



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

Forty-fifth Edition

est. 11/24/2015

November 2019



Father Vincent Robert Capodanno, M.M.

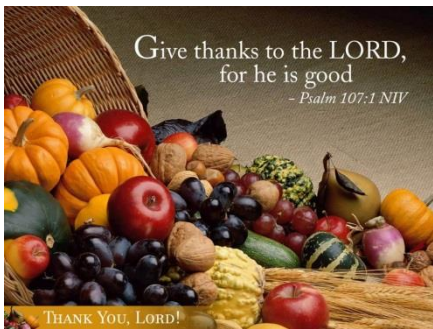
MEETING NOTICE
NEXT MEETING IS WEDNESDAY
December 4th AT 7:00 PM
At Our Lady of Mercy Country
Home
2115 Maturana Dr.
Liberty MO 64068

gathered here. Thank you for our health, our work and our play. Please send help to those who are hungry, alone, sick and suffering war and violence. Open our hearts to your love. We ask your blessing through Christ your son. Amen.

DUES

The dues are starting to come in, just eight more to reach 100 percent.. If you wish to become a life member, let me know. I will send you the application. The schedule of amount due, according to age, is on the application. Just fill it out and mail it to me with a check made out to our post, CWV Post 1974, for half, or all, of the amount due. I will then make out a check for the amount due National and mail that check along with the application, which I have to sign, to national and they will mail you your life membership card. Then you can pay so much a month for the rest of what is due.

Thank You



O Gracious God, we give you thanks for your overflowing generosity to us. Thank you for the blessings of the food we eat and especially for this feast today. Thank you for our home and family and friends, especially for the **presence of those**

WHAT'S BEEN HAPPENING

On November 4th, once again we ventured to Kansas City, Kansas for the annual Heart of America StandDown.

Every time I attend a stand down it really breaks my heart to so many of our fellow veterans in such desperate need. I just wonder how all those selfserving polititions who stand around collecting our taxes and spending them on their

by one of the veterans. Then the ceremony consisted of a person sharing his experience, thoughts, or other related subject followed by music. The music was either one or two people playing and singing, or, like the last one, a solo. The last musical was called "The 21 Gun Salute." It was a drum piece and the musician reminded me of Gene Kurpa playing "Let There Be Drums". And he was that good.

After all of this, three veterans received medals from the Governor. Then Col. Monaco, Chaplain Le Roy, and I were called to the podium. We were presented with hand-drawn pictures, noted below.

After the ceremony and we had several minutes to visit with the veterans and other guests. Then it was off for a tour of the Veterans Wing. This wing consists, presently, of around 65 incarcerated veterans. These gentlemen earn entrance into this wing and are bound to follow rules that somewhat differ from the general population. But, it comes with several perks. They had a wide screen TV, a computer, a microwave, an area for games, artwork, etc.

The entire experience was extremely humbling. It was such an honor to have been asked and to have been included in the ceremony. The security, staff, and inmates could not have been kinder, more curious, I'm running out of adjectives.



I received this is a hand drawing of Father Capodanno. Both pictures were done by the same veteran in the Veterans Wing.

Since phones and cameras are not allowed in the prison, I have no pictures of the event.

Our Service Officer Ann Puck asked that the following links be added. If you do not have internet access you can call your local VA hospital and ask about the various services. You can also call Ann at 816 469 0271 and she can explain what they are all about

<https://www.ebenefits.va.gov/ebenefits/manage/status>
<https://nrd.gov/>

VA uses innovative means to help reduce diabetic limb loss - November is National Diabetes Month and as part of broader efforts by the U.S. Department of Veterans Affairs (VA) to confront diabetes, Dec. 1, VA will begin regional implementation of the Podometrics Mat, a new medical device that has the potential to prevent limb loss in Veterans with diabetes. (11/15/19)

<https://www.va.gov/opa/pressrel/>

Ann also presents a training session on Suicide Prevention. The purpose is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. As dates, locations, and times become available I will send them out to all.

**Selfish vs. Selfless
 When Suicide Speaks
 ByShon Pernice**

I give numerous presentations to outside guests, about life inside prison. In one topic, Psychological Prison, I discuss the process of how an inmate is informed about the death of a loved one. I begin by asking the inmates on my panel to raise their hand if they have had a family member die while they have been incarcerated. The majority of hands go



This is the hand-drawn picture which was presented to Col. Monaco and Chaplain Le Roy, both of whom served in the Army.

I spoke to staff soon after I had discovered the horrible news. This was when I was deep in the hunt for justification. I was offered to speak with mental health and the answer was premeditated, "no". I just wanted to die. However, after speaking to those previous resources, I gave in and informed staff that I was willing to see a counselor. I wanted to see my mental health specialist just one more time. The next day, during my appointment, another key discovery gave me purpose. It was brought to light that I may be the only person my daughter can relate to since I have been intimate with death during the war. I may be the only person she can connect with. Now, I have synapse firing in-parts of my brain that were shut down. The mental walls have been breached. She may need me. Enough said! I can honestly say that mental health, and their bag of tricks, interrupted my path to suicide.

After several people refused to give up on me when my depression made loving me a task, it came down to this: Yes, I hurt bad, I blame myself, and this pain isn't going away anytime soon so do not minimize it. Let's talk fairness. The main reason I cannot end my life right now is due to the question of..." Could my daughter, a 22 year old widow, handle two funerals in a week? And due to my actions?" I cannot do that to her. Not now anyway. So I need a purpose, a mission (I am a soldier).

1. Start asking outside organizations, churches, veterans groups, and anyone else if they could send a card, or money, to support my daughter. Asking for addresses, letter writing, and phone calls takes focus and determination.
2. Call my daughter. Utilize my experiences battling PTSD and trauma to be a mentor, friend, and part of her support system.
3. Obtain a sympathy card. The best one I can find. Go to the chapel, get the word out to other offenders that will buy one, or have someone make me one.
4. Write every detail of this experience down. Offer insight into my self-destructive thought process. It may save someone's life and be of use to mental health professionals.

After I complete this mission, then I will revisit the need to end my life.

After Action Report

As a former non-commissioned officer (NCO), the standard US soldier, airmen, sailor, or Marine isn't going to respond readily to terms like: co-morbid conditions, cognitive strategies, and psychoanalysis. Those words are for mental health professionals at their meetings. That is like trying to understand cryptology, or nuclear propulsion, for us boots on ground type warriors. I prefer rock drills and plain talk.

My previous situation of despair will be discussed by utilizing three popular military war movies: Top Gun (1986), Flight of the Intruder (1990), and Behind Enemy Lines (2001). Those films ignite the senses, and emotions; with adrenaline, fear, anticipation, death, and will to survive. Those fighter jets are an awesome display of firepower and strength. The pilots operating the aircraft are admirable, and fearless, until the danger zone is reached. When enemy fire strikes your life source (aircraft), it becomes sensory overload. Army term: a significant emotional event (it scares the crap out of you). Your mind is bombarded with flashing lights, beeps, emergency

messages, and radio traffic of impending doom. You have the choices to fix

the problem, pull the ejection lever, or crash to your death in the blaze of glory. But, when tunnel vision takes over, and you aren't breathing oxygen effectively, death is imminent. Pride, embarrassment, fear, or pain may be the reason you forget about your lifeline of ejecting. Life is a blur until a hint of reason can pull you out of the tailspin. I am not reading the gauges right, and the parachute is under my seat, but I don't realize it is there. However, even when I eject and the chute opens, I still have to navigate issues, identify problems, and tend to my injuries.

In Behind Enemy Lines, actor Own Wilson is shot down in Serbia. He was being hunted by a sadistic foreign army, had just witnessed the execution of his co-pilot, was battling the environmental elements, and was in a country where friend and foe was a blur. The scene where Wilson was speaking to his commanding officer, actor Gene Hackman, after a failed rescue attempt, Hackman sensed Wilson's despair and loss of hope. That equates to death. Hackman pauses (on his radio), then engages Wilson with a series of petty questions concerning Wilson's gear. Wilson's hostile surroundings did not matter, the murder he witnessed hours earlier, or the delay in his evacuation. Only his essential gear to survive, the items he possessed, was his immediate focus. That redirection gave Wilson just enough focus to push through the despair and live a little longer. The small items he did have control over were significant enough for another hour of living. Sound familiar? What resource #2 did? He deflected my current state of mind even though I felt the tragedy should be the immediate focus. That bought time. In suicidal ideation, the clock is ticking. Buying time, buying life, opens the door to be able to have a glimpse at my purpose.

In a sharp contrast to what we learn in the Soldier's Creed, "I will never accept defeat", the failed mission to end my life is the one comprise to take pleasure in being unsuccessful. Suicide is a virus, it makes you sick mentally, and it infects others.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with gratitude of those who have lighted the flame within us."

Albert Schweitzer

The next page is the semiannual VAVS report which we turn into National after the first of the year. Look it over and if you have any contributions, i.e., time, money, travel, etc., to submit please let Ann or I know so we can add it to the report.





CATHOLIC WAR VETERANS OF THE UNITED STATES OF AMERICA, INC.

WELF

National Headquarters
237-20 92nd Rd
Bellerose, NY 11426
Telephone: (703) 549 – 3622

National Welfare Officer Report Form		For Membership Year			
For Reporting Period – check one		<input type="checkbox"/> June 15 – December 31	<input type="checkbox"/> January 1 – June 15		
		First Half Report Due: January 15	Second Half Report Due: June 20		
Report from Echelon – check one	Post <input type="checkbox"/>	Chapter <input type="checkbox"/>	Dept <input type="checkbox"/> Name or # <input type="text"/>		
Welfare Officer's Name <input type="text"/>					
Printed Mailing Address <input type="text"/>					
Type of Service / Program	Hrs spent - with travel	*Time Value (hrs x \$24.14)	# Members involved	Am't Spent or donated	Donated items value - not money
VOLUNTEER & ASSISTANCE					
VAVS – VA Medical Center					
VAVS – VA Outpatient Clinic					
VA Parties for patients, residents					
Care Packages					
Greeting / Sympathy Cards					
Vet Fairs, Stand Downs, Homeless					
Referrals to Service Officer					
SPIRITUAL & HONORS					
Parish Veteran Ministry					
Hospice, nursing home, sick visit					
Assist Chaplain					
Honor Guard					
Blue/Gold Ceremony					
Decorate Graves					
OTHER WELFARE ACTIVITIES					
Family/Military Support Groups					
Support for needy families					
Community Service					
TOTALS:					

NOTE Volunteer hours are worth \$24. 69 each **ONLY IF** the volunteer service provided is something the receiving entity would have otherwise had to pay someone to do.

<p style="text-align: center;">Form Disposition</p> <p>Report must go to ALL Echelons</p>	<p>Welfare Officers - send a copy of Report to ALL higher Echelon Welfare Officers. (send one copy to each - Chapter, Department and National Welfare Officers). Follow the Reporting Requirements listed in the National Welfare Officer Program.</p>
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