



THE BUGLE

SCI Phoenix VSU Newsletter

Spring 2024



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From the Editor's Desk

Duane Keith Wykoff, USMC

Greetings; and welcome to all, as we launch the premier quarterly issue of the Veteran Service Unit's newsletter - *The Bugle*. The bugle was adopted and incorporated into the title of this newsletter due to its iconic role and purpose it has been employed to serve as in military history.

The bugle has announced the times of day, commands on the battlefield, and as a solemn salute and farewell to fallen soldiers. In this capacity, it has acted as a herald in the military, a messenger tasked with the proclamation of news. That purpose, and the purpose of this newsletter being aligned, it was deemed an appropriate image to employ in the title.

Law of the Dog

Derek "Boots" Wiggins, USMC

An estimated 700,000 Vietnam veterans—almost 25% of those who served in the war, have some form of psychological effect due to their combat experience. 15% of Gulf War veterans are said to suffer from PTSD (Post Traumatic Stress Disorder); 13.5% of post 9/11 veterans suffer from PTSD. Some studies say that the number for post 9/11 veterans could be as high as 20% - 30%. As many as 500,000 veterans who served in Iraq and/or Afghanistan have been diagnosed with PTSD.

The effects of combat or other trauma that many veterans may have endured can lead to PTSD. There are many tools to treat PTSD, some include medication, and others are therapy based; CBT



I want to thank all for their help and assistance in getting this newsletter up and running from Mr. J. Baker, our Veterans Coordinator, Ms. M. Sipple, Deputy Superintendent, to all my fellow veterans here on the VSU who have stepped up to lend their talent, skills, and energy to this endeavor. Without the support and assistance of the above people, this newsletter would not have been born.

(Continued on Page 2)

(Cognitive Behavioral Therapy) and EMDR (Eye-Movement Desensitization and Reprocessing). One tool that is often overlooked, even though it's effectiveness can sometimes be seen and felt immediately, is the use of a service dog.



What is a service dog? Under the ADA (Americans with Disabilities Act) "a service animal is defined as a dog that has been individually trained to do work or perform tasks for an individual with a disability.

The task(s) performed by the dog must be directly related to the person's disability." http://www.ada.gov/reg2010/service_animal_qa.html Q1.A.

To qualify for a service dog you must have a disability, which is defined by the

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From The Editor's Desk

(Continued From Page 1)

I would also like to thank our brothers within the Houtzdale VSU for not only leading the way, but showing us what is possible in publishing a newsletter. Those brothers have also shared with us courses and materials for the use of the men here in the Phoenix VSU. Thank you. We appreciate all the insight and assistance you have given to us.

Finally, I would be remiss if I failed to mention and express my thanks and appreciation to the Vietnam Veterans of America, Chapter 466, for laying the foundation upon which the VSU here at SCI Phoenix rests. Some thirty plus years ago, a handful of men at SCI Graterford, to include the current President of the VVA, Commer Glass, set out to establish the first ever, and only VVA chapter within the Pennsylvania Department of Corrections representing incarcerated Vietnam veterans. After contentious legal litigation, VVA, Chapter 466 was born. In the years that

followed, this organization expanded and began to push for legislation and policy outcomes to benefit all manner of veterans, regardless of era of service. We stand on the shoulders of giants in our pursuit of better outcomes for incarcerated veterans. Through the tireless work and efforts of Commer Glass, President of VVA, Chapter 466, and the cooperative relationship established between this organization and Mr. J. Baker, now our Veterans Coordinator, the SCI Phoenix VSU was finally born.

I close with this—my vision for this newsletter is not only to provide relevant and meaningful information to all veterans here at SCI Phoenix to assist them in their personal journey towards a life filled with meaning, purpose, and infinite possibility here and upon returning to life outside the confines of the institution, but to build bridges to facilitate that vision and intention within

the community of veterans here at SCI Phoenix. Therefore, in keeping with that vision and intention, I am inviting all veterans here at SCI Phoenix, both inmate and staff, to get involved, to participate, to lend your voice, your ideas, your experience in creating and obtaining that aspirational goal. Submission instructions and deadline are below.

I look forward to serving you all in whatever way and capacity I may in the future and coming issues of this newsletter and otherwise.



Name: James "Soft Shoes" Miles
Branch: USMC
MOS: 0300 Infantry
Years Served: 3 (1953-1956)
Duty Station: Camp Pendleton; Okinawa
Basic Training: Parris Island, SC
What was your greatest military achievement? Graduating Boot Camp
Why did you join the military? To help out my family
What's a positive take away from the military? To always be positive, to think positive, and to stay strong.
What's your favorite thing about the VSU? We are all comparable with each other, there is better communication and less violence
Who is your role model and why? God
What are your interests & Hobbies? I used to do upholstery, dental technician, and was a teacher.
Favorite Book/Author: Louis L'Amour
Favorite Movie/TV Show: Django Unchained
Favorite Food: Fish
What would you like people to know about you? That I'm not that person I was years ago; that I have a plan for a better future.

Mission Statement

SCI Phoenix VSU

The purpose of the SCI Phoenix Veterans Service Unit (VSU) is to provide veteran residents with the essential resources to successfully reintegrate into society. To complete this mission, staff and residents will work together in providing assistance in overcoming the challenges of re-entry through programming, resource assistance workshops, and community partners or organizations. Coupled with the instilled core values obtained through military service, participants in these programs will establish positive and obtainable goals for service to themselves and others.

"Sometimes when you're in a dark place you think you've been buried..."

Submissions

SCI Phoenix VSU Newsletter

The Bugle is a quarterly newsletter for the veteran residents and staff of SCI Phoenix. If you have a story, article idea, a poem, suggestion, opinion, quote you believe has value and benefit to your fellow veterans or will help to improve and build upon the purpose and goal of this newsletter, please do so. Your submissions may be sent to:

Mr. J. Baker, Veterans Coordinator, Program Services, SCI Phoenix East.

Summer submission deadline:
June 10, 2024

"...but you've actually been planted."
 — Christine Caine



Law of the Dog

(Continued From Page 1)

ADA as, “a physical or mental impairment that substantially limits one or more major life activities...” https://www.ada.gov/ada_intro.html It is important to note that the ADA guarantees protections to disabled individuals, not the service dog.

If you wish to get a service dog there are NGOs (Non Governmental Organizations) that provide a free service dog or grants to pay for one. The list to receive one of these dogs can be long, it could be up to five years. Some organizations charge a fee for specialized trained dogs which could cost anywhere between \$10,000 to \$50,000.

Another option is cooperative training, which a certified trainer assists a handler by teaching them techniques necessary to train their service dog themselves. You have the right to train your own service dog according to the ADA (ADA Q.5) The ADA doesn't require certification for a service dog, though many handlers will use a vest or other visible markings to identify the dog as a service dog. Certification or gear is not what makes a service dog a service dog, rather it is their training.

ADA requirements take priority over municipal laws regarding breed limitations. If your city has a ban on a specific breed (Pit Bull for example) that restriction cannot be applied to service animals. There is no breed restrictions when it comes to a service dog. (ADA Q.22) Some common service dog breeds are German Shepherds, Golden Retrievers, Labradors, Boxers, Collies, and Standard Poodles.

Service dogs are allowed public access for businesses, air travel, public transportation, housing, and hotels which don't allow pets. When entering a business, your service dog will most likely draw the attention of the staff, which may create a concern. The staff may only ask two very specific questions: 1) Is the dog a service animal required because of a disability? 2) What work or tasks has the dog been trained to perform? The staff is not allowed to request documentation for the dog, ask for a demonstration of its tasks or ask the nature of your disability.

“A person with a disability cannot be asked to remove his service animal from the premises unless: 1) the dog is out of control and the handler does not take effective action to control it. Or 2) the dog is not house broken.” (ADA) The ADA requires a thoroughly housebroken service dog, that doesn't mean accidents won't happen. The ADA also requires that service animals be under the control of the handler at all times (a leash). Under control also means that a service dog should not

bark repeatedly, especially in a theater, library, or other quiet place. If the service dog barks once or barks because it is provoked, that would not constitute being “out of control.”

It is important to remind you that a service dog is trained to work or perform a task for someone with a physical or mental disability. They are not there solely for emotional support. ESAs (Emotional Support Animals) are creating an issue for those who truly need the help provided by a service animal. “An emotional support animal is a companion animal that provides therapeutic benefit to an individual with a mental or psychiatric disability.” <http://www.animalallow.info/article/faqs-emotional-support-animals#s1>

ESAs do not have the same legal protections as a service animal, such as public access. ESAs do have legal protection under the Fair Housing Act for non pet-friendly housing, also under the Air Carrier Access Act, to accompany their owners through the airport and onto the plane. If you have been diagnosed with PTSD and are considering the benefits a service dog may provide, ensure you do the research on the breed, training options, and the rights you have to utilize your service dog within the community.



Balancing Your Oasis

John D. Brookins, Master Trainer

Looking for ways to improve your own as well as your family's health and well being? The quality of your lifestyle is one very important place to start. Nutrition has an enormous impact on your health, affecting how you feel, how well you function, how well your body can fight off infection... even how long you live. It can also play a role in preventing many diseases and certain birth defects (known facts).

There is no question that a balanced meal along with regular exercise is critical to health maintenance and disease prevention—"Food will pack a punch." However, the research is in that certain nutrients are deficient in our soil, and as a result, the food we consume, even if it is the correct food, may be lacking in some nutrients. Since plants cannot manufacture minerals, and soil that was once rich with minerals may now be depleted, supplements can help make up for a deficiency of minerals in the foods we eat, as well as give us an additional health boost.

There is an ongoing, and growing body of evidence, that dietary supplements play an important part in health maintenance. Dozens of studies show that both men and women fail to meet



the recommended daily allowances for a variety of important nutrients, including: calcium, vitamin E, vitamin B6, magnesium, copper, and zinc. It is no wonder that people are turning to supplements to get what the body is calling for in required and important nutrients.

Knowing your ABC's of supplements

Prior to 1994, the term "dietary supplements" referred only to products made from one or more of the essential nutrients, such as vitamins, minerals, and proteins. In 1994, the U.S. Congress passed the Dietary Supplement Health and Education Act (DSHEA). This Act created a new framework for labeling and assuring the safety of dietary supplements. It also redefined a dietary supplement as a product, such as:

- Meant to supplement the diet
- Made up of one or more of the following
 - ◆ Vitamins,
 - ◆ Minerals,
 - ◆ Herbs or substances derived from plants (except tobacco),
 - ◆ Amino acids (the building blocks that make up proteins),
 - ◆ Other substances that increase the total dietary intake (such as enzymes or organ tissue),
 - ◆ Concentrates, metabolites, constituents or extracts of all the substances named above.
- * Taken by mouth in the form of tablets, capsules, soft gels, gel caps, liquids or powders
- * Labeled as dietary supplement.

As a note, dietary supplements are available in other forms as well, for example: snack bars, with less or no soybean added for men, but is great for some women, just not for all men. In the next issue, I will deal with:

- * The Benefits of Supplements
- * Who Needs Supplements.



Name: Timothy "Schitty" Schittler

Branch: USA

MOS: 13B Cannon Crew Artillery / 92R Parachute Rigger

Years Served: 5 (2007-2012)

Duty Station: Fort Bragg, NC

Basic Training: Fort Knox, KY

What was your greatest military achievement? I went on two combat deployments and completing Airborne school.

Why did you join the military? There was nothing going for me in Reading, PA so I thought "Why not join?" It was an honorable and selfless act.

What's a positive take away from the military? Camaraderie.

What's your favorite thing about the VSU? I enjoy the brotherhood, we all have the same goal: to get back home.

Who is your role model and why? Kobe Bryant. His determination, fearlessness and work ethic is something I admire.

What are your interests & Hobbies? Working out, football, and working out.

Favorite Book/Author: Mamba Mentality, Kobe Bryant

Favorite Movie/TV Show: Movie-Varsity Blues

Favorite Food: Chicken Wings—Mild

What would you like people to know about you? That I would give my brothers half of my last. That I wouldn't ask them to do something I wouldn't. I believe that truth fears no investigation.



Be the rainbow in
someone's clouds

—Maya Angelou



Origins of Memorial Day

David © Sherrill, USA

Memorial Day (originally Decoration Day) is a Federal holiday honoring the US Military personnel who died while serving in the United States armed forces.

Many people visit cemeteries and memorials to honor and mourn those whom they lost. Volunteers place American flags on the graves of military personnel in national cemeteries. The first national observance of Memorial Day occurred May 30th, 1868. It was known as Decoration Day. The holiday was proclaimed by Commander in Chief John A. Logan of the Grand Army of the Republic to honor Union soldiers who died in the Civil War. With world wars, it was turned into a day of remembrance for all members of the U.S. military who fought and died in service.

The name "Memorial Day" was first used in 1882 and gradually became more common than "Decoration Day." It was declared the official name by federal

law in 1967. On June 28, 1968 congress passed the "Uniform Monday Holiday Act," which moved the holiday to the last Monday in May to create a three-day weekend.

In 2000, Congress passed the "National Moment of Remembrance Act," asking people to stop and remember at 3:00 PM. On Memorial Day, the Flag of the United States is

raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains until noon, and is finally raised to full-staff for the remainder of the day.

Remember Memorial Day is a day for the friends and family we have lost. It's a day of remembrance, not a day about hot dogs, hamburgers, long weekends, and the unofficial start of summer.

FUN FACTS:

Memorial Day

- ★ Memorial Day is considered the "unofficial" start of summer
- ★ Doylestown, PA has held an annual Memorial Day Parade since 1868
- ★ Waterloo, NY was designated the "official" birthplace of the holiday
- ★ In 1873, New York made Decoration Day an official state holiday
- ★ In 1920, the American Legion adopted the poppy as its official symbol of remembrance



Story of Taps

Todd Sheldon, USN

Since the SCI Phoenix VSU newsletter is called *The Bugle*, partly because bugle calls are so integral to military life, I thought I would relay the history of one famous bugle tune: Taps. I decided to do some research to get the details of the story I knew well. I didn't know names of people or places that should be recounted. However, when researching the origins of Taps, I was saddened to discover that the story I had known since I was a child was merely a myth.

The lore about Taps I remember dated to the Civil War. The song was supposedly written by a Confederate soldier. When his Union officer father went to bury the son, who died during a battle in which their units fought against each other, he discovered 24 musical notes scribbled on a piece of paper in his pocket. The Union officer decided to have that tune played at his son's

funeral, but the melody was too cheerful, so it was lowered an octave to make it more somber into what today we all know as Taps.

The true story is not as fanciful as the one I read about when I was younger, however the true story is still somewhat fascinating. It does in fact date to the Civil War.

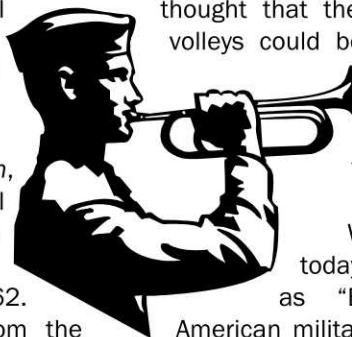
According to *History.com*, U.S. General Daniel Butterfield and his brigade were camped at Harrison's Landing, Virginia in July 1862.

They were recuperating from the Seven Days Battles near Richmond. Butterfield reworked an existing bugle call used to signal the end of the day as a new bugle call to indicate it was time to go to sleep. After he had his bugler, Private Oliver Wilcox Norton, play it for

his men, the tune quickly spread to other units throughout the Army.

Not long after, Taps was played for the first time at a military funeral for a Union cannoner killed in action. The commander, Captain John Tidball, thought that the traditional three rifle volleys could be misconstrued by the nearby enemy as an attack, so instead opted to play the Taps bugle call.

What we know as Taps today, was officially known as "Extinguish Lights" in American military manuals until 1891. The name was colloquially known as Taps most likely because immediately after the tune was played at lights-out, it was followed by three drum-beats called "Drum Taps," as well as "The Taps" and then simply "Taps."



Visit from the DMVA

Derek "Boots" Wiggins, USMC

On January 29, 2024 Erica Moore, Paul Devincenzo, Todd Wilson and Mike Belcher from the Pennsylvania Department of Military and Veterans Affairs (DMVA) visited the VSU at SCI Phoenix. Ms. Moore is a familiar face on the VSU, since she has visited many times since 2021. I was lucky enough to sit down to ask her a few questions to understand her devotion to the veteran community and the VSUs themselves.

I was surprised to learn that Ms. Moore was not a veteran herself. Her decision to work with the DMVA stemmed from seeing the struggles her grandfather faced, an Air Force veteran. She saw a need and opportunity where she could help other veterans. She has worked for the DMVA for 26 years, and at her current position as the Regional Program Outreach Coordinator since October 2019.

She uses her position to help people overcome barriers and to connect them to different services. Since many veterans don't know what they can get or are entitled to, it's part of her job to connect them. Some of the organizations or services she works with are the SSVF (Support Services for Veterans Families), substance abuse programs, food distribution, as well as reentry coalitions and other coalitions that support veterans, and a suicide prevention task force.

When I asked her what were some of the common issues she has seen veterans have in the community, she responded with, "Affordable housing and transportation to appointments and

employment. Especially in the more rural areas." She also noted that many veterans on a VSU have the same issue with housing. "...Any kind of housing; we have done a lot of work with SSVF providers in order to assist with this," she commented.

I asked Ms. Moore what she thought about the VSUs as a whole. After looking at Mr. Baker and jokingly commenting on how the VSU coordinator was "a pain," she collected herself and said, "The VSUs are definitely inspirational. I had no idea what they were going to be like. I enjoy seeing how you guys all try and help one another." She also believes it would be great to have a VSU in every state and county prison.

Ms. Moore talked about her goals and plans for helping veterans in the future. "The key is more outreach and finding more ways to reach veterans. This included the idea of looking into non-traditional ways to reach them." I ended with what I believed might have been the toughest question, "What message do you have for veterans?" In typical Ms. Moore fashion, she simply said, "To always remember that you are not alone. There are people who want to help, you just need to reach out and ask."

The DMVA has upcoming visits planned for May 17 and July 19, 2024. If you get a chance to speak with Ms. Moore I would recommend it. It is apparent that she truly cares about helping veterans outside and inside these walls. If she can help, she will. All you need to do is reach out and ask.

HELLO
MY NAME IS

TaaWoos

Name: William "TaaWoos" Cornish

Branch: USA

MOS: Infantry

Years Served: 3 (1964-1967)

Duty Station: Aschaffenburg, Germany

Basic Training: Fort Jackson, SC

What was your greatest military achievement? Driving Armored Personnel Carriers

Why did you join the military? I was gung-ho, I wanted to serve, to be Airborne or Special Forces

What's a positive take away from the military? The People, camaraderie, working together to solve a problem.

What's your favorite thing about the VSU? The same thing; the people and the camaraderie. We have the same likes and the same mission, to get home.

Who is your role model and why? Rich Scheuer, he was a school teacher at Graterford and the Veteran's Coordinator. He was knowledgeable, willing to help, and easy to talk to.

What are your interests & Hobbies? Getting out of prison, my religion, and word puzzles.

Favorite Book/Author: John Grisham and James Patterson

Favorite Movie/TV Show: Valdez is Coming, Burt Lancaster

Favorite Food: Seafood

What would you like people to know about you? That I'm easy going, I believe in live and let live, and that I'm a good listener.

“ We have committed the Golden Rule to memory; let us now commit it to life. ”

—Edwin Markham

Meet Your Staff Veteran: Correctional Officer Abrams

Robin Shaw, USA

I sat down with Correctional Officer Abrams, first shift regular officer on the Veterans Service Unit. Officer Abrams is an Army veteran, having served in the United States Army Reserves from 2007 to 2015. Officer Abrams was attached to the 404th Signal Brigade at Fort Dix, NJ until she was subsequently attached to the 465th Transportation Brigade at Newtown Square, PA.

In officer Abrams' service, she operated as a Uniform Signal Support Systems Specialist, 92 Golf Culinary Specialist, 88 Mike Truck Driver, and an 88 Hotel Movement Transport Coordinator. In my sit down with Officer Abrams, I had the opportunity to ask her to relate one of her more memorable experiences from her service. She related the following:

"I was in an advanced party sent down to an area near Mott Lake, in support of my unit's mission for annual training. I was the only female in this group of eight. We set up tents, kitchens, and other necessities to support the annual training five days in advance. After setup, we were tasked with maintaining all the gear we had set up.

There was no billeting on Ft. Bragg, so the cadre for the special forces proving grounds allowed my unit and several others to sleep on their grounds in their hangar-like barracks. We were not allowed to take pictures, videos, or post any media regarding our mission. We could not pull our phones out during the mission. If we violated these ground rules, we would be kicked off base and have our devices confiscated.

We woke up every day to perform daily operations at 0500. Special forces cadre and leadership would oversee operations. At the end of the day, I was confronted by a male officer for wanting to stay and sleep with the rest of the team in our tent. I was ordered to sleep in the female tent a distance away with troops I did not know. They were not in

our unit. I stood up to the officer saying, "The troops in this tent, I regard as brothers, uncles, cousins, or fathers. I trust them with my life and they trust me with theirs and you expect to tell me that I can't be trusted to sleep in the same tent as them?" I was forced to sleep in the female tent, making our mission more inconvenient. On the final day of the mission, my team was finishing up police call with me. Our noncommissioned officer in charge was late to take us to breakfast. While we finished up police call, one of the special forces cadre appeared and stopped us.

“
I would hope
that the values
we all learned
from the military
still live on in
every fellow
veteran
”

He told me that he noticed my dedication and quality of work. He had also noticed when I stood up to that male officer. The special forces cadre member admired me for standing up for myself and my team. He offered us the opportunity to sit and have breakfast with them. We had all accepted. Here I am eating and talking with the special forces. Outside visitors are not even allowed to be there and I got to experience this. It was a very enjoyable moment to remember."

Furthermore, I asked Officer Abrams what she took away with her from her service and she stated, "selfless service." I followed up by asking how she would improve the military if given the opportunity and she stated, "I left the

Army after I was faced with the involuntary option to transfer units. I was happy with being attached to the 404th Signal Brigade in Fort Dix, NJ. I do not like the term, 'for the needs of the Army'. I was a specialist promotable, which is an E-4 grade. I did not want to fill other occupations in a different unit for another three year contract to pick up E-5 grade, Sergeant. I was comfortable where I was."

I continued by asking Officer Abrams her view on the Veterans Service Unit and she stated, "It has potential as a great program to help our incarcerated veterans." I asked her how she would like to see the Veterans Service Unit improve and she stated, "To remind everyone that we are brothers at the end of the day. We all signed on the dotted line to put our lives on the line at one point in time. I would hope that the values we all learned from the military still live on in every fellow veteran, and if you lost your footing with some of those values, there is still the potential to relearn those values. Grow together. Help your brothers out. Hold each other accountable. You are all around each other more than the correctional officers are around you. Another correctional officer may operate differently than I do. Be tactful and learn to take your yeses with your nos. Help your brothers out."

I asked Officer Abrams what she has learned working in the Department of Corrections and she stated, "I've been a correctional officer for six years. I worked three years in county prison and three years in state prison. I've learned the ability to compartmentalize what is personal and what is frivolous. Prison is a negative place in its conception. There are always things happening and it could be difficult for both staff and inmates. The Department of Corrections wants to make this job an absolute priority in our lives. Having a family and personal life can be tough in this line of work. Statistics have shown that there is a

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higher divorce rate in correctional officers that are married than police officers. The average life span for a correctional officer is fifty-seven years old. The retirement age of a correctional officer is normally fifty-five years old. It can be a difficult job, but there still must be someone to maintain safety and guide inmates in the right direction. It is also who you know and work with. If I got a good team, things would run smoothly for both staff and inmates.”

“
**Failure to plan is
 planning to fail.**
 ”

I followed up with Officer Abrams by asking how she would like to see the Department of Corrections improve. She mentioned that she wished the guards would be given the opportunity to provide feedback prior to new policies being put in place. She would like the guards and administrative staff to communicate together. She felt that this would improve the functions of the guards and the inmates who live under the policies to further reinforce guiding inmates in the right direction for living and being able to reenter society as a better law abiding citizen in their communities, thus resulting in being positive factors in their communities.

I asked Officer Abrams what gets her out of bed in the morning to continue doing her job and she stated, “The thought that I can make a positive difference in your lives. I even learn things from you or you learn from me to improve your lives. At the end of the day, it is absolutely worth it to me.” I asked Officer Abrams one final question. What quote means a lot to you and she stated, “Failure to plan is planning to fail.”

Officer Abrams thanked me for the opportunity to be interviewed and had a final comment for the men in the Veterans Service Unit, “I hope everything I said is able to help you all.”

Iconic Music Spotlight

Alexander Carlin, USMC

“If tomorrow all the things were gone I’d worked for all my life. And I had to start again with just my children and my wife...” is the first line of a well known American patriotic song. Have you guessed it yet? “God Bless the U.S.A.” Four decades ago an American country music artist by the name of Lee Greenwood wrote and recorded the song and dubbed it his “signature song.”

When we hear it, it is usually on patriotic holidays or memorial videos. Greenwood wrote the song in response to his feelings about the shooting down of Korean Air Lines flight 007. If you listen to the words of the song, it details a very profound idea of what America means for many people, not just Americans, but for people in other nations, all across the world. Sacrifices, that we know all too well, have been made since the beginning of our history and this song reminds us of the many blessings we can take advantage of as Americans.

The song has been used during presidential elections, memorial services, patriotic concerts, and has been used to remind ourselves and the world of the unity that stands within our nation during times of struggle and hostility. There is no question that we Americans have our own issues, but when it comes to us defending ourselves against any foreign threat, many of us answer that call—you, the man to your left and right, maybe even the man you are housed with, including myself.

Does this song pull at certain heart strings? If so, it’s okay. I am sure it does for many. The song was made popular on several different occasions. During the Gulf War in 1990-1991, the September 11th attacks in 2001, and during the 2003 invasion of Iraq. A list of occasions that many of

us are very aware of and many have experienced first hand.

There are many other notable versions of this song by several artists such as Jump5 who covered the song for the 9/11 attacks, altering some of the lyrics. Both Dolly Parton and Beyonce released a cover of the song following the death of Osama Bin Ladin as a fundraiser, and performed it in 2011, in which she released a statement saying, “I cannot think about anything more appropriate to do to help these families...almost 10 years after 9/11...we were all effected by the tragedies of 9/11 and continue to keep the families who lost loved ones close to our heart.”

The song mentions a few cities in it and there were plans to have other cities. But, it was suggested to use New York City, Los Angeles, Detroit, and Houston because of the economic impact they had on the nation. When I hear this song, it has a defined meaning to me, as it may for most of you. I was a middle schooler during 9/11 and I witnessed the World Trade Center attacks first hand, which lead to my vested interest in serving in the military, being deployed to both Iraq and Afghanistan.

During those deployments I got the first hand experience to see that there are other countries that don’t have the blessings, freedoms, and luxuries that we have. This song has always played a role in reminding me of where I am, something we should all be reminded of. “And I gladly stand up, next to you and defend her still today,” another line that is still imbedded in my core understanding of the sacrifices that have been made, and continue to be made, for the blessings, liberties, and opportunities that are within our grasp, if we just take advantage of them. God bless the U.S.A.



Vietnam's First MOH Recipient

Derek "Boots" Wiggins, USMC

"For conspicuous gallantry and intrepidity at the risk of his life and beyond the call of duty while defending a U.S. military installation against a fierce attack by hostile forces." The opening line for Captain Roger H.C. Donlon's Medal of Honor Citation reads.

The early morning hours of July 6, 1964 at Camp Nam Dong, 800-900 Vietcong and North Vietnamese regulars led a surprise attack. The camp was defended by a dozen U.S. special forces and around 300 Vietnamese. Years later it was found out that 100 of those Vietnamese were actually Vietcong.



United States Army

Robin Shaw, USA

The United States Army (USA) is the largest of the eight uniformed services of America. It was formed on June 14, 1775 by the Second Continental Congress as a unified army for the colonies to fight for their independence from Great Britain during the Revolutionary War (1775-1783). George Washington was appointed as the Army's first Commander and would later become the first Commander-in-Chief of the United States as President.



During the 5 hour fight, Cap. Donlon laid down cover fire, dragged a wounded soldier out of a gun pit, relocated a 60mm mortar, ran through "a hail of small arms and exploding hand grenades," and much more. He was wounded in the stomach and his left shoulder from a mortar round, as well as his body and face from a second mortar explosion. It states in the citation that, "Without hesitation he left his sheltered position, and moved from position to position around the beleaguered perimeter while hurling hand grenades at the enemy and inspiring his men to superhuman effort." When the smoke settled, two Green Berets, one Australian soldier, and 55 South Vietnamese defenders were KIA; and 64 Vietcong laid dead.

Cap. Donlon was awarded the Medal of Honor by President Lyndon B. Johnson at the White House on Dec. 5, 1964.

After his 33 year career in the Army, where he reached the rank of Colonel, Col. Donlon raised money for scholarships for Vietnamese-American and Vietnamese students, building libraries and learning centers in the village of Nam Dong.

In 1995 Col. Donlon visited Nam Dong

Friedrich Wilhelm von Steuben, a Prussian Army officer and tactician, taught Prussian Army tactics and organizational skills to the colonial army during the Revolutionary War. His teachings made the basis for all the United States military branches which still live on today. This makes the Army the oldest branch of the U.S. military and the most senior in order of precedence.

with Nguyen Can Thu, who helped plan the attack 31 years prior, along with Vietcong veterans of the battle. Together they cleared the overgrown graves of the South Vietnamese soldiers who were killed under Col. Donlon's command. "There I was, kneeling to cut the grass over the graves...and all around me my former enemies were helping me do it, that really solidified my feelings of reconciliation."

Unfortunately, Col. Roger Donlon passed on Jan. 25, 2024 at the age of 89. It's important to not let his devotion to his men and country fade into the pages of history. Not just his memory, but the memory of all the brave soldiers, sailors, Marines, and Airmen who gave their lives. We should immortalize them so their sacrifices are not in vain.

Army Word Seek

21 Army related words & acronyms

F B N S P L M T V S W S Y X
 N H C O N V O Y A W O L L R
 J R U C K S A C K J P G O F
 Y V A N B Y K U W A I T F B
 A S V A B L Z D V A R M Y P
 D R I L L S E R G E A N T N
 R R E T I U R C E R P T S D
 A M O B I L I Z A T I O N S
 P E V I I E R M D E O J I G
 W M R A N G E R S P O H E H
 E S K O B A R D E V I L O T
 U K F S K W P O W S F P F K
 V I E T N A M T E U G T T P
 P L A T O O N E F M S E X W

ARMY
 ASVAB
 AWOL
 CONVOY
 DRILL SERGEANT
 FTX
 GI JOE
 KOREA
 KUWAIT
 LMTVS
 MOBILIZATION

MRE
 NAVY
 OLIVE DRAB
 PLATOON
 POWS
 PTSD
 RANGERS
 RECRUITER
 RUCKSACK
 VIETNAM

Bridge on the River Kwai

David © Sherrill, USA

The Bridge on the River Kwai is a 1957 epic war film based on the novel written by Pierre Boulle. Boulle's novel and the film screenplay are almost entirely fictional, but use the construction of the Burma Railway in 1942-1943 as their historical setting.

The plot of the movie is about a battle of wills between a Japanese P.O.W. camp commander and a British Colonel over the construction of the Burma Railway, and the parallel efforts by escaped prisoners to destroy it. A memorable feature of the film is the tune that is whistled by the POWs when they enter the prison camp: the first strain of the "Colonel Bogey March."

It was written by Lieutenant F. J. Ricketts of the British Army in 1914. The tune was inspired by a British military officer who "preferred to whistle a descending minor third" rather than shout "Fore!" when playing golf. The name "Colonel Bogey" began in the late 19th century as an imaginary "standard opponent" in assessing a player's performance. The Colonel was adopted by the golfing world as the presiding

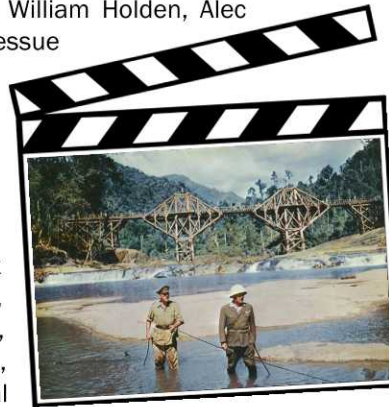
spirit of the course. Bogey is now a golfing term meaning "one over par."

The movie stars William Holden, Alec Guinness, and Sessue Hayakawa. The movie went on to win the Oscar for Best Picture, Best Director, Best Actor for William Holden, Best Screen Play, editing, cinematography, and Best Original Score. The movie cost \$2.8 million to produce and grossed \$30.6 million dollars. The movie is now widely recognized as one of the greatest movies ever made. Famed movie critic Roger Ebert gave the movie four out of five stars.

The film is criticized for its historical inaccuracies. The conditions to which POW and civilian laborers were subject to were much worse than depicted in the film. The notorious Burma-Siam Railway, built by Commonwealth Dutch and

American prisoners of war, was a Japanese project driven by the need for improved communications to support the large Japanese Army in Burma. During its construction approximately 13,000 prisoners of war died and were buried along the railway. An estimated 80,000 to 100,000 civilians also died in the course of the project, mainly forced labor brought from Malaysia and the Dutch East Indies. Two labor forces, one based in Siam and the other in Burma, worked from opposite ends of the line towards the center.

The major railway bridge described in the novel and depicted in the film did not actually cross the river known at the time as The Kwai. The destruction of the bridge as depicted in the film is also entirely fictional. In fact, two bridges were built, a temporary wooden bridge and a permanent steel/concrete bridge were used, until destroyed by Allied bombing. The steel bridge was repaired and is still in use today.



FUN FACTS Colonel Bogey March

At the start of World War II, words were added to the tune, now called "Hitler Has Only Got One Ball."

In 1951, the "Colonel Bogey March" was the first song played by a computer.

The tune has been used in many films, usually as a symbol of defiance and resentment.

In 1958, Mitch Miller recorded "March from the River Kwai—Colonel Bogey" and it reached #20 in the U.S.

Paint With a Twist

Derek "Boots" Wiggins, USMC

In the community, there is an event called *Paint and Sip* where you are lead through a step-by-step painting class (Bob Ross Style) as you sip coffee, wine, or other drinks. Back on September 7, 2023 the VSU was the first group to host a *Paint With a Twist* at SCI Phoenix.

We had 11 VSU members participate, along with Deputy Sipple, PSS Fox, and PSS Colon. We had 3 hours to paint an 8x10 canvas board. The group was peer led and each part of the painting was broke down into smaller, basic steps.

Mr. Baker-supplied coffee and played coffee shop jazz music as we painted.

All of the participants seemed to enjoy themselves, and many even commented that they enjoyed it more than they thought they would.

The VSU has plans on hosting another *Paint With a Twist* in the coming months. I would recommend you sign up early to ensure you get a chance to participate.



The Pebble Called “PTSD”

Derek “Boots” Wiggins, USMC

“It isn't the mountain ahead to climb that wears you out; it's the pebble in your shoe.” - Muhammad Ali. As veterans, we've all accepted the challenge to climb that mountain, some of us have, some more than once. It wasn't until we came home that we found the pebble in our shoe. This pebble is called PTSD, or Post Traumatic Stress Disorder.

Many people believe PTSD is something new. It was not adopted until the late 1970's, then became official in 1980, in the 3rd edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-3). Psychological trauma due to war goes back as far as war itself. The first mention of it was by Greek historian Herodotus, from the Battle of Marathon in 490 B.C. Herodotus talked about an Athenian warrior who went permanently blind due to witnessing the warrior next to him being killed. It is believed that even these ancient soldiers experienced stress due to battle, much the same way we do now.

It wasn't until the American Civil War (1861-1865) that the symptoms of PTSD became more evident. This was due to the innovations of new weapons like rapid-fire rifles, which increased the amount of destruction and death on the battlefield. The Civil War was also when we began to see medical attempts to address the psychological effects on veterans. Jacob Mendez Da Costa, (1833-1900) a cardiologist and assistant surgeon in the U.S. Army researched “irritable heart,” one of the first names for PTSD. This was then called “Da Costa's Syndrome.” He stated in the *American Journal of Medical Science*, that he saw shortness of breath, rapid

pulse, and fatigue in soldiers during times of stress.

Over the following century, PTSD would take on many different names: “Shell Shock” in World War I, “Battle Fatigue” in World War II, and “Post-Vietnam Syndrome,” before finally coming to rest as what we know today as PTSD.

So why does it seem like we hear more about PTSD today than years before? According to Paula P. Schnurr, Ph.D., Executive Director of the VA National Center for PTSD, the urban-style warfare, Improvised Explosive Devices (IEDs) and uncertain lines between safe zones and combat zones may trigger more PTSD. Dr. Schnurr also believes that the improved protective gear and battlefield medicine is saving more veterans who would have normally died. “They're returning state side with both physical and psychological trauma,” she says (www.istl.org/07-fall/internetz.html)

There are also other factors that may increase the risk of PTSD. Some studies suggest a younger age, racial minority status, a lower military rank, lower education, the higher number of deployments, longer deployments, and the lack of support from family, friends, and the community (PL.S0ne.2015)

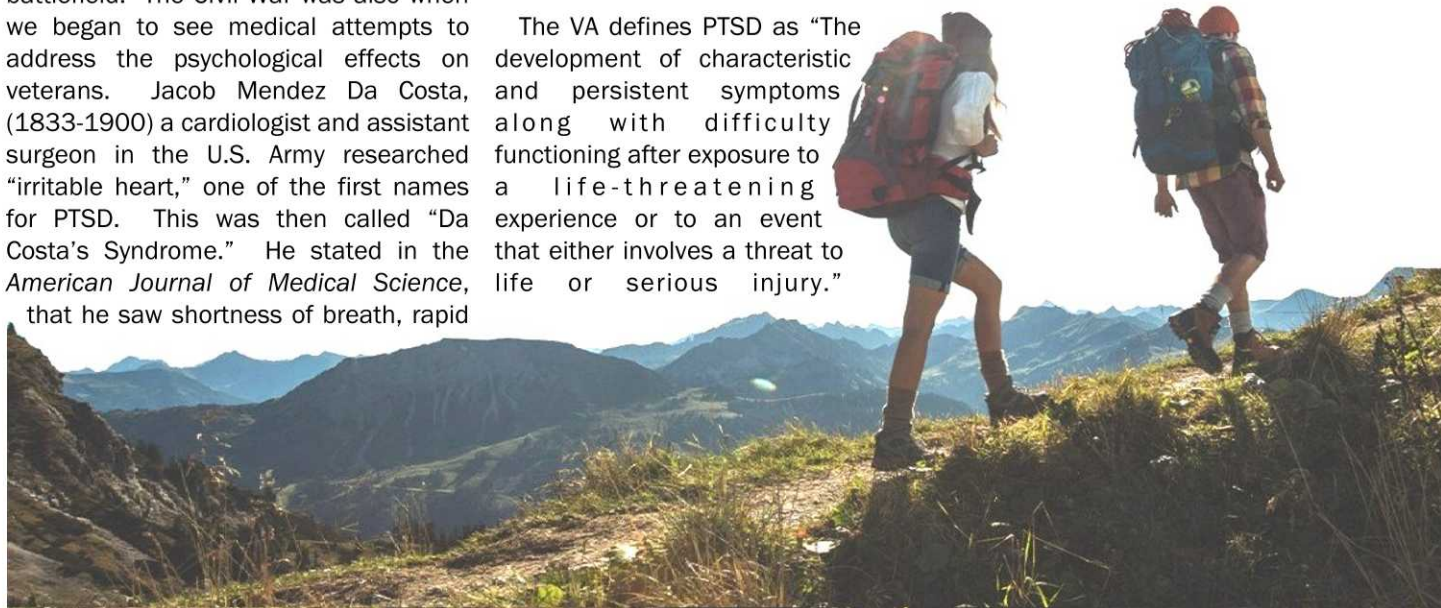
The VA defines PTSD as “The development of characteristic and persistent symptoms along with difficulty functioning after exposure to a life-threatening experience or to an event that either involves a threat to life or serious injury.”

(www.healquality.va.gov/PTSD-FULL-2010c.pdf) In 2013 the American Psychiatric Association changed the PTSD criteria in the DSM-5 from a class of “anxiety disorders” to a new class, “trauma and stressors-related disorders.” According to the VA, PTSD was the third highest disability for veterans receiving compensation in 2012, a staggering 572,612.

The largest barriers to adequate care for PTSD mentioned by veterans is the social stigma associated with it. Veterans may feel ashamed or embarrassed to seek help. They may feel as if having PTSD is a sign of weakness or a need to “tough it out.” This may be why veterans account for 20% of all suicides in the U.S.—an estimated 18-22 veterans die from suicide each day.

If you live with the effects of PTSD, remember you are not alone. Warriors have been dealing with the same issues since the beginning of war. PTSD is nothing new and does not mean something is wrong with you. We just need to learn how to live with this pebble in our shoe.

“I am not what happened to me, I am what I choose to become.” - Carl Jung.



Recovery Resources

David © Sherrill, USA

If you are struggling with drugs or alcohol use, join a support group to get help and encouragement from others. All VSU residents are eligible to attend support group meetings on the block.

NA and AA

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are the largest peer recovery organizations and have chapters throughout the country. AA and NA use a religious approach, though they are not tied to a specific religion.

Their 12-step process begins by asking members to admit they no longer have control over their drug or alcohol use. Members are asked to turn themselves over to a higher power to find strength to change.

Visit aa.org or na.org to find meetings and online groups. There are many

pamphlets and booklets available for free download. You can write them for information.

SMART Recovery

SMART Recovery (Self Management and Recovery Training) is a non-religious support group. It focuses on helping people find motivation within themselves. People learn to control themselves instead of looking to a higher power for help. SMART Recovery helps participants resolve problems with any addiction. You can write them for general information and meeting locations.

VSU Members can attend these meetings in the dayroom after evening meal finishes (1715-1815)

- Mon SMART Recovery "Inside Out"
- Wed AA Meeting
- Sat SMART Recovery
- Sun NA Meeting

See group facilitators to sign up for these meetings. You can also contact these organizations below:

General Services Office of AA

Box 459, Grand Central Station
New York, NY 10163
212.870.3400
www.aa.org

Narcotics Anonymous

PO Box 9999
Van Nuys, CA 91409
818.773.9999
www.na.org

SMART Recovery

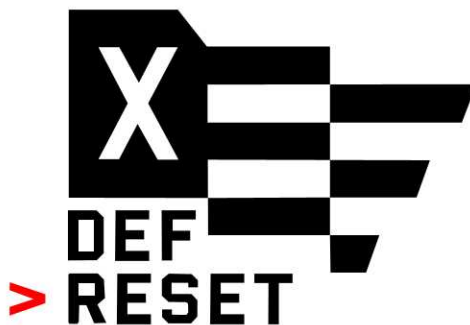
7304 Mentor Ave, Suite F
Mentor, OH 44060
866.951.5357
SmartRecovery.org

Discipline Equals Freedom

Tim J. Schittler, USA

Fear and discipline are the only two words you need in your vocabulary to successfully operate and execute your daily movements and objectives. Fear and discipline may be looked up in the dictionary and Webster's can give you a monotone definition; or, you as an individual may look yourself in the mirror and speak from the heart on what those two words truly mean to you.

As an 18 year old, baby-faced paratrooper attached to the 82nd Airborne 3-319th Airborne Field Artillery Regiment, my go-orders got cut from above, ultimately sending me to Iraq. This would initially be the first of two deployments. Preparing for combat as a kid, the lack of discipline left room for fear, which was masked by pride and ego. Fear and discipline come hand-in-hand. If you have discipline, your countless man-hours of training and hard work takes over and leaves little room for fear. Having discipline stems to



every aspect of life. It can boil down to financial obligations or to the everyday simple wants and needs. Having seven soups to start your week and eating one a day or eating two a night, leaving you stranded for the last 3 days to beg and borrow. Wants and needs and not knowing how to curb your desires could be detrimental to your well-being.

I have been on the VSU at SCI Phoenix for over 6 months now. Being a Berks County native, I asked for a promotional transfer from SCI Greene

(Continued on next page)

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Robin Shaw
Derek "Boots" Wiggins
Cristopher Crawford

Contributors

James R. White Eagle Robinson
John Brookins
Timothy Schittler
Wilmer Colon

(Continued from previous page)

so I could be closer to my family and utilize all the tools offered through this program. The Veterans Coordinator at SCI Phoenix, Mr. Baker, is ex-military and held the Unit Manager position before obtaining the coordinator job. Mr. Baker has a full understanding of the daily operations and has a very good sense of our living situation. What I am trying to say is, that he will go to bat for our unit when necessary.

With all the programs offered from Cognitive Behavioral Therapy, Parole Readiness, to Seeking Safety; Mr. Baker takes an hour out of his week to offer a Veterans Podcast class which allows a handful of veterans to go over to the educational building to watch vocational and educational videos. One of the podcast videos that caught our unit's attention is streamed by an ex Navy Seal by the name of Jocko Willink. He is the author of a couple of novels like *Extreme Ownership*, which I am currently reading as I write this, and *Jocko's DEF Field Manual*.

Jocko Willink has created a 60 day reset program that is called D.E.F., which is an acronym for Discipline Equals Freedom. Jocko has laid out a productive 60 day challenge that breaks down your day into 8 "Battle Bulletins."

One of the bulletins talks about taking 30 minutes a day to find personal time. That might be reading, writing a letter, or just a reflection period. "Getting up before the enemy" is another—Get up 30 minutes before your door opens for breakfast and get yourself prepared for the day. Writing down your tasks for the day, like your workout, programs, phone calls, etc. Waking up and drinking that cup of coffee with a pouch, watching a sunrise through the window sounds a little like a Luke Combs song.

This DEF Reset program and Jocko's message resonated with me and I felt the VSU could prosper by building a pilot program mirroring Jocko's. With

Mr. Baker's full support, I took a peer facilitator course alongside Wilmer Colon and launched DEF Reset Phoenix. Out of 80 veterans on the block, 29 signed up and committed to the program.



Win or lose, we go out there as a team and have each other's six regardless.



Colon and I conducted an initial P.T. test including a basic Army timed 2 minute push-up, sit-up, and pull-up component. We constructed a board with the roster and have it displayed with the results and room for bi-weekly weigh-ins. The participants can track their gains and losses. Our unit offers veteran fitness at the gym Monday through Friday at 1430 hrs. Participants must

attend a minimum of 2 fitness classes which offer a variety of options including weight room, treadmills, yoga, pickleball, and basketball.

Our housing unit offers residents 2 stationary bikes along with 13 yoga matts so we can run sessions on the weekends. We have certified yoga instructions that can properly teach and assist the beginners. The DEF Reset participants participate in a 2 mile run on the weekends on the track, and we sound off on cadences to help pass the time and to help build camaraderie.

Out of the 29 participants, 10 signed up for our arena football team, "Schitt's Creek." Win or lose, we go out there as a team and have each other's six regardless.

The VSU strives for camaraderie and we want the best for each other. The DEF Reset program is an example. We hope to continue the program past the 60 days with hopefully newer faces, different activities, and a longer reset period, being 90 to 120 days. While we run this track weekly, we will make sure we sound off loud enough for the state to hear us.

Reentry Resource Spotlight

David © Sherrill, USA



**PENNSYLVANIA
PRISON SOCIETY**

Pennsylvania Prison Society offers resources to Pennsylvania prisoners in the form of an official visiting program to help people in custody with issues they may be experiencing while in confinement, a free resource program where information requested is sent via mail, and re-entry services, including mentoring and referrals. It also publishes "GraterFriends," a newsletter published 6 times a year by and for incarcerated people with issues relevant to them (\$3 for an annual prisoner subscription). Only serves PA state and county facilities.

PPS provides support for prisoners while incarcerated and upon return to the community, in addition to providing services for their families. The Re-Entry Services Program (RESP) assist former offenders with life and employment skills to become productive members of their communities. The Service To Elderly Inmates (STEP) provides case management and direct services for aging prisoners in state prisons. The Inmate Family Services (IFS) program teaches parenting skills to individuals incarcerated throughout the state.

Pennsylvania Prison Society

230 South Broad Street, Suite 605
Philadelphia, PA 19102
215.564.4775
PrisonSociety.org

Calendar of Upcoming Events

Spring Holidays, Military and Other Notable Days

April						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- | | | | |
|-------|--------------------------------------|------|-------------------------------------|
| April | Month of the Military Child | 5/13 | Children of Fallen Patriots Day |
| 4/5 | Gold Star Spouses Day | 5/18 | Armed Forces Day |
| 4/14 | Air Force Reserve Birthday | 5/27 | Memorial Day |
| 4/23 | Army Reserve Birthday | 6/6 | Anniversary of World War II (D-Day) |
| May | Mental Health Awareness Month | 6/14 | Flag Day |
| May | National Military Appreciation Month | 6/14 | Army Birthday |
| 5/1 | May Day | 6/16 | Father's Day |
| 5/1 | Silver Star Banner Day | 6/19 | Juneteenth |
| 5/10 | Military Spouse Appreciation Day | 6/20 | First Day of Summer |
| 5/12 | Mother's Day | 6/23 | Coast Guard Auxiliary Birthday |
| | | 6/27 | National PTSD Awareness Day |

Meals Ready to Eat

Robin Shaw, USA

If the inner fat boy is telling you to reward yourself, I got you covered with this recipe!

Honey Bun Sandwich

Ingredients you will need:

- 2 Frosted Honey Buns
- 1/2 of a summer sausage of your choice
- Shredded cheese of your choice

Materials you will need:

- Plastic (wrap/bag)
- Napkins
- Gloves

Prep: Make sure to wash your hands with soap and water, and be sure your area is clean!

Step 1: Place plastic on flat surface

Step 2: Form your sandwich! It should start with 1 honey bun (icing side up). Top with Shredded cheese, summer sausage (I recommend hot & spicy), and more shredded cheese. Top the sandwich with another honey bun (icing side down).

Step 3: Push down and smash your sandwich together prior to tightly wrapping in the plastic.

Step 4: Heat for 20 minutes on each side. Continually check on your sandwich. When done, it should feel like an almost squishy hot potato!

Step 5: Let cool for at least 5 minutes and get ready for your taste buds to light up!

The Forgotten Legion: VA Claims 1.0

Christopher Crawford, USA—Claims Assistant

The purpose of this column is to better inform you on how to successfully navigate the Veterans Administration (VA) disability compensation claim process while incarcerated. Let's first address some common misconceptions:

You do not need to have an honorable discharge to receive VA benefits. The VA has its own internal process to render a decision on a veteran's character of service. This type of discharge upgrade is separate from a D.O.D. upgrade that would appear on your DD-214. This particular internal upgrade would only affect your eligibility for VA benefits and is known as "Honorable for VA Purposes."



VA | U.S. Department
of Veterans Affairs

National Guard veterans are eligible for VA compensation: However, there are thresholds and restrictions. Generally, any period of time you were considered "Title 10," which means you were either federally activated or paid under Title 10 funds for periods like your annual training.

You being out of the service for an extended period of time is not an issue. There are no time restrictions for filing a claim. You may run into some issues establishing a nexus; we will get to that.

The Claim

Nothing worthwhile is easy and this process is no different. Every successful claim must establish an event, nexus, and produce a diagnosis. You're not going to be compensated for what happened, only how it adversely affects your life today. You should keep this in mind throughout the whole process.

Notwithstanding, if you start with the following steps, you will make the claim process manageable, as well as, significantly elevate your chances with a successful claim.

Step 1: You need your military personnel and medical records. Without them, it's like going to trial without your discovery and not advisable. Records can be requested via a SF-180. Getting your hands on these records can take some time. Processing times are all over the map, but get your SF-180 in and grab a Snickers.

Step 2: Inform the VA of your intent to file a claim. This is done via VA form 21-0966. Once received, it will freeze your effective date for one year—time enough to gather your records and craft your claim.

Step 3: Take your time. Start drafting your statement(s) on the injury or injuries you incurred while you were enlisted. This is best done by keeping events both separate and organized. Follow this template: When (Date) - Where (Location) - With (Unit) - How (Event) - Treatment History (hospitals, clinics, profiles, medications, etc.) - Current Symptoms (How it affects your life and work, i.e. pain, limited motion, depression, hearing loss, tinnitus, etc.).

The Last Word

Todd Sheldon, USN

As I have been tasked with handling the layout of *The Bugle*, I have taken the opportunity to write the last article for the premier issue of the VSU newsletter. I consider myself very lucky to have been involved in the process and for being able to watch this newsletter grow from just an idea into reality.

Through the hard work of my fellow VSU residents and everyone involved in the articles, artwork, and layout of this newsletter, I believe *The Bugle* has proven with this issue that we can come

Step 4: Pop smoke! It's now time to call for reinforcements. It is highly advisable to get the assistance of an accredited veterans service officer at this point. This can be done by contacting Mr. Jeff Baker, Veteran Coordinator. If you elect to proceed on your own, you will need the proper and current forms to submit your claim. You can either contact Mr. Baker via request or seek your unit "vet rep" to procure them.

The VSU has experienced VA claim assistants to aid you throughout the process if you're in need of any assistance. If you're not located on the VSU, it still may be possible to accommodate a meeting with a VA claims assistant by once again contacting Mr. Baker via a DC-135A request slip.

Securing a just claim is both earned and rewarding. Depending on your individual situation, it will open a smorgasbord (*always wanted to use that word*) of benefits and assistance for you and your family while incarcerated, but more importantly upon your release. This process is worthy of your effort and is sure to return prolonged dividends for the rest of your life. If you qualify, get after it!

together and produce something of value that we can all be proud of. I know I am.

At first, I wondered how we would be able to generate enough content to fill 4 pages. It quickly became apparent that our real problem was how we would limit the number of pages in each newsletter.

Having read every article in this issue, I am already anticipating reading the next issue. Until then....

Final Call

Duane Keith Wykoff, USMC

This final page to *The Bugle* is dedicated to the memory of our fellow veterans who have passed on from this life to embark upon the next leg of their journey. We who remain, shall hold their memory and service to our country forever close to our hearts and within our thoughts. May their memory be a blessing to all.

Mark Conway

USA 09/16/2018

Floyd Monaco

12/06/2019

Bruce E. Norris

Merch. Marines 01/31/2021

Maurice M. Talley

USA 01/29/2022

Charles Angel Granese

USN 11/14/2018

Herbert Edward

Thomas

USA 02/19/2021

Robert Francis

“Otis” Leggieri

USA 03/07/2022

Marvin Robinson

USA 03/13/2019

David Robinson

USN 03/20/2021

Bryan Lewis Conklin

USN 04/04/2022

George William

Butts, Jr.

USA 03/18/2019

John Truitt Colbert

USA 02/14/2020

Earl Eugene Box

USN 04/30/2021

Howard

“Smoke” White

USA 04/10/2022

Michael D. Hafner

USAF 04/05/2019

Rudolph R.
“K-Than” Sutton

USMC 04/08/2020

Dennis Harvey

USA 12/20/2021

Charles Cook

USMC 04/16/2022

Michael “Cyrus” Davies

USA 07/12/2019

James Magee

04/21/2020

Salvadore Castro

USA/USANG 12/21/2021

William Trowery

USA 04/30/2022

Ralph Wayne Parkinson

USMC 08/18/2019

Kenneth John
“Moose” Williams

USA 08/12/2020

Kevin P. Mangiantini

USAFR 12/21/2021

Michael David

Hutters

USN 09/28/2022

James A.

“Pooh” Whinnery

USAF 09/19/2019

Herbert Blount

USA 10/17/2020

James Henry

Carpenter

USA 12/28/2021

James Paul Frey

USN 03/02/2023

Percy Johnson

01/14/2022

David “Fab”

Cunningham

USA 02/28/2023

Gary Rowlett

USA 12/20/2020

Dana “Rex” Foster

USMC 01/27/2022

Bernon Shank

01/07/2021

