

THE

RED 5 DIAMOND

The official publication of The Society of the Fifth Division, United States Army.

Volume MMXXIV Ed.1

FEBRUARY 2024

Annual Dues: \$15



“WE WILL”

Deadline for submission of articles for the next Edition:

March 10, 2024

2020-2021 Society of the Fifth Division Officers – Roster

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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 biopsies 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

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&?!#*!!!

SOS

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 worshipping 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.

Apostasy, Disaster, Doom
 Christian Chaplain Message



A Sermon from our Chaplain Ron VanBeek



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 to 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 persons 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 VAILife, 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.

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."

Presidential Unit Citation Awarded for Afghanistan Evacuation

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

"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."

Daryl Solomonson, B Company's former commander,

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,

responsible for a 22-square mile tactical area around Long Binh, the largest military installation in South Vietnam,

would take point on ambush and recon patrols, the Bushwhackers were earned 24 Purple Hearts. Aided by the 212th MP Scout Dog Company, which During their time in Vietnam, B Company lost 13 members killed in action and operated from 1967 to 1970 around Long Binh, north of Saigon.

The members of B Co., also known as the "Bushwhackers," were reported by the first Army MPs to be assigned infantry missions during the Vietnam War. They

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.

56 Vietnam Veterans Receive Bronze Stars

NOW HEAR THIS | NEWS YOU CAN USE

During the roughly two-week long operation, U.S. troops helped evacuate more than 174,000 civilians. A suicide bombing attack during the evacuation killed 11 Marines, a Navy technician 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 Forces 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. and BCT, 10th Mountain Division
- 2nd BCT, 10th Mtn. Div.
- DIRVARTY, 82nd Abn. Div.
- 82nd Sustainment Bde.
- 10th MP Bde.
- 82nd Combat Aviation Bde.
- 50th Expeditionary Signal Bn., 50th Signal Bde.
- 1st Bn., 101st Field Artillery.
- Massachusetts National Guard
- 319th Ordnance Co., Washington Army National Guard
- 1st Bn., 154th 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

- Central Logistics Battalion 24
- Marine Air Support Squadron 1st Battalion
- Special Purpose Marine Air Ground Task Force Crisis Response-Central Command Element, SPEARCTF-CR 211
- 2nd and 3rd Marines
- Central Logistics Battalion 21
- Marine Air Support Squadron 228
- Marine Air Support Squadron 229
- Marine Air Support Squadron 230

WASHINGTON WIRE | CAPITOL HILL BRIEFS

LEGISLATIVE UPDATE Senate Supports Veterans 2nd Amendment Rights Legislation

DAVE SPINA

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

Originally known as H.R. 705, or the Veterans 2nd Amendment Protection Act, the legislation is now an amendment of the Military Construction, Veterans Affairs, and Related Agencies Appropriations Act of 2024 (H.R. 4565). The 2nd Amendment rights legislation was approved by the Senate to be a part of the omnibus bill.

It 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 Kaenan said veterans with fiduciaries are reported to the FBI's background check database without additional screening.

Kaenan 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," Kaenan 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 Krishna Kaenan said VFW supports the expanding access for Online Veteran Students Act (H.R. 5702), which she said was a "step in the right direction."

It 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.



Why These Four Presidents?

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

Other places to learn more about George Washington:

- George Washington Birthplace National Monument
- The White House - President - 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. Guiton Borgum chose

George Washington,
First President of the United States

Born 1732, died 1799. Washington led the colonies in the American Revolutionary War to win independence from Great Britain. He was the father of the new country and led the foundation of American democracy. Because of his importance, Borgum 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 perched as frailty stand, on the American people." George Washington

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

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.

Involving 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. Borahum 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 Historical Site

Theodore Roosevelt Memorial National Historical 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 Borahum 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

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.

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 Laska

Member, Chapter 0210-CA-6

Veterans: All hands-on deck to remedy

the military recruiting situation

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

to serve

By Tom Laska - - Wednesday

November 15, 2023

OPINION:

Fifty years ago, then-Secretary of Defense

Melvin 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

conscripted men had come to an end.

The all-volunteer military has worked for

our country. There have been some tough

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 service has become a dire

situation. Despite significant bonuses, varied

enlistment requirements and the creation

of programs to help parental recruits

overcome boot camp, the only military

services that met recruiting goals this past

year are the Marine Corps and the Army

Reserve. 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 ability

for military service among young people. In

addition to 7.7% of young Americans being

unable 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 3% 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

nation.

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 love 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 mental 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. Alarmingly, 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 Dvoskin 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 Mourned in the Philippines

The following is a description of excerpts of a video submitted by the National World War II Museum. It describes the events leading up to Marine Pfc. Glenn McDole's death. McDole's receipt from 1943 to 1945 POW camps in the Philippines.

In August 1943, the Japanese with 500 American POWs from the MTF to Camp 20-A captured, known as Camp 20-A or Pulavon, a small airfield at Puerto Tabonea.

Despite attempts brought in military equipment. The POWs suffered from lack of clothing and inadequate food. The Japanese guards, food was the barest of bareness, and disease and injuries were rampant.

On the morning of Dec. 14, 1944, the Japanese guards at Camp 20-A rounded the POWs around 2 a.m. The prisoners noticed artificial searchlights in the camp, but were dragged out of camp, presumably to the reveal air raids. The POWs were seen at the airfield being bombed.

About 10 a.m., however, the Japanese soldiers alerted the POWs to the working. The Americans were transferred to one side of the runway. There, Lt. Yoshiozo Goto announced, "The planes will land at any one of the following three locations. The guards forced the men into waiting tracks which returned them to camp.

A fire while after the tracks reached Camp 20-A, the air raid alert, on all of the left, sounded when two American B-24 Lightnings were sighted. The planes were at high altitude and moving away, and the POWs did not make their escape. The planes landed again, and then a third time. Goto screamed, "They're coming!" He added, "Three — hundreds of planes!"

The men were quickly rounded up. There were two bunkers they had but no food was left. 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 opening at one end. Another small shelter was constructed for the four American doctors in the camp.

Guards regularly struck any prisoner who tried to talk, pushing them with rifles or beating them with bayonets or swords.

According to the last testimony of one of the survivors, Captain Kojima appeared and announced it was necessary to kill the POWs. The commander of the guard, another Lt. Sho Yuzumasa, ordered the Japanese soldiers to go beyond and load the rounds, the disposal of a needed response.

He then personally ordered his soldiers and forced those with rifles and machine guns to kill any POW who took one of the original shelters.

Eventually, the Japanese soldiers destroyed the first shelter.



Marine veteran Glenn McDole speaks in 2008 at Jefferson Barracks National Cemetery in St. Louis. He was captured as a POW in the Philippines during WWII. He was captured by 70 Japanese in a camp. A receipt is on Dec. 14, 1944.

and the men complied with requests of high volume machine guns and low volume down bursts to light the fuel. The small bunker with the four American officers was destroyed next time.

As Americans attempted to break free, guards fired their rifles into the shelter. The men were killed. "Shoot them, shoot them!" Goto and another Japanese soldier barked orders. With the aid of the burning, Lt. Carl Menge, an Army Medical Corps officer, ran forward, pleading for the Japanese to stop. He was killed by a Japanese shot.

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

Marine Sgt. Rufus Smith survived and testified that the first three were being searched. As that happened, more than 20 Americans in the first shelter desperately managed to dig themselves out.

They braced themselves against the back of the trench that they had concealed when concealing it. Crawling, the shelter was hit near the top of the trench. The men were killed. Goto ran through the barbed wire and admitted for concealment.

As a result, some of those who had not been killed were sent to the jungle, and others attempted to swim across Puerto Tabonea Bay. Marine Pfc. Glenn McDole hid in the camp garbage dump.

A handful of survivors of the massacre were sent to the bay to the nearby Puerto Tabonea. The distance was about five miles, but sailing the bay was in the bay, and had to swim to safety.

McDole made his way out of the bay days of hiding. Consumed, he had been clinging to a fishnet in the bay until he was picked up by a sympathetic fishermen who asked, "Hey, you're a POW? McDole answered, "I was, but no longer."

McDole was one of 11 Americans to survive the massacre. He died in 2008 at the age of 68.

NOW HEAR THIS | NEWS YOU CAN USE

Vietnam War Veteran Receives Medal of Honor

A former Army helicopter pilot awarded for a heroic ground assault on a hill September 1968, the White House today honored Signal Major Larry Taylor with the Medal of Honor on behalf of President Joe Biden for his actions during the Vietnam War.

On June 24, 1968, then-Lt Taylor, an AH-1G Cobra helicopter pilot serving with D Troop, 1st Sep. Cav. Air Bn, 1st Cav, was shot by PLAs about 12 miles south of Saigon. An aerial rescue attempt failed. Taylor's helicopter was shot down and destroyed. Taylor was rescued by a rescue team on Aug. 1, 1968, and returned to the U.S. on Oct. 10, 1968.

The F-4 Phantom II fighter jets were located on the beach on the side of Saigon and surrounded by North Vietnamese Army and Viet Cong soldiers. According to one of the documents on the ground, Lt Taylor, David Hill, and some of the other pilots were shot.

Deputy Secretary of Defense Warren Christopher said Taylor's actions, along with those of Capt. Robert Blake, Sp4 William P. Carter and Capt. Gerald Batty, were "a shining example of heroism and gallantry in the face of the enemy."

In addition to Hill, the crew on the ground were PFC Robert Blake, Sp4 William P. Carter and Capt. Gerald Batty. They were made part of a unit and offered immediate flight, and they prepared for what they believed was a certain enemy attack.

Unable to spot the UH-1 helicopters in the dark, Taylor and the crew on the ground to alert them with a radio call. Taylor was shot in the head and killed. Taylor and the crew on the ground were shot and killed. Taylor and the crew on the ground were shot and killed.

With the extraction almost completed, Taylor and the ground crew reported to the command and control center.



President Joe Biden presents the Medal of Honor to Signal Major Larry Taylor during a Sept. 5, 2020, ceremony at the White House in Washington, D.C. Taylor received the nation's highest military award for his heroic actions in Vietnam on June 24, 1968. Taylor was shot down by PLAs about 12 miles south of Saigon on June 24, 1968, and was rescued on Aug. 1, 1968.



Signal Major Larry Taylor, who received the Medal of Honor for his actions in Vietnam on June 24, 1968. Taylor was shot down by PLAs about 12 miles south of Saigon on June 24, 1968, and was rescued on Aug. 1, 1968.

and meant toward the confusion and confusion. Taylor then saw a helicopter over the enemy in the distance. Taylor and the crew on the ground reported to the command and control center. Taylor and the crew on the ground reported to the command and control center.

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My Dear Father—For God and Country

Edward W. Snider, US Army, Captain, Republic of Vietnam, was the first American to be awarded the Medal of Honor for his actions in the Vietnam War. He was a member of the 1st Cavalry Division, 1st Air Cavalry Brigade, and was killed in action on 29 July 1968. He was posthumously awarded the Medal of Honor for his actions during the Battle of Ia Drang. He was the first American to be awarded the Medal of Honor for his actions in the Vietnam War.

...during the fighting by the war dog, and during the fire. Although wounded, he made his way with the direction of the field staff, it is noted. He was the first American to be awarded the Medal of Honor for his actions in the Vietnam War. He was the first American to be awarded the Medal of Honor for his actions in the Vietnam War.

to see the world with my G.I. Card. The house is 100 miles from the airport. The house is 100 miles from the airport. The house is 100 miles from the airport.



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.”

5TH INFANTRY DIVISION COMMEMORATIVE LEGACY BOOK

Good News! The highly-anticipated 5th Infantry Division Commemorative Legacy Book is hot off the press and available for immediate delivery. This exciting new book contains:

5TH INFANTRY DIVISION



COMMEMORATIVE BOOK
1917-2019

- History of the 5th Infantry Division including hundreds of historic photographs from WWI through 1993
- 5th Infantry Division Insignia, Units & Campaigns
- Commanding Generals
- Memorials & Tributes
- The Society of the Fifth Division
- Photographs & Memories
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For questions please contact Quartermaster:
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dwcoulter1@aol.com



QUARTERMASTER REPORT

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

Society of the 5th Division Polo Shirts



Black or White Polo Shirt with embroidered logo design. Choice of short or long sleeve. Cotton/Polyester (50/50)
Cotton/Polyester (50/50).
Specify size: Short Sleeve: M, L, XL, 2XL, 3XL - \$40
Long Sleeve: M, L, XL, 2XL, 3XL - \$50
S & H: 1 shirt - \$7.00 \$2.50 each additional
Larger orders: Contact the Quartermaster

Society of the 5th Division T-Shirts



Black or White T-Shirt with embroidered logo design.
Choice of Short or Long Sleeve.
Cotton/Polyester (50/50). Specify size:
Short Sleeve: M, L, XL, 2XL, 3XL - \$25
Long Sleeve: M, L, XL, 2XL, 3XL - \$30
S & H: 1 shirt - \$7. Each add: \$2.50
Larger orders: Contact the Qtr. master



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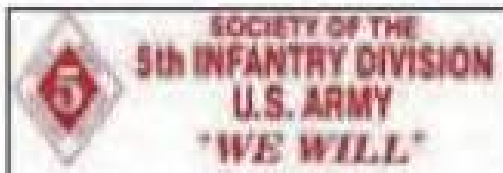
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larger orders



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\$ _____ Gift to the Society.

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Fort Worth, Texas, 76161

The dues for membership in the Society are \$15.00 for annual membership. Any member wishing to become a LIFE member may do so by paying the following one-time dues: age less than 61, \$150.00; age 61-69, \$75.00; age over 70, \$50.00. All LIFE members are subject to any special assessments declared by the Executive Board or adopted at any meeting.