, VFW has worked tirelessly to advocate for veterans and their earned benefits. In the last year alone, more than 550,000 veterans received more than \$13 billion in benefits from VA through VFW's global network of VA-accredited service officers. Not a penny of this \$13 billion went to VFW. It all went to the veterans, as the law requires.

A flyer with information about claims sharks can be found on www.vfw.org. The direct URL for the flyer is: <https://vfworg-cdn.azureedge.net/-/media/VFWSite/Files/PACT-Act/Dont-Feed-the-Sharks-One-Pager--Print-Friendly.pdf>.



Why These Four Presidents?

Gutzon Borglum selected these four presidents because from his perspective, they represented the most important events in the history of the United States. Would another artist at that time, or perhaps a modern artist choose differently? As you read more about Borglum's choices, think about what you might have done if the decision was up to you.

George Washington,

First President of the United States

Born 1732, died 1799. Washington led the colonists in the American Revolutionary War to win independence from Great Britain. He was the father of the new country and laid the foundation of American democracy. Because of his importance, Borglum chose Washington to be the most prominent figure on the mountain and represent the birth of the United States.

"The preservation of the sacred fire of Liberty, and the destiny of the Republican model of Government, are justly considered as deeply, perhaps as finally staked, on the experiment entrusted to the hands of the American people." George Washington

Other places to learn more about George Washington:

[George Washington Birthplace National Monument](#)
[The White House - Presidents - George Washington](#)

Thomas Jefferson

Third President of the United States

Born 1743, died 1826. Jefferson was the primary author of the Declaration of Independence, a document which inspires democracies around the world. He also purchased the Louisiana Territory from France in 1803 which doubled the size of our country, adding all or part of fifteen present-day states. Gutzon Borglum chose

Jefferson to represent the growth of the United States.

"We act not for ourselves but for the whole human race. The event of our experiment is to show whether man can be trusted with self - government." Thomas Jefferson

Other places to learn more about Thomas Jefferson:

Thomas Jefferson Memorial National Memorial
Jefferson National Expansion Memorial National Memorial
The White House - Presidents - Thomas Jefferson

Theodore Roosevelt

26th President of the United States

Born 1858, died 1919. Roosevelt provided leadership when America experienced rapid economic growth as it entered the 20th Century. He was instrumental in negotiating the construction of the Panama Canal, linking the east and the west. He was known as the "trust buster" for his work to end large corporate monopolies and ensure the rights of the common working man. Borglum chose Roosevelt to represent the development of the United States.

"The first requisite of a good citizen in this Republic of ours is that he shall be able and willing to pull his weight - that he shall not be a mere passenger." Theodore Roosevelt

Other places to learn more about Theodore Roosevelt:

Theodore Roosevelt Birthplace National Historic Site
Theodore Roosevelt Inaugural National Historic Site
Sagamore Hill National Historic Site
Theodore Roosevelt National Park
The White House - Presidents - Theodore Roosevelt

Abraham Lincoln

16th President of the United States

Born 1809, died 1865. Lincoln held the nation together during its greatest trial, the Civil War. Lincoln believed his most sacred duty was the preservation of the union. It was his firm conviction that slavery must be abolished. Gutzon Borglum chose Lincoln to represent the preservation of the United States.

"I leave you hoping that the lamp of liberty will burn in your bosoms until there shall no longer be a doubt that all men are created free and equal." Abraham Lincoln

Other places to learn more about Abraham Lincoln:

Abraham Lincoln Birthplace National Historical Park
Lincoln Boyhood National Memorial
Lincoln Home National Historic Site
Lincoln Memorial National Memorial
The White House - Presidents - Abraham Lincoln

IOWA PARTY STAPLE


SNICKERS SALAD

INGREDIENTS:

1 small box	Vanilla Instant Pudding
1/2 cup	Milk
8 ounces	Cool Whip
4	Large Granny Smith Apples
5	Snickers Bars regular size
and	Caramel Sauce

Directions:

Mix milk and pudding then fold in cool whip
Cut up apples and Snickers into small pieces 1 inch or less. Mix in cool whip and pudding. Chill.
Before serving drizzle with caramel sauce.



DID YOU KNOW?

Did you know that the iconic McDonald's Drive Thru was inspired by the ingenuity of U.S. Army soldiers stationed at Fort Huachuca Army Base?



In the early 1970s, as McDonald's restaurants underwent remodeling, the idea of a Drive Thru was proposed by regional managers (McDonald's, 2022). The first Drive Thru was set to launch in Oklahoma City, but plans took a turn when a complete remodel was decided.

The inspiration to move forward came from soldiers at Fort Huachuca Army Base. Facing a decline in sales due to the rule that soldiers had to stay in their vehicles when in uniform, Licensee David Rich introduced a sliding window in Sierra Vista, Arizona. Thus, McDonald's first Drive Thru was born on January 24, 1975.

This innovative solution not only eased the experience for service men and women but also set the stage for Drive Thrus to become an integral part of McDonald's. From that pivotal moment, Drive Thrus have continued to be hubs of innovation, making the McDonald's experience more accessible.

Today, the Drive Thru accounts for approximately 70% of our U.S. business. We salute the initiative taken by soldiers and franchisees alike, and we're excited about the continued innovations that lie ahead.

Beith Busch



New research would determine the benefit of psychedelics for treating PTSD and depression in Veterans

WASHINGTON — Today, the Department of Veterans Affairs issued a request for applications (RFA) for proposals from its network of VA researchers (in collaboration with academic institutions) to study the use of certain psychedelic compounds in treating posttraumatic stress disorder (PTSD) and depression.

Through this new research opportunity, VA intends to gather definitive scientific evidence on the potential efficacy and safety of psychedelic compounds such as Methylenedioxymethamphetamine (MDMA) and psilocybin when used in conjunction with psychotherapy to treat Veterans with PTSD and depression. This is the first time since the 1960s that VA is funding research on such compounds.

“Our nation’s Veterans deserve the very best care, and VA is constantly supporting innovations to deliver that,” said Secretary of Veterans Affairs Denis McDonough. “This is an important step to explore the efficacy of a potential new set of promising treatments that could improve the health and quality of life for Veterans.”

“Veterans and VA researchers have told us about the potential promise of psychedelics to treat mental health conditions for some time,” said VA’s Under Secretary for Health Dr. Shereef Elnahal. “Now is our chance to study this potential method of treating Veterans with PTSD and major depression across the country.”

VA and the Biden-Harris Administration are committed to exploring all avenues that promote the health of our nation’s Veterans. As with all other VA studies, research conducted on psychedelic compounds will be completed under stringent safety protocols. While these compounds are controlled substances, tightly restricted under federal law, research on these compounds may be conducted with appropriate regulatory approvals, including those from the Food and Drug Administration (FDA) and Drug Enforcement Administration (DEA). The FDA granted breakthrough therapy status for MDMA for treating PTSD and psilocybin for treating depression in (2018 and 2019, respectively) based on promising preliminary research evidence.

In September, more than 75 VA and other federal clinicians, scientists and policy makers gathered in Denver to assess the state of existing scientific evidence regarding psychedelic-assisted therapies. This meeting’s working groups provided advice to VA leadership, including the recommendation for VA to begin funding its own studies into these compounds. This guidance was based on previously published studies that have found promising results but included few or no Veterans. For example, researchers at Johns Hopkins have shown that psilocybin therapy, given

with supportive therapy, can ease symptoms of depression for up to 12 months. Additionally, 86% of participants in a recent peer-reviewed study achieved a “clinically meaningful benefit” from using MDMA to treat PTSD.

VA researchers have already conducted a limited number of small studies on psychedelics in VA facilities using non-VA funding. This new RFA will permit the important next step of directly assessing effectiveness and safety of using MDMA and psilocybin-augmented psychotherapy in Veterans.

Expanding research on psychedelics to address Veteran mental health is also in line with calls from Veterans Service Organizations such as the American Legion and Disabled American Veterans, as well as mental health provider groups. The National Defense Authorization Act for fiscal year 2024 also authorized the study of psychedelics within military populations by the Department of Defense. With this new announcement, VA will join the National Institutes of Health in supporting research that will yield insights for treating PTSD and depression.

Psychedelic drugs are a class of substances that alter consciousness or awareness and may be organically or synthetically produced. VA does not recommend psychedelics for use as part of a self-treatment program.

If you’re a Veteran struggling with a mental health or substance-use disorder, the VA can help. Find out about available resources [here](#).

Veterans: All Hands-On Deck!

Tom Lasser

Member, Chapter 0210-CA-6

Veterans: All hands-on deck to remedy
dire military recruiting situation

Only 9% of those 16 to 21 years old willing
to serve

By Tom Jurkowsky - - Wednesday,
November 15, 2023

OPINION:

Fifty years ago, then-Secretary of Defense
Melvin R. Laird announced the U.S. military
would, in the future, fill its ranks exclusively
with volunteers rather than with draftees.
The all-volunteer force was created, and
conscription had come to an end.

The all-volunteer military has worked for
our country. There have been some rough
periods through both peace and war, but for
the most part, it has proved resilient — up
until now.

To say the all-volunteer force has hit a rough
spot would be an understatement. A better
characterization would be that recruiting for
the military services has become a dire
situation. Despite significant bonuses, eased
enlistment requirements and the creation
of programs to help potential recruits
qualify academically and physically before
even entering boot camp, the only military
services that met recruiting goals this past
year are the Marine Corps and the Space
Force. In fact, the services have struggled
for the past couple of years to meet
recruiting goals.

Part of the challenge in meeting our
recruiting goals is interest in and eligibility
for military service among young people. In
addition to 77% of young Americans being
ineligible to serve without a waiver for
being overweight or having a history of drug
use or mental or physical health issues, the
propensity to serve has also dropped
precipitously. Only 9% of those who are 16
to 21 years old are willing to serve.

In short, the nation is struggling to recruit
and retain the force we need to defend our
country and support our allies when called
upon.

To turn this around, the services have raised
the enlistment age, implemented new
advertising campaigns, increased the use of
social media and, in the Army's case,
created a new structure for its recruiting
command.

There is another tool in the toolkit that can
help the services meet the recruiting
challenge, and that tool should be called
upon immediately: the veterans who have
served this country in uniform.

Those of us who have served have
wonderful experiences and stories to tell
how our military service has shaped our
lives. Each of us who has served or is
serving can tout the professional and
leadership skills we've developed, the
friendships we've built, the travel
opportunities we've enjoyed, the
educational opportunities we've been
provided, and the health benefits the
military provides for its members and their
families.

Reversing the recruiting situation is clearly a challenge. But who better to tell the military's story than those who have served and have benefited from all that the military has provided them? Quite simply, the military offers a rewarding experience — and it does not have to be a decades-long commitment. A four-year enlistment will suffice. Let the experience speak for itself. The opportunities are unmatched.

The services provide some extraordinary training opportunities. Be it repairing aircraft or shipboard power plants or being an air traffic controller or information technology professional, there is an opportunity to receive some expensive training and experiences that can be parlayed into a civilian career later.

There is a good chance that once these young people develop a camaraderie with their new peers, experience the mentorship and leadership they are provided and see their professional skills develop, some may choose to remain in the service.

I enlisted in the Navy when we had conscription. I did not see myself remaining for a career, not to mention wanting to earn an officer's commission. But it didn't take long for me to be the recipient of some great leaders — both officers and enlisted personnel — who cared about my personal growth, training, and overall well-being. They motivated me to seek a commission and to replicate the kind of leadership and skills I saw in them.

Those who have worn the uniform have the opportunity to tell the positive side of military service in order to keep the all-

volunteer force strong and successful. Those of us who experienced a conscripted military — especially those of us who had leadership responsibilities — know the problems and challenges that period brought. Those problems are the last thing this country and our military need.

We need only look at how Russian conscripts have performed in Ukraine to be reminded of what happens with a conscription military.

To prevent that from happening, veterans need to find ways to reach out to our young people — be influencers — and be advocates for the benefits of military service. In order to recruit and retain the high-quality force needed to protect our nation, we must recognize that military service is a continuum, including those who serve today, those who have served in the past and those who will serve in the future.

The Military Officers Association of America, a nonprofit advocacy organization, sees its leadership and support for the all-volunteer force as one of its most sacred obligations. Its motto, "Never Stop Serving," is a mindset found across its membership. Protecting the all-volunteer force is part of the organization's strategic plan.

Accordingly, those of us who have served have an opportunity to have a role in attracting the next generation of military members. We must strive to tell the positive side of military service so that future generations will continue the 50-year legacy of success the all-volunteer force has enjoyed.

No Barriers USA, which provides programs for Veterans with visible and invisible disabilities, is excited to launch its 2024 season with the opening of applications for its No Barriers Warriors program. The application period opened on Jan. 9.

In 2024, No Barriers Warriors will have several programs for Veterans with disabilities: basecamp experiences in Red Feather, Colorado, and backcountry expeditions in the Rocky Mountains of Wyoming and Northern Colorado, as well as the Blue Ridge Mountains of western North Carolina.

No Barriers Warriors enhances the lives of Veterans with disabilities through the No Barriers framework, a systematic and enduring approach for overcoming barriers. By integrating interactive online courses with an extraordinary multi-day, in-person, outdoor experience, the three-month program cultivates camaraderie and shifts mindsets, connecting Veterans to the following elements:

Community: Strengthens sense of belonging;

Identity: Develops a clear vision of who the Veteran is;

Purpose: Creates a long-term impact with positivity about the future;

Belief: What's within you is stronger than what's in your way.

Basecamp experiences: Colorado

Basecamp experiences at the No Barriers Mountain Campus feature a day of climbing on our accessible challenge course and/or rocky crag, a day of whitewater rafting, and a destination day hike to one of the amazing locations in the surrounding Rocky Mountains. All of this is wrapped up with our No Barriers Life curriculum, campfire conversations and a healthy amount of disconnect from the busy world.

Backcountry expeditions: Colorado, Wyoming, North Carolina

Backcountry expeditions lead Veterans into the wilderness as they embark on 12- to 15-mile physically demanding backpacking trips. As Veterans venture off the beaten path, they strengthen their bonds as a team and push themselves physically, emotionally and mentally to overcome challenges. Backcountry expeditions offer a multi-day, unique, demanding and unifying experience, all in front of nature's most incredible backdrops.

The 2024 program season features four Basecamp trips in Red Feather Lakes, Colorado (June 28-July 2, July 12-16, July 26-30 and Aug. 1-5) and five backcountry trips: June 5-9 in Asheville, N.C., Aug. 13-19 in Wyoming, Aug. 22-28 in Colorado, Sept. 5-11 in Colorado, and Sept. 15-21 in Wyoming. Applications are currently available on the No Barriers USA website. Apply today! Please contact No Barriers Warriors with any questions at warriors@nobarriersusa.org or 970-484-3633, ext. 305.

Creative art therapists and Veterans at Battle Creek VA are using their musical skills to help Veterans navigate mental and physical challenges. This unique program also offers a path for Veterans to connect with others even when it is non-verbal.

Creative arts therapies are part of VA's Recreation Therapy Service and are direct care programs that include art, dance/movement, drama and music. Battle Creek VA has worked with nearly 500 Veterans in outpatient, inpatient mental health and residential programs throughout 2023.

Vets in music therapy session

Music therapy includes opportunities for Veterans to perform as a group

"Music therapists go through specific training in order to know when to intervene, when and what songs to play or what non-verbal cues to look for in this type of therapy," said Taylor Fox, recreational arts therapist. "I think what sets us apart is the clinical application of music to address challenges."

Music therapy's 70-year history in the military covers the entire continuum of care among service members, Veterans and their families. It is a vital part of treatment currently delivered in military treatment facilities and VA medical centers across the country by board-certified music therapists.

"I jumped at the chance and it's been awesome."

For Marine Corps Veteran Daniel Dunn, it continues to be part of his lifestyle and it allows him to cope with depression following an accident in 2001. "I came to the medical center to see a mental health specialist, and she mentioned the music therapy program and I love and played music before, so I jumped at the chance and it's been awesome. Music therapy helps me with getting the angst out and, without it, I probably would not be in a good place," Dunn shared.

According to the American Music Therapy Association, music therapy has been in practice since the early 19th century. In 2005, VA doubled the number of music therapists at its clinics across the country to better treat Veterans.

Music therapy is not exclusive to Veterans as individuals, but it brings opportunities for Veterans to practice and perform as a group. At various times throughout any given week at Battle Creek VA, the stage of the medical center auditorium has Veterans playing different instruments together and connecting as a group.

"When we're up here, we're working as a team like when we were in the military. There's this cohesiveness and camaraderie when we're on stage. You don't have to be isolated and if you're not talkative, you can still be a part of something when you're playing music with others," said Dunn.

For some Veterans, music has served as a lifeline to find new ways of expression and ultimately a way to improve on a personal level.

He was becoming more in touch with what he was feeling."

"We had one Veteran come in who was in our residential program and we could see he was struggling to express himself and not always comfortable finding the words for what he was feeling," said Fox. "You could see him though on stage and put it all out there, and his confidence blossomed throughout his time here. He completely became a different person. He was making connections with other Veterans during our jam sessions, and he was becoming more in touch with what he was feeling and able to express that a little better."

Fox also uses music therapy at the medical center's community living center, where not all Veterans have the communication capabilities they once had. About 50 Veteran residents there may be suffering from dementia, terminal illnesses or have become non-verbal.

"One aspect of music therapy I find important is the connection people feel whether between Veteran to Veteran, myself and a Veteran or between caretakers and Veterans. My hope for Veterans who enter music therapy is that they discover or rediscover a coping tool they can utilize throughout their recovery. I also hope they find a community and connection with others to better understand that they're not alone," Fox said.

Today, International Holocaust Remembrance Day is one of the most solemn days of the year, not only for the Jewish people, but for all those who value freedom and life.

It was on this day in 1945 that Soviet troops liberated the Nazi-run concentration camps at Auschwitz and Birkenau . Young soldiers, most now long-gone, came face to face with a few hundred survivors, piles of corpses and heaps of personal belongings of the victims of the worst atrocity humans have ever committed against other humans.

As survivors told their stories, the world could no longer deny the enormity of the horrors committed in this place. Journalists snapped photos (no internet or smart phones yet), human rights violators confessed to crimes across Europe, and it became clear that we should, and could never forget the Holocaust.

I was 15 months old at the time – too young to remember the headlines. But even now, as an adult, it is overwhelming to think of the scale and devastation of the Holocaust in human terms. Six million Jews killed , as well as millions of Roma, Afro-Germans, LGBTQI individuals, people with disabilities, and more.

Seventy-nine years later, the global population of Jews has still not recovered. Alarming, there has been a resurgence in the hateful ideologies and actions of those who want to kill every Jew on the face of the earth.

People have long been susceptible to conspiracy theories and to notions that go against the facts. For many deniers ... it seems there is a deep-seated antisemitism and a feeling that Jews are getting something out of the Holocaust or using the Holocaust for their own advantage, and that the Jews are a manipulative sort so that they must be making this up."

Antisemitism and hate existed long before the internet, but there is no denying that social media has provided a fertile platform for Holocaust denialism and antisemitism. It has gotten so extreme that even the United Nations has taken notice. In its report entitled, "History under attack: Holocaust denial and distortion on social media", Oxford researchers analyzed thousands of Holocaust-related postings on Facebook, Twitter (now X), TikTok, Instagram and Telegram. According to the report, "nearly half of Holocaust-related content on Telegram either denied or distorted its history. For moderated or regulated platforms, nearly 10 per cent of posts on Facebook, and 15 per cent of posts on Twitter that discussed the Holocaust hosted denial or distortion content. "

The brutal terrorist attack by Hamas on October 7 , killing more than 1,200 innocent people in Israel – Americans included – and taking hundreds of hostages has poured gasoline on this denialism fire. Despite the fact that Hamas sent its fighters across the border and into Israel with cameras to document their deliberate slaughter and kidnapping of women, children, elderly and others, some groups are now trying to call the worst terror attack on Jews since the Holocaust a "false flag " operation.

Elizabeth Dwoskin writes in the Washington Post that "[s]ome argue the ambush was staged by the Israeli military to justify an invasion of Gaza. Others say that some 240 hostages Hamas took into Gaza were actually kidnapped by Israel. Some contend the United States is behind the plot. These untrue and misleading narratives have been seeded on social media, where hashtags and terms linking Israel to "false flag" — a staged event that casts blame on another party — tripled on services including TikTok, Reddit and 4chan in the weeks after the attacks, according to the Network Contagion Research Institute, a nonprofit tracking disinformation."

The threats and hate are not confined to the virtual world though. According to the Anti-Defamation League (ADL), antisemitic incidents increased 360 percent in the three months since October 7. "The American Jewish community is facing a threat level that's now unprecedented in modern history ," according to Jonathan Greenblatt, ADL CEO. "It's shocking that we've recorded more antisemitic acts in three months than we usually would in an entire year."

Shocking indeed.

Since October 7, we now have more people in the United States openly talking about getting rid of Jews "from the river to the sea ." This literally means wiping Israel off the map. People are attacking Jewish businesses here in America. They are attacking Jewish students on college campuses in America. I never thought I would see such an eruption in my lifetime.

MEMBER CORNER | MAKING THE MOST OF YOUR VFW



WWII POWs Massacred in the Philippines

The following is a compilation of excerpts of articles published by the National World War II Museum. It describes the events leading up to Marine Pfc. Glenn Weddle McDole's escape from a Japanese POW camp in the Philippines.

In August 1942, the Japanese sent 346 American POWs from the Manila area to a compound known as Camp 10-A on Palawan to build an airfield at Puerto Princesa.

Escape attempts brought summary executions. The POWs suffered frequent beatings and mistreatment from their Japanese guards, food was the barest minimum, and disease and injuries went untreated.

On the morning of Dec. 14, 1944 the Japanese guards at Camp 10-A roused the POWs around 2 a.m. The prisoners noticed additional guards in the camp, but most shrugged that off as a response to the recent air raids. The POWs were soon at the airfield filling bomb craters.

About 11 a.m., however, the Japanese soldiers signaled the POWs to stop working. The Americans were marshalled to one side of the runway. There, Lt. Yoshikaza Sato announced, "Americans, your working days are over!" Following that statement, the guards herded the men into waiting trucks which returned them to camp.

A little while after the trucks reached Camp 10-A, the air raid siren, an old church bell, sounded when two American P-38 Lightnings were sighted. The planes were at high altitude and moving away, and the POWs did not take them seriously. The alarm sounded again, and then a third time. Sato screamed, "They're coming!" He added, "Planes — hundreds of planes!"

The men were quickly herded into three air raid bunkers they had built several weeks before. Each shelter held about 40 to 50 men and consisted of a long trench, about five feet deep, covered with logs, palm fronds and soil. Each had a small access opening at one end. Another small shelter was constructed for the four American officers in the camp.

Guards angrily struck any prisoner who tried to look out, clubbing them with rifles or prodding them with bayonets or swords.

According to the later testimony of one of the guards, "Captain Kojima appeared and announced it was necessary to kill the POWs." The commander of the garrison company, Lt. Sho Yoshiwara, ordered the Japanese soldiers to fix bayonets and load five rounds, the capacity of a standard magazine.

He then personally positioned his soldiers and "ordered those with rifles and machine guns to kill any POW who came out of the air raid shelters."

Suddenly, five Japanese soldiers doused the first shel-



PHOTO COURTESY OF THE LIBRARY OF CONGRESS VETERANS HISTORY PROJECT

Marine veteran Glenn McDole speaks in 2000 at Jefferson Barracks in Lemay, Mo., regarding his experiences as a POW in the Philippines during WWII. He was one of only 11 Americans to escape a massacre on Dec. 14, 1944.

ter and the tunnel entrance with buckets of high-octane aviation fuel, and two others threw torches to ignite the fuel. The small bunker with the four American officers was similarly set alight.

As Americans attempted to break free, guards fired their rifles into the shelter. Yoshiwara yelled, "Shoot them, shoot them!" Dead and wounded blocked the escape of others. With his clothes burning, Lt. Carl Mango, an Army Medical Corps officer, ran forward, pleading for the Japanese to stop. He was machine-gunned down.

Within seconds, the Japanese guards ignited the second large shelter in a similar manner. Japanese soldiers threw grenades into the shelter entrance. The men in the final shelter had a few seconds warning.

Marine Sgt. Rufus Smith shouted out that the men in the first trench were being murdered. As that happened, more than 30 Americans in the third shelter desperately managed to dig themselves out.

They benefitted from a fissure at the back of the trench that they had concealed when constructing it. Escaping the shelter, many slid down the face of the cliff to the rocky beach below. Others tore through the barbed wire and scrambled for concealment.

At nightfall, some of those who somehow survived wandered into the jungle, and others attempted to swim across Puerto Princesa Bay. Marine Pfc. Glenn McDole hid in the camp garbage dump.

A handful of survivors of the massacre swam across the bay to the Iwahig Penal Colony. The distance was about five miles, but battling the current in the bay, some had to swim farther.

McDole made the swim after three days of hiding. Exhausted, he had been clinging to a fish trap in the bay until he was picked up by a sympathetic fisherman who called, "Hey, Joe, you a POW?" McDole answered, "I was, but no longer."

McDole was one of 11 Americans to survive the massacre. He died in 2009 at the age of 88.

NOW HEAR THIS | NEWS YOU CAN USE



Vietnam War Veteran Receives Medal of Honor

A former Army helicopter pilot received the nation's highest military award last September at the White House. Larry Taylor of Signal Mountain, Tenn., was awarded the Medal of Honor on Sept. 5 by President Joe Biden for Taylor's actions during the Vietnam War.

On June 18, 1968, then-1st Lt. Taylor, an AH-1G Cobra helicopter pilot serving with D Troop, 1st Sqdn., 4th Cav, 1st Inf. Div., was based at Phu Loi, about 15 miles north of Saigon. At around 9 p.m. that night, Taylor's headquarters received a distress call from a four-man Army recon team serving with F Co., 52nd Inf. (Long Range Patrol), 1st Inf. Div.

The F Company troops were located on the northeast side of Saigon and surrounded by North Vietnamese Army and Viet Cong soldiers. According to one of the Americans on the ground, former Sgt. David Hill, they were in "a Custer-like situation."

Taylor and his co-pilot, Chief Warrant Officer 2 J.O. Ratliff, quickly responded. They were joined by Taylor's wingman, Capt. Roger D. Tickler and his co-pilot, Capt. Richard Driggs LeMay Jr., on the rescue mission.

In addition to Hill, the men on the ground were Pfc. Robert Elsner, Spec. 4 William P. Cohn and Cpl. Gerald Patty. They were nearly out of ammunition after an intense firefight, and they prepared for what they believed was an imminent enemy attack.

Unable to spot the U.S. troops in the dark, Taylor told the men on the ground to alert him with a radio call when he was directly overhead. Once located, Taylor told them to mark their position with flares, which brought an intense wave of enemy fire on their position. As the ground troops fired their remaining ammunition, the two helicopters fired from above on the enemy.

With his ammunition almost depleted, Taylor told the ground team to reposition their claymore anti-person-



U.S. ARMY PHOTO BY HENRY VILLARAMA

nel mines toward the northeast and southeast. Taylor then made another pass over the enemy to distract them as the ground troops detonated their mines. These actions allowed the U.S. troops to reach an extraction point Taylor had identified.

Landing amid heavy enemy fire, Taylor's helicopter was on the ground for about 10 seconds. With only two seats in the aircraft, the ground troops clung to the helicopter's exterior skids and rocket launchers as Taylor flew them away to a nearby safe location.

"I finally just flew up behind them and sat down on the ground," Taylor told the *Army Times*. "They turned around and jumped on the aircraft. A couple were sitting on the skids. One was sitting on the rocket pods, and I don't know where the other one was, but they beat the side of the ship twice, which meant 'haul ass,' and we did."

Within a few months after the rescue



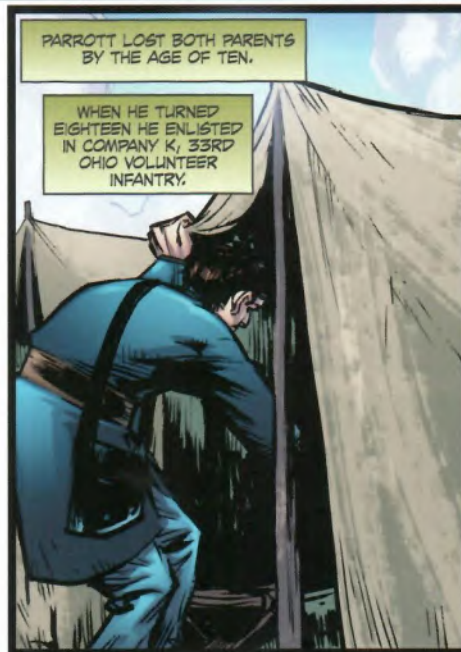
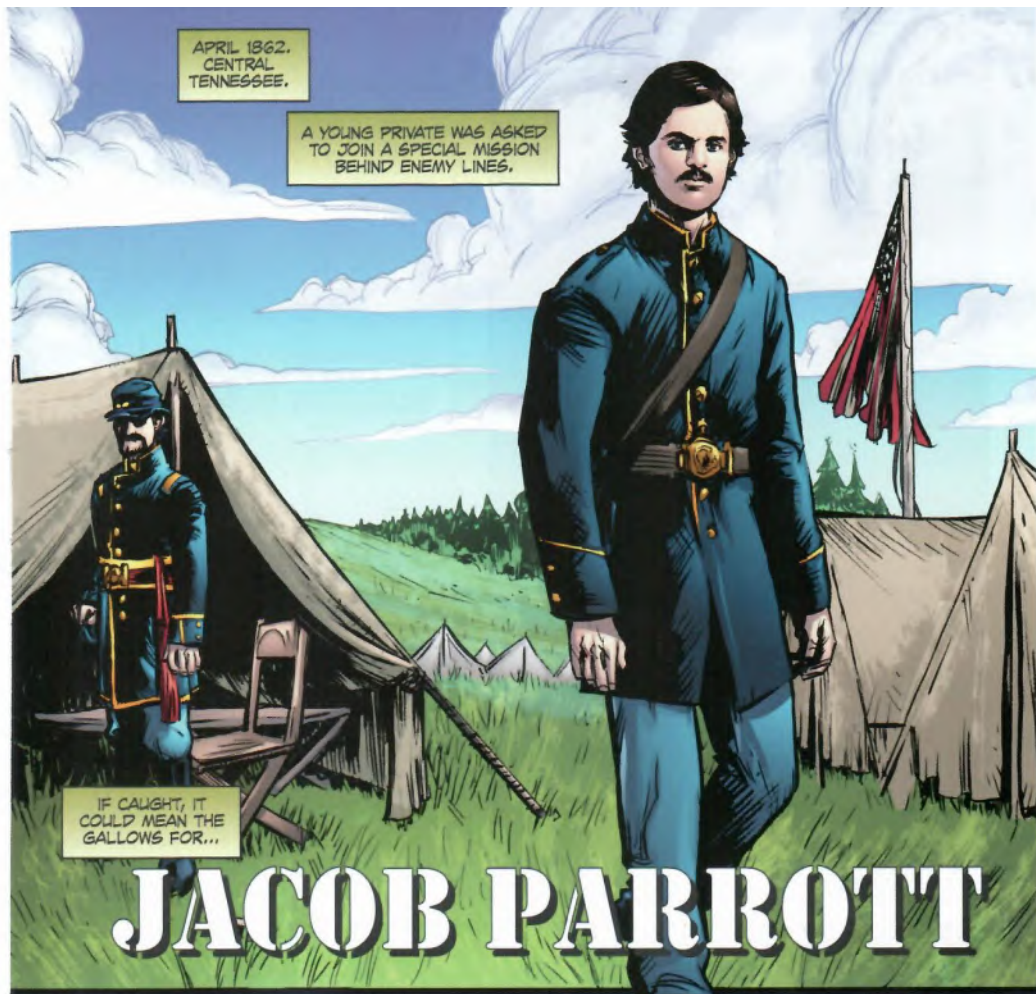
U.S. ARMY PHOTO

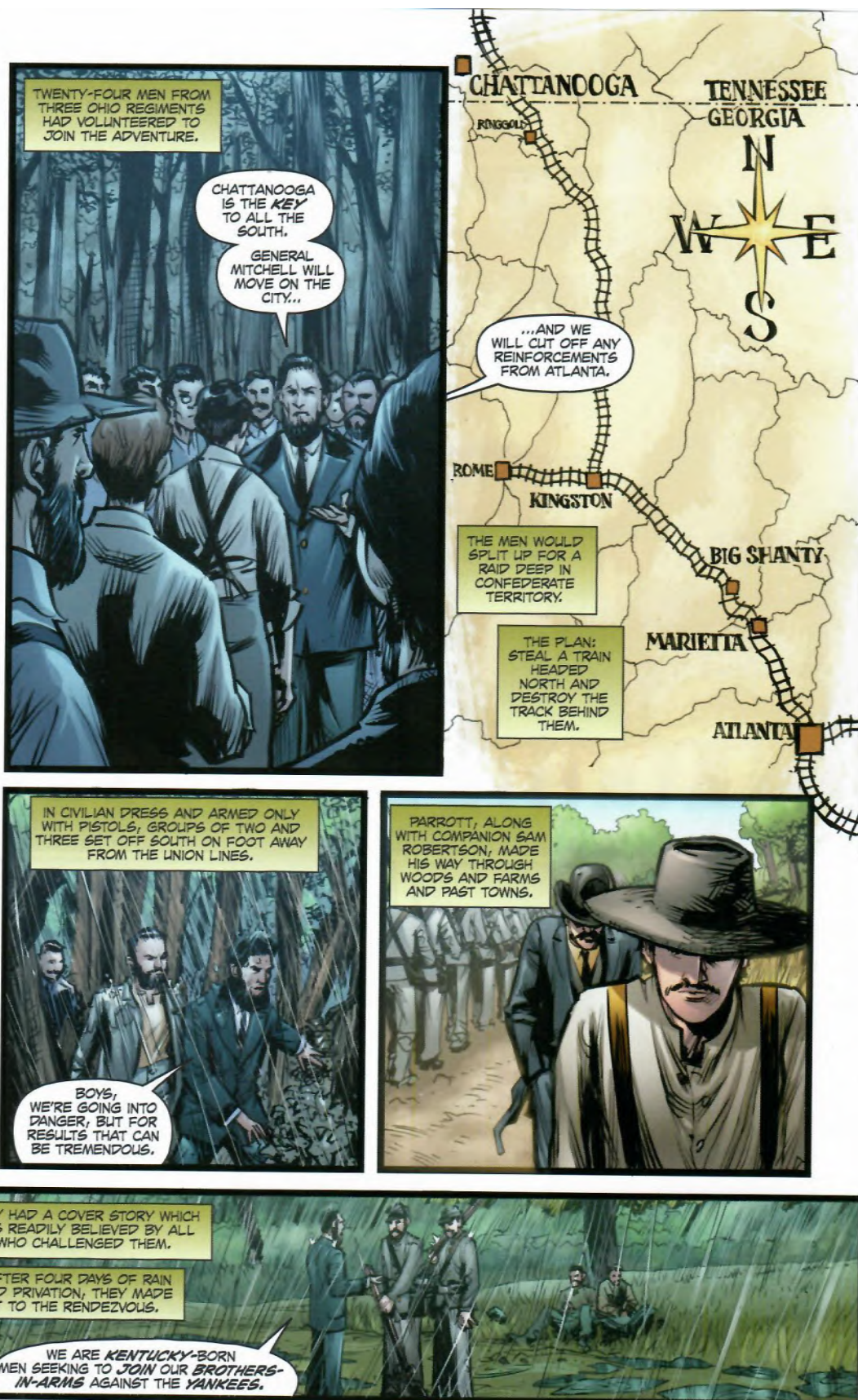
U.S. Army Capt. Larry Taylor originally received a Silver Star for his actions in Vietnam on June 18, 1968. That award was upgraded, through the efforts of those he saved that day, to the Medal of Honor.

mission, Taylor would leave Vietnam. By the time he left active duty in 1970, Taylor had been promoted to captain. He flew about 1,200 combat missions, of which he estimated that 1,000 were supporting long-range recon patrols. Army information shows that Taylor's helicopters took enemy fire on 340 of those missions and were forced down five times.

At his Medal of Honor ceremony last September, the 81-year-old Taylor explained his actions succinctly: "You just do whatever is expedient and do whatever to save the lives of the people you're trying to rescue."

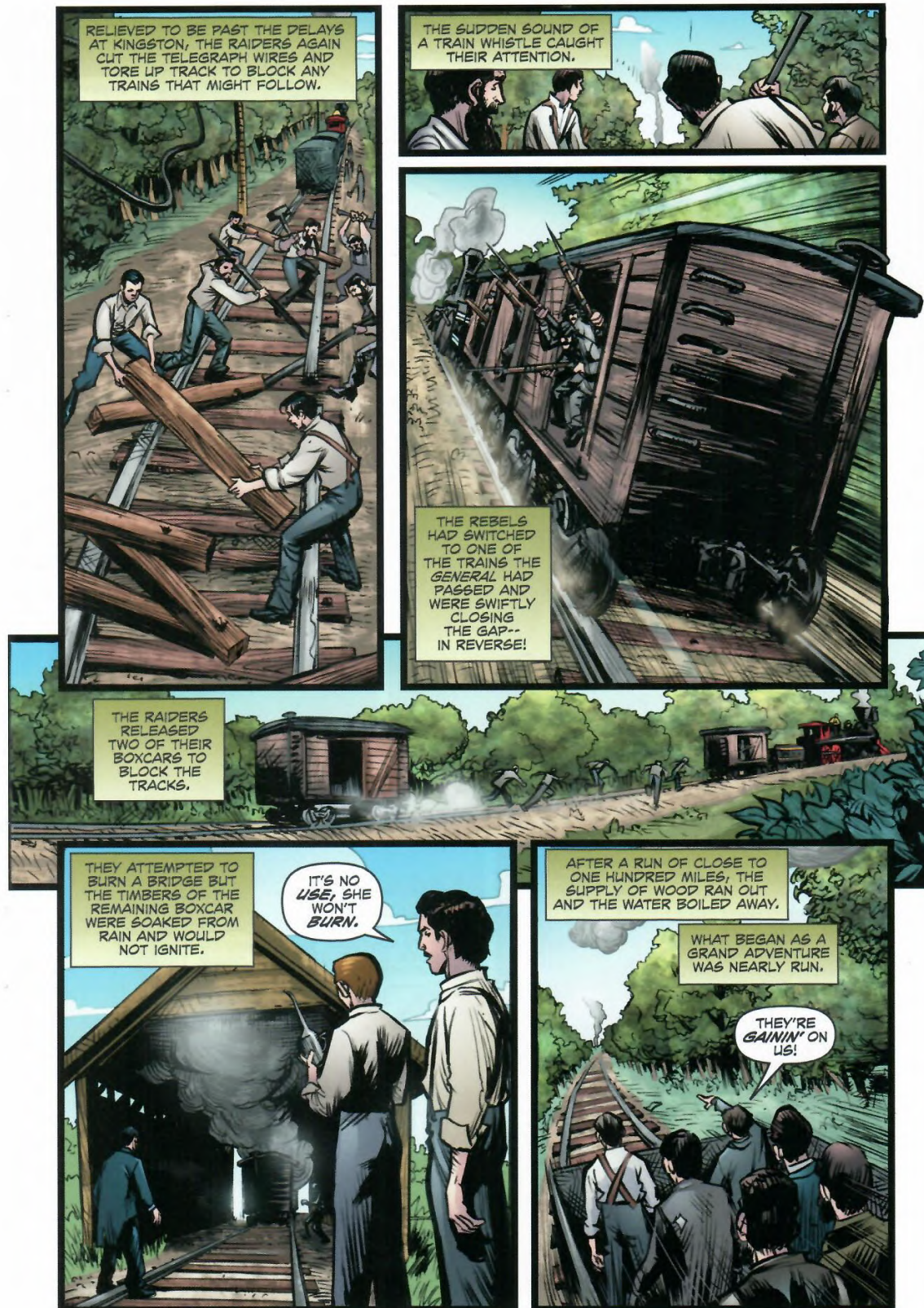


















The use of the cricket on 6 June 1944 was the idea of Gen. Maxwell D. Taylor, 101st Airborne Division ("Screaming Eagles") commander. Having jumped in Sicily with the 82d Airborne Division, he understood that his paratroopers would land in the dark, scattered among hedgerows in Normandy. The cricket would be used as a recognition device by the soldiers. Each paratrooper received a small, tin, child's toy that clicked when pressed. Once on the ground, a soldier could click once to signal that they were an American paratrooper. Two clicks in return

meant a fellow Screaming Eagle was nearby. Once the paratroopers located each other, they could advance on their objectives. It took great courage for a paratrooper to use his cricket. Seventy-nine years later, these small toys are a reminder of the bravery and personal initiative of the paratroopers of the 101st Airborne Division. General Taylor remembers landing in the hedgerows and hearing rustling. He drew his weapon and his cricket and clicked once. "Then I heard the click. That was the most pleasant sound I ever heard in the entire war."

To learn more about the Pratt Museum, visit <https://history.army.mil/museums/fieldMuseums/fortCampbell/index.html>.





Pro Deo et Patria—For God and Country

Established in 1957, the U.S. Army Chaplain Corps Museum resides at the heart and home of the Chaplain Corps, the U.S. Army Institute for Religious Leadership, located at Fort Jackson, South Carolina. The museum collects, preserves, interprets, and presents the history of the Corps from its inception on 29 July 1775, to the present. Exhibits show chaplains and religious affairs specialists always present with soldiers in war and in peace providing religious support by

nurturing the living, caring for the wounded, and honoring the fallen. Although methods of ministry may change with transformation of the battlefield, it is evident throughout the museum that the chaplaincy's ministry and message are timeless and immeasurable. The on-site Chaplain Corps Memorial honors more than 300 chaplains and religious affairs specialists who lost their lives as a result of a combat situation during the American Revolution to present day.

To learn more about the U.S. Army Chaplain Corps Museum visit <https://history.army.mil/museums/TRADOC/usair/index.html>.



According to the CDC, obesity affects more than 40 percent of the American population. Bay Pines VA recognizes the long-term effects obesity plays on Veterans, which is why there are multiple VA programs to help them combat obesity through weight management, like the MOVE! Weight Management Program.

MOVE! assists Veterans with achieving meaningful weight loss to help improve their health and reduce their risk for chronic health conditions. It features a comprehensive lifestyle intervention that helps support changes to their eating habits, an increase in physical activity and goal setting.

“We offer one-on-one dietitian services with every Primary Care Aligned Care Team,” said VA dietitian Sadie Baird. “This approach gives the Veteran a more customizable goal for weight management. We also have our MOVE! Weight Management Program.”

Going beyond telling people what to eat

Baird continued: “MOVE! has two programs. The first one is a 16-week program that is dietitian led, and they meet once a week for about an hour with a group of Veterans. The discussions go beyond telling people what to eat; it addresses the barriers to meeting their goals while also setting goals that are realistic.

“The second one is a TeleMove! program, which is facilitated at the Veteran’s own pace. They work one-on-one with a TeleMOVE! coach. Veterans are asked to weigh themselves every day and answer a series of questions to gauge participation.”

Maintaining a healthy weight could help Veterans feel better and have more energy. It could also help prevent or manage chronic diseases and conditions such as diabetes, high blood pressure, cholesterol problems, heart disease, gallbladder disease, arthritis, sleep apnea and some types of cancer.

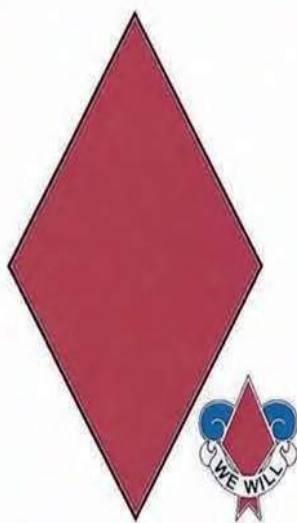
Weight loss may see medications reduced or removed

“There are lots of benefits to getting your weight down. A big driver for many Veterans is that they are frustrated with the number of medications they have to take. It is not uncommon when it comes to weight loss to see some of those medications reduced or removed all together,” Baird added. “All of our appointments are self-scheduled. All you have to do is call your local VA clinic and tell them you would like to schedule an appointment with nutrition or dietitian. If the Veteran does not want to do that, they can always talk to their primary care doctor for a referral.”

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QUARTERMASTER REPORT

Following are pictures and descriptions of merchandise that is available for sale from the Quartermaster.

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Cotton/Polyester (50/50).
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S & H: 1 shirt - \$7; Each addl. \$2.50
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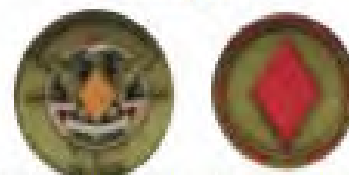
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