



Catholic War Veterans of the USA
Father Vincent Capodanno Memorial Post
To Heal, Serve, Love, Listen

Thirty-Seventh Edition

est. 11/24/2015

March 2019



Father Vincent Robert Capodanno, M.M.

MEETING NOTICE

NEXT MEETING IS WEDNESDAY

April 3rd AT 7:00 PM

At Our Lady of Mercy Country
Home

2115 Maturana Dr.
Liberty MO 64068

DUES

It is that time of year again. Amazing how time flies. It is time to renew your membership. So, if you have some spare change – like **Thirty Dollars** – please renew your membership. Make your check or money order out to “CWV Post 1974” and mail it to CWV Post 1974, 2115 Maturana Dr., Liberty MO 64068. MO. So far thirty-nine members have renewed –this includes all of the life members. That leaves just six members still unpaid.

Thanks

WHAT'S BEEN HAPPENING

As you all should know, on Tuesday evening, March 26th, our post along with St. James Military Outreach Ministry presented the movie “The Weight of Honor”, a documentary dealing with the role of caregivers for our wounded military after they come home and the struggles and trials their families must deal with.

I try to keep a positive attitude in our newsletter, but sometimes it is extremely difficult. We planned for this showing for quite a long time. Miss Ann Roberts, our welfare officer and service officer, and others went to great lengths to get the word out to every parish in our diocese, to every legion post possible, to our community, etc. The presentation was free of charge to all.

I know that there are thousands of veterans in our diocese, many are wounded and have fulltime caregivers. I know there are veterans, active duty and reserve personnel in every parish, veterans in every K of C council, and yet, it appears to me that no one really cares. Except for a few members of St. James Parish and members of our post, no one bothered to attend.

We have a dream of creating a Community Action Board, Military Out Reach Ministry in our diocese. At present there is no central office at a veteran or his or her family can go to get information as to where to obtain information on various organizations that provide assistance to veterans and their families. Our veterans deserve better than just lip service. They have earned it! We still wait to hear something from the Catholic Center on it.

It just gets so discouraging to know something needs to be done, is so vitally important, and everywhere you go you run into brick walls. And as we grow older and know that our time is limited, we just want to accomplish one thing, one good thing, for those in need, to start something good that will continue to help others long after we are gone. We don't want pats on the back or medals, or even thanks. We just want to see what our faith tells us should be done. "Whatever you do to one of these he least of my brethren you do for to me."

Enough ranting and moaning.

.....

TWO NEW BISHOPS

Archbishop Broglio ordained two new bishops in a solemn Mass at the Basilica of the National Shrine of the Immaculate Conception on Monday, March 25, the Solemnity of the Annunciation of the Lord. Bishop William (Bill) Muhm and Bishop Joseph L. Coffey will replace Auxiliary Bishops Richard B. Higgins, who is retiring this year, and Robert J. Coyle, who was transferred last year as an Auxiliary to the diocese of Rockville Centre, NY.

.....

Want To Forget The Alamo by Shon Pernice

The first general order given when reporting to the U.S. Army Medical Department Course (68W), at Ft. Sam Houston, TX, is to leave the wildlife alone. Curious soldiers like to play with creatures that bite, scratch, inject, and sting. The Army wants to prevent needless injuries and illness as it produces quality medical personnel. The Texas landscape is rich with a variety of critters that can render a soldier useless if their habitat is disturbed.

During the fall of 2006, as part of my training, I am OP4 (a bad guy). My objective is to attack the medics protecting wounded in a small building. It is a scenario out of the movie Blackhawk Down (2001). I wanted the glory of showing these new medics what a noncommissioned officer, and prior U.S. Naval Inshore Undersea Warfare Operator, can do to their overconfidence. I was going to penetrate their defenses, conduct a surprise attack, and kill them all (simulated).

I start by surveillance of their position and observe their routine. Next I stalk them by low crawling to an area of high grass, inch by inch, until I discovered a vantage point next to a log. I was 25 meters from the building and ready to set my assault into motion: run to the window as the sentry rounds the corner, shoot the medic in the window, toss a grenade in, and kill the survivors.

As I prepared to initiate the attack, my body felt like hot lava was dumped on my torso. The sensation was similar to when I'd fry bacon and the hot grease would pop and hit my arm. But this was 10 times that and all over my body. I jumped to my feet screaming-exposing my position. The initial thought of the medics was that I was creating a diversion for a larger attack as they lit me up with simulator bullets. It was when I was stripping off my uniform like a madman that the medics and cadre realized that there was an issue. As I tore off my uniform, without regard for my female classmates, I see an army of red ants all over my body. I began to swat, brush, and smash those fiery beasts against my skin. As I am down to only my gray boxer briefs, in a remote area of training, with the

hot south Texan sun beating on my pale body, I can only feel intense pain. Dozens of red welts begin to form on my chest, arms, legs, back, and stomach. My heartbeat and respirations spike as this was a shock to my body's system. Being surrounded by medics in training, that want to prove themselves in battle, you can only assume what's next: SGT Pernice is our casualty so let's save his life! One medic nailed my right upper arm with a syringe of epinephrine for anaphylaxis and another darted my butt cheek with a shot of Benadryl. Then came a small, portable oxygen tank with a mask placed over my nose and mouth. This was not in my battle plan.

Two days later, while still suffering from the embarrassment of my butt being kicked by ants, their bites turned into nasty yellowish puss filled pimples. I had to keep popping them to drain out the fluid. That issue lasted about two weeks before I was completely bite free. But my pride suffered the rest of our training. It was an important lesson learned for situational awareness and a great training evolution for those that were being primed to preserve and save lives.

.....

Service and Welfare Officer Tips !

Here are some tips for healthy living, if curious, or support.

- Tip site for E-benefits THROUGH THE VA. Visit below web link.
- https://www.youtube.com/watch?v=_lFq_r3Nu4g&feature=youtube
- Healthy veteran all people support, & help if necessary, or CURIOUS!
- <https://www.veterantraining.va.gov/apps/aims/documents/CommonWarningSigns.pdf>
- and.....
- FOR anyone
- <https://www.veterantraining.va.gov/apps/aims/index.html>
- Common Anger Triggers:
- To learn more, visit VA's free online Anger & Irritability Management Skills Course at:
- www.VeteranTraining.va.gov/aims
- TRIGGERS:
- Different events and situations trigger anger for different people. In general, most people are more easily irritated if they are already Hungry, Annoyed, Lonely, or Tired. When you are already feeling that way, it doesn't take much to trigger your anger. Here are some common situations that anger moments.

Finally: review the library
<http://www.veteranshealthlibrary.org/>