



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

Fortythird Edition

est. 11/24/2015

September 2019



Father Vincent Robert Capodanno, M.M.

MEETING NOTICE

NEXT MEETING IS WEDNESDAY

October 2nd AT 7:00 PM

At Our Lady of Mercy Country Home

**2115 Maturana Dr.
Liberty MO 64068**

DUES

Finally, I have received the 2019-2020 membership cards. Now is the time to renew. Remember, dues are only Thirty Dollars (\$30.00) a year. The offer to make payments for life membership is offered again this year. 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.

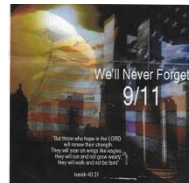
Thank You

WHAT'S BEEN HAPPENING

In the evening of September 11th, several of the members of our post ventured to Mount Olivet, a Catholic Cemetery in Kansas City to participate in the annual 9/11 Remembrance Ceremony. It was a very moving event, and as you can see from the pictures below, quite a few organizations were represented, including several Veterans Organizations.

With us were the boy scouts from the troop from St. James Parish in Liberty, Mo. They assisted in greeting the people as they arrived and handing out the programs.

Along with the tribute to all the first responders, Police, Firemen, other First responders, there was also a wonderful tribute and thanks to all veterans. We were asked to stand up and were thanked.



9/11 Remembrance Ceremony 2019
First Responder Memorial
at Mount Olivet Cemetery
6:00 p.m.



Special thanks to the hosts, sponsors, & participants:

A Little Navy Humor

The Navy Newbie Indoctrination After Boot Camp By Shon Pernice

After completing the grueling training of U.S. Navy boot camp, the requirements of being a true sailor are not yet met. When reporting to your first duty station (normally a naval vessel) the initiation begins.

Regardless of the size of the ship, a frigate with 100 sailors, or an aircraft carrier with over 5,000, there are multiple levels, workspaces, mazes, and voids to navigate. This sets up the atmosphere for naiveté to be exploited. It would be commonplace for the seaman recruit to be ordered to retrieve a bucket of steam from the engine room. After the steam fills the bucket, it does not matter how fast you run back to your workstation, the steam evaporates and you failed the task. Moreover, holding the bucket upside down, to prevent steam escape, may get you some creativity points but the steam will disappear.

Communication to various areas of the ship is accomplished with sound powered phones. The petty officer of the watch may order you to get some batteries for the devices. You might go to the Damage Control Office and they will be out, but they send you to the galley. They will be out too. You may travel from area to area, as most of the crew will be involved in this caper. They want to see: How long until you quit; for someone to feel bad and tell you it is a joke; or it dawns on you that the phones are powered by SOUND-not batteries.

If by chance you are sent to medical and asked to obtain some Fallopian Tubes to get installed in the weapons systems, be prepared to be laughed at, or given a Top Secret case that you must protect with your life on your way back to the Weapons Officer. Those tubes are deemed precious, expensive, and can preserve life on the vessel.

The Navy prides itself on the various flags used in communication. They are used outdoors, exposed to sunlight, harsh winds, and sea spray. The signalman chief may demand that you find a can of Flag Cleaner and get those pennants up to proper military standards. "Don't quit, don't give up looking, because many work areas hoard that stuff and it is expensive!" You may even be asked to sign some out from the Master at Arms.

The boatswain mates are going to have their fun too. The knots on ropes need to be tightened so that they do not slip. Sailors have to hang over the sides of the ship to paint and maintain the exterior of the ship. These knots are their lifeline so you may be directed to obtain a Rope Wrench. And they need it now! Good hunting.

Everyone on the ship loves mail call. Letters from home, sweet smelling pages, care pages, and other important documents are anticipated. When asked to take on the most essential morale duty on the ship, you cannot refuse the glory of the time honored Mail Buoy Watch. The mail is reportedly left out at sea, on a buoy, for the next vessel to pick up. You will get a set of sound powered phones and binoculars. Your watch station is at the nose of the ship, also known as the focsle, as everyone on the bridge behind you observes your intensity. This can last for hours, especially if no other training is scheduled for the day. The objective to being the first to locate the mail buoy, be the hero of the day, and have the captain congratulate you, obscures your thinking to realize the ploy.

Every branch of service has its signature trials, tests, and tribulations for the new recruit. It is a tradition of bonding, and in most cases, entry into the brotherhood of service. However, as a Navy newbie, if you are sent on a quest to find Davy Jones Locker, I hope that you do not discover the Captain's Mast.

Anchors Aweigh

Assistance For Incarcerated Veterans

Health Care for Re-entry Veterans Services and Resources

Most Veterans who are in jail or prison will eventually reenter the community. VA's HCRV program is designed to promote success and prevent homelessness among Veterans returning home after incarceration.

HCRV services include:

Outreach and pre-release assessments services for Veterans in prison

Referrals and linkages to medical, mental health and social services, including employment services on release

Short-term case management assistance on release

VA may not provide medical services that are provided by correctional institutions.

More Information

Get assistance. Your state or community HCRV specialist may provide assistance. Send an email with your contact information and a brief message about your concern. Specialists are often working in the community, and so if they don't reply right away, send another email.

Get more information. With questions about the national HCRV program, contact Jessica Blue-Howells. As noted, to request assistance for yourself

or for another Veteran, contact the appropriate HCRV specialist from the list below.

Unfortunately, all of the people on their website who are assigned to the various services only can be contacted via email, from the website. If you are interested in investigating the provided services I would suggest either calling the main VA hospital in your area or trying snail mail.

For the Kansas City area the phone number is: (816) 861-4700 and the address is :
4801 E Linwood Blvd (11.47 mi)
Kansas City, Missouri 64128

.....
I always try to keep our newsletters upbeat and on a positive level. But, every so often things happen that need to bring to the attention of our members.

During the just past national convention a member wanted to attend the department commanders' meeting. This person is a national officer and should have been allowed to, at the least, sit in on the meeting. Instead, the person was told she was not allowed in and to get out. This sort of behavior has happened in the past and was brought to the attention of other national officers who just seemed to brush it off since the person was relatively new to CWV.

Finally this sort of action was brought to the attention of the national commander who sent out notices to all national officers. Somewhere along the line so many of us seem to forget that the very first word in our name is Catholic which should, by its very nature, demand that our actions should be that of Jesus. In every other organization to which I belong, all meetings are open to all members unless the business is dealing with personnel or awards. Why our organization tries to keep everything such a secret I will never know.

Hopefully this will never happen again and all of the members who attend these conventions will be treated with the dignity and respect that is due them.
.....

Suicide Prevention:

Suicide is a complex, national public health issue that affects communities nationwide, with more than 45,000 Americans, including more than 6,000 Veterans, dying by suicide every year. Suicide is preventable, and special training is not needed to prevent suicide. Everyone can play a role by learning to recognize warning signs, showing compassion to Veterans in need and offering support. Listed are actions anyone can take to Be There:

Reach out to Veterans to show them you care. Send a check-in text, cook them dinner or simply ask, "How are you?"

Learn the warning signs of suicide, found on the Veterans Crisis Line website.

Watch the free S.A.V.E. training video to equip yourself to respond with care and compassion if someone you know indicates they are having thoughts of suicide.

Check out the VA's Social Media Safety Toolkit to learn how to recognize and respond to social media posts that may indicate emotional distress, feelings of crisis or thoughts of suicide.

Contact VA's Coaching Into Care program when worried about a Veteran or loved one.

A licensed psychologist or social worker will provide guidance on motivating your loved one to seek support. Learn more about the #BeThere campaign and access resources to help support Veterans at BeThereForVeterans.com. Veterans who are in crisis or having thoughts of suicide, and those who know a Veteran in crisis, can call the Veterans Crisis Line for confidential support available 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and Press 1, text to 838255 or chat online at www.VeieransCrisisLine.net/Chat.

.....
QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention

On Sunday evening, September 22nd our own Ann Marie Puck presented a program on suicide prevention. The presentation was held at the VFW post 1000 in Independence MO. Ann, our own service officer, received her training and materials through the DAV Chapter ten.

We can, and should be, very proud of Ann. I can't even begin telling how much she has done for our post and veterans through the various other organizations with which she belongs.

There will be other presentations scheduled later and the locations, times, and dates will be in our upcoming newsletters.



.....

.....

Father Vincent Capodanno Memorial Mass

Again this year we were blessed to be able to have our annual Father Vincent Capodanno memorial Mass at Our Lady of Mercy Country Home in Liberty. We were honored to have Fr. Michael Volkmer CppS as celebrant.

Being the feast of St. Mathew the apostle was very fitting. The Gospel of the day mentioned how Jesus came to save sinners with out regard to their race, color, or creed. This is just what Father Capodanno did in Vietnam. He didn't care anything about the people he served except that they were all children of God.

Also, our thanks and prayers go out to the wonderful Sisters at Our Lady of Mercy for everything they do for us. They all are truly a blessing from God to everyone they meet.

After the Mass, Ann Puck presented the first ever Saint Oscar Romero award to Hermann Schmit for all he does for everyone in our post, in his parish, and everywhere he goes.

Congradulation, Hermann.