



2nd Battalion 1st Infantry Chapter,
Americal Division Veterans Association (ADVA)
WEBSITE: www.b-2-1-196lib.com



Volume 2

A Soldier's Footsteps

September, 2011

Editors Notes: The responses received thus far have been overwhelming. It seems as though we have touched the vast majority of you where it means something. As you know the *Newsletter* will be as good as you provide the editorial staff with items worthy of printing. We will continue to strive to make this publication meaningful to all of us. We have had several comments on the "Heading" of the N/L that we have taken into consideration and some of them have been incorporated into this month's edition. Thanks to all who have presented something to print in this month's edition. We are sure you will find the items noteworthy. The *newsletter* has been successfully uploaded into the 2nd Battalion Website. If you missed the August N/L, you can find it there. We have also included the Web address in the heading of the N/L so everyone can have ready access to the WEBSITE. As you know by reading the N/L the ADVA Reunion will take place this month. Our desire is to provide the latest news. So this Sept will not have anything in it concerning the reunion. Have patients. Better late than not to print at all. This Month also brings the tenth anniversary of the acts of terror that brought down the "Twin Towers" in New York City; extensive damage to the "Pentagon" in Washington and the plane crash in Pennsylvania. These acts of terror brought about a response from this country that continues today. "Let's not forget! If you have anything relating to this N/L, email or write them at the following addresses; Email: rheroux1@nc.rr.com or gcarder@columbus.rr.com. Snail Mail: Rich Heroux, 2005 Montgomery Road, Franklinton, NC 27525-7300 or Gary Carder, 1725 Demorest Road, Columbus, OH 43228.

My HealtheVet Offers VA Patients a Way to Gain Greater Control of Their Health and Connect – Online – with their Health Care Team! My HealtheVet is a free, online personal health record. It is available 24/7, where ever there is Internet access. If you are a VA patient, registered on My HealtheVet and have completed the one-time In-Person Authentication process, you can:

- get your VA Wellness Reminders
- view your VA Appointments
- when available, participate in Secure Messaging with your health care team
- fully participate in future My HealtheVet features

Secure Messaging is now available through some VA clinics and expanding to others throughout 2011. You can use the VA Blue Button to view, print, or download your health data that is currently in your My HealtheVet account. You can share this information with your family, caregiver or others. It puts *you* in control of *your* information stored in My HealtheVet.

The site becomes a lot more useful once you get the in-person-authentication. Then you can get an upgrade to a DS login for a DOD self service login and get more info about eBenefits. Everyone should try to sign up for MyHealtVet. If you should need assistance email me or Juju.

Words of Reflection: *What one person receives without working for, another person must work for without receiving.*

FRENCHIE SAYS: RE: Social Security Benefits: As you know I applied for SSI when I retired. They wanted to see my DD 214 at the time that I filed. I checked out Social Security on line and it says that if you were on active duty from 1957 to 1967, they will add extra credits when you apply. From 1968 to 2001, you do not need to do anything to receive these extra credits as they were automatically added up to your record. The only thing I can say is, bring your DD214 and honorable discharge when applying for SSI benefits and show them when applying for Social Security benefits.

The World's Largest Army... America's hunters! I had never thought about this....deer license sales in just a handful of states and arrived at a striking conclusion: There were over 600,000 hunters this season in the state of Wisconsin. Wisconsin's hunters became the eighth largest army in the world. More men under arms than in Iran. More than in France and Germany combined. These men deployed to the woods of a single American state to hunt with firearms, and no one was killed. That number pales in comparison to the 750,000 who hunted the woods of Pennsylvania and Michigan's 700,000 hunters, all of whom have now returned home. Toss in a quarter million hunters in West Virginia and it literally establishes the fact that the hunters of those four states alone would comprise the largest army in the world. The point? America will forever be safe from foreign invasion with that kind of home-grown firepower. Hunting -- it's not just a way to fill the freezer. It's a matter of national security. That's why all enemies, foreign and domestic, want to see us disarmed. Food for thought when next we consider gun control.
Juju. Bravo 2/1

John Wayne says; "Life's tough. It's even tougher if you're stupid."



BEWARE! YOUR GI IS COMMING HOME

Very soon the undersigned will be in you midst, de-Americanized, demoralized, dehydrated and demobilized, ready to take his place once again as a human being with freedom and justice for all, engaged in life, liberty and the somewhat re-lated pursuite of happines.

In your joyous prepararation to welcome him, you must make allowance for the crude environment which has been his home.

He may be somewhat Asiatic, sufferingfrom advanced stages of Viet-congitis, flack jacket slump and sand bags under his eyes, and must be handled with "EXTREME CARE"!

Show no alarm if he prefers to squat, rather than sit on a chair, pads around the house in thong sandals and a towel, takes showers in the raw in the front yard, slyly offers to sell cigarettes to the postman [for a profit of course], shuns cold drinks or tips a bottle up to see if the cap will burn off from acid, picks suspiciously at his food as if you were trying to poison him, insists on dipping his plate into boiling water before eating and gripes because the butter is hard instead of soft and runny.

Be tolerant when he tries to buy everything half price, accuses the grocer of being a thief, and refuses to enter a stranger's house without a rifle squad to cover for him.

He may complain about sleeping on a soft matress with a pillow, but if he does, throw an old raincoat into the yard where the mosquitoes are the heaviest and he will be happy.

In his first week back on the block, be sure to leave the telephone reciever off the hook between dusk and dawn. If it should happen to ring he might stagger out of bed, shocking the neighbors with violent profanity while fumbling through his belongings looking for his steel pot, M-16 Rifle, then charging out of the house with a laundry bag filled with food, shouting, "Dinks in the Wire" then he may disappear into the woods for the next two days.

Show no alarm if he cries with terror at the sight of roast beef, potatoes or stares with shock at ice cubes floating in a glass. Don't worry if he pours gravy on his dessert or mixes peaches with his macaroni.

With a little luck which I kind of Foxtrot doubt, his profanity will soon decrease enough to permit him to associate with mixed groups, and not long afterwards he should be speaking as well as ever.

For the first few months be extremely watchful when he is around girls. His first reaction upon meeting one might be to stare [all four eyes], pant, slobber, drag his tongue at his feet, depending on his capacity for shock. A steel leash is recommended.

Keep in mind that beneath his tanned, beaten, dusty, and rugged exterior there beats a heart of "Gold". Treasure this, for it is the only thing of value he has left. Treat him with "LOVE", "CARE", "UNDERSTANDING", and an occassional [every day] case [s] of "BEER".

When you hear him muttering to himself in the quite of an American evening, respect his solitutde and have faith in his ability to retun to the civilized world.

So break out the civies, fill the refridgerator with beer and for GOD SAKES KEEP the girls off the street, BECAUSE THE KID IS COMMING HOME!!

{TYPED SPELLED AND PUNCHUATED EXACTLY THE WAY I RECIEVED IT}

**Bruce Nielson
Co. B 2/1 Inf**

THE SYMPTOMS OF PTSD: The symptoms of PTSD can be grouped into four categories:

Reliving the event (also called re-experiencing symptoms); Bad memories of the traumatic event can come back at any time. You may feel the same fear and horror you did when the event took place. You may have [nightmares](#) or have trouble with [sleep](#). You even may feel like you're going through the event again. This is called a flashback.

Avoiding situations that remind you of the event; You may try [avoiding](#) situations or people that trigger memories of the traumatic event.. You may even avoid talking or thinking about the event.

Feeling numb; You may find it hard to express your feelings. This is another way to avoid memories. You may numb out feeling bad, but also stop enjoying fun things.

Feeling keyed up (also called hyper arousal); You may be jittery, or always alert and on the lookout for danger. You also may be irritable or [angry](#).

PTSD symptoms usually start soon after the traumatic event, but they may not happen until months or years later. Read more about PTSD and some specific [examples for each of these types of symptoms](#). Trauma can include the experiences of war, but can also include:

- Child sexual or physical abuse
- Terrorist attacks
- Sexual or physical assault
- Serious accidents, such as a car wreck
- Natural disasters, such as a fire, tornado, hurricane, flood, or earthquake

Although the National Center for PTSD is a VA program, our goal is to help not only Veterans affected by war but also those who have experienced other [types of trauma](#), like those listed above.

Army Reports Record Suicide Numbers: As many as 32 soldiers killed themselves in July, the Army reported Friday, a figure that, if confirmed, would be the highest total since the Army began releasing the figures in 2009. The Army suffered 31 suicides in June 2010. Among active-duty troops, three of 22 cases have been confirmed as suicides. Of 10 potential suicide cases among reserve troops, all remain under investigation, the Army said. "Every suicide represents a tragic loss to our Army and the nation," Gen. Peter W. Chiarelli, vice chief of staff of the Army, said in a written statement.



During the 2005 National 196th LIB Reunion, these four (4) comrades met and spent time going over some common experiences. Who are they?

The History of "DOG TAGS":

The Civil War records the first incident of American soldiers taking steps to ensure their identities would be known



should they die on the battlefield. In 1863, prior to the battle of Mine's Run, troops wrote their names and unit designations on paper tags and pinned them to their clothing. Some troops fashioned their own "ID" (identification) tags out of pieces of wood, boring a hole in one end so that they could be worn on a string around the neck. Despite the fear of being listed among the unknowns was a real concern among the rank and file, no reference to an official issue of identification tags by the Federal Government exists. (42% of the Civil War dead remain unidentified.) The first official advocacy of issuing identification tags took place in 1899 when the Quartermaster Office of Identification in the Philippines, recommended inclusion of an "identity disc" in the combat field kit. The Army Regulations of 1913 made identification tags mandatory, and by 1917, all combat soldiers wore circular aluminum discs on chains around their necks. By World War II, the circular disc was replaced by the oval shape familiar to us today, as "dog tags."



Some myths have arisen in connection with the purification tags. One common myth involves the reason for the notch on the tag issued between 1941 and the early 1970's. Battlefield rumor held that the notched end of the tag was placed between the front teeth of battlefield casualties to hold the jaws in place. The only purpose of "the notch" was to hold the blank tag in place on the embossing machine. The machine used at this time doesn't require a notch to hold the blank in place, hence, today's tags are smooth on all sides. The sole purpose of the identification tag is stated by its designation. Tags found around the neck of a casualty, and only those tags found around the neck, stay with the remains at all times. Tags found any place besides around the neck are made note of in the Record of Personal Effects of Deceased Personnel, and placed in an effects bag. They are not removed unless there is a need to temporarily inter the remains. If there is only one tag present, another is made to match the first. If the remains are unidentified, two tags marked "unidentified" are made. One tag is interred with the individual, the other placed on a wire ring in the sequence of the temporary cemetery plot. This enables Graves Registration personnel to make positive identification of remains during disinterment procedures; when the remains are disinterred, the tag on the wire ring is replaced with the matching tag. The Department of the Army has developed and is currently testing a new of a soldier's a microchip. Known as the Individually Carried Record, it is not intended to replace the present tag, but rather to augment it as part of the "paperless battlefield" concept. Remember -the simple information contained on that small aluminum tag can speak for you if you can't speak for yourself; it could mean the difference between a positive identification and an uncertain future for those who survive you, should your identity be "...known only to God."



Testing Quicker Ways to access Medical Records:

The Department of Veterans Affairs is working to significantly reduce the average time needed to obtain health-care records from private contractors and the internet to speed claims decisions. This pilot project hopes to validate initial estimates that a specialized contact can yield records required to process Veterans' disability compensation claims in seven days instead of VA's average of 40 days. The test will involve about 60,000 records requests among regional benefit offices in Phoenix; New York City; Portland, Oregon; Chicago; Indianapolis, and Jackson, Mississippi. At the conclusion of the test, VA officials will decide whether to cancel, modify or expand any changes in procedures nationwide.

Thomas Jefferson wrote: "My reading of history convinces me that most bad government results from too much government."

Marine Veterans Stationed at Camp Lejeune:

If you were stationed or worked at Camp Lejeune before 1987, you may have been exposed to contaminants in the drinking water supply. Visit the [Camp Lejeune Historic Drinking Water site](#) for more information and to register for water testing notifications.

DoD Re-evaluating Retirement Determinations for Some Veterans:

The DoD Physical Disability Board of Review (PDBR) is re-evaluating Medical Evaluation Board (MEB) and Physical Evaluation Board (PEB) disability ratings for some Veterans medically separated between September 11, 2001, and December 31, 2009, to ensure a correct disability retirement determination was made. Veterans who received a combined disability rating of 20 percent or less and were not found eligible for retirement can apply to have their MEB/PEB disability rating reviewed for fairness, consistency, and accuracy. Former reserve members with greater than 20 years of total federal military service but fewer than 20 years of active duty, who meet the above criteria, are also eligible to apply. [Learn more](#) about the PDBR and how to apply. Questions on the PDBR can be sent to PDBRPA@afncr.af.mil.

As You Dig Into Your Pockets After a Disaster, Ponder the following:

The American Red Cross President and CEO Marsha J. Evans salary for the year was \$651,957 plus expenses. The United Way President Brian Gallagher receives a \$375,000 base salary along with numerous expense benefits. UNICEF CEO Caryl M. Stern receives \$1,200,000 per year (100k per month) plus all expenses including a ROLLS ROYCE. **Less than 5 cents of your donated dollar goes to the cause!** The Salvation Army's Commissioner Todd Bassett receives a salary of only \$13,000 per year (plus housing) for managing this \$2 billion dollar organization. **96 percent of donated dollars go to the cause!**

The American Legion National Commander receives a \$0.00 zero salary. The Veterans of Foreign Wars National Commander receives a \$0.00 zero salary. The Disabled American Veterans National Commander receives a \$0.00 zero salary. The Military Order of Purple Hearts National Commander receives a \$0.00 zero salary. The Vietnam Veterans Association National Commander receives a \$0.00 zero salary. Your donations to the above veteran organizations go to help Veterans and their families and youth!