



# THE OUTPOST



In Service to America

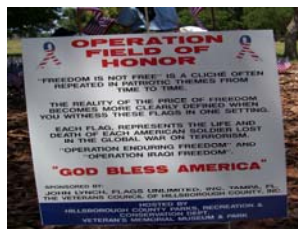
Vietnam Veterans of America, Chapter 787, Tampa Fl.

**NATIONAL CHAPTER OF THE YEAR 2001, FLORIDA STATE COUNCIL,  
CHAPTER OF THE YEAR 2000, 2002, 2003, 2004, 2005  
FOR INFORMATION CALL (813) 597-1326, FAX: (813) 737-4929.  
WEB SITE: MEMBERS.AOL.COM/VVA787/INDEX.HTML**



Submitted By: Jon Mueller

## Memorial Day Event, Veterans Park May 28 2006



Top Left to Right: V.V.A. Chapter 787 Honor Guard members, L-R A.V.V.A member Eddy Ortelt, state council delegate, and Board member, Kevin Ruhl, Richard Nye, Board member and Member of the Year, Carl Harris. Top row far right is Chapter Secretary & Treasurer Bob Silmsler coordinating the flag memorial with the help of two JROTC Navy cadets. This was called "Operation Field of Honor" see the information sign at right (second row).

### Chapter Officers

President: Jim LaGarde  
Vice President: Tom Hall  
Secretary: Bob Silmsler  
Treasurer: Bob Silmsler

### Board of Directors:

Ron Schott  
Carl Harris  
Tom Hall  
Herman Rainey  
Jon Mueller

### State Council Delegate:

Kevin Ruhl

OUTPOST Publisher & Editor: Jon Mueller, E-mail: JonMue@aol.com

### Chapter Officers Elected

At the May 25th meeting, the following individuals were elected to office: President Jim LaGarde (2nd term), Vice President Tom Hall, Secretary/Treasurer Bob Silmsler, Board of Directors: Ron Schott, Carl Harris, Kevin Ruhl, Herman Rainey and Jon Mueller.

Submitted By: Tom Hall

### Chapter 787's JROTC Program

During the 2005-2006 school year, Chapter 787 presented the VVA JROTC Medal to 13 junior cadets at 13 different Hillsborough County high school JROTC programs. There are 17 high schools with the JROTC program in the school district.

This is the second year in which this program was introduced to the Hillsborough County School District, Tampa area, and has been well received. Each year the outstanding junior cadet is selected by the Commanding Officer and his staff at each school who demonstrates leadership, high physical fitness scores, excels in high school subjects, number of community service hours earned during the year and several other requirements.

Each junior cadet selected receives the VVA JROTC Medal, ribbon, presentation case and a certificate from Chapter 787 at a special awards ceremony put on by each JROTC unit.

Chapter 787 plans to continue this program each year and its goal is that all the JROTC programs in Hillsborough County participate.

### Meetings

Chapter Meetings are held the 4th Thursday of each month.

Time: 7:00 PM

Location: Brandon Veterans Hall, 115 W. Clay Brandon Fl. 33510. See Map on last page. **Mail-ing address: P.O. Box 89247, Tampa Fl. 33689-0404 . Food will be served prior to the meeting.**

Marine & Army Times May 17 2006 **Four Names to be added to Vietnam Veterans Memorial**

By Matthew Cox

Four American servicemen will finally join their comrades on the national memorial to their war, nearly four decades after fighting for their country in Vietnam.

The Vietnam Veterans Memorial Fund will commemorate the inscription of their names onto the black granite memorial unofficially known as 'the Wall.' Thursday's ceremony in Washington D.C. is set to start at 11:30 a.m.

The additions of a soldier and three Marines bring the number of names on the Vietnam Veterans Memorial to 58,253. The new names are:



Army Spc/4 Bobby Gene Barbre of Carmi, Ill. Marine LCpl George Bryant Givens Jr. of Rohards, Ken. Marine Pfc. Hans Jorg Rudolph Lorenz of Midland, Ontario Canada, Marine Capt. Patrick Rumley Jr. of Medford Mass.



Lorenz died in 1966, Rumley died in 1968, Barbre died in 1971 and Givens died in 1994. memorial fund officials could not say why the names of the four men are being added now.

"We get the names from (the Department of Defense) and we put them on the Wall," said memorial fund spokeswoman Lisa Gough.

"We will add the names as close as possible to their dates of casualty, so these servicemen can remain in the company of those they served with," said Jan Scruggs, founder and president of the memorial fund.

## V.V.A. Chapter 787 T-shirts for sale, very cool!



### Chapter T-Shirts

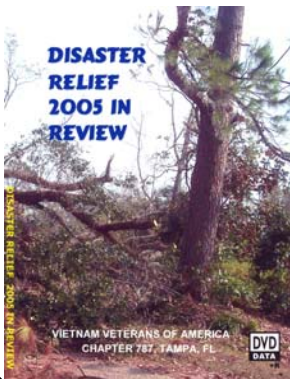
\$15.00 for size Large & X-Large, 4 in stock now. \$17.00 for size XX-Large

**We can mail the shirts to your home for an additional \$4.00,**

**Or pick them up at the next chapter meeting, and save the \$4.00.**

**Contact Bob Silmsmer by e-mail: rafkirk64@verizon.net or phone: 813-685-3483, to order, or if you have questions.**

**3-1/2" Iron on Patches and window decals \$3.00 (shown at right).**



**At Left: Disaster Relief DVD.** Created by chapter Secretary, Bob Silmsmer, this DVD shows how chapter 787 assisted victims in the states of Florida, Alabama, Mississippi and Louisiana during the disastrous hurricane season of 2005. The DVD shows how chapter members made multiple trips with supplies and other assistance to the affected regions.

The DVD is well worth the small \$10 cost. Contact Bob Silmsmer at (813) 685-3483 for copies.

## Medical.....Assured Funding

When it comes to federal health care programs, America's veterans have historically been shortchanged by the President and Congress, regardless of which political party is in power. The most recent example occurred in the summer of 2005, when the Bush Administration proposed a budget that underestimated the number of Iraq and Afghanistan war veterans enrolled in the VA health care system by 80,000 individuals and fell \$2.6 billion short of meeting the projected needs. Those budget increases that the Congress does approve typically fall far short of meeting the current needs of the VA health care system. As a result, America's veterans, including our newest veterans of Operation Iraqi Freedom and Operation Enduring Freedom (OIF/OEF), are forced to wait months for appointments at their local VA medical centers, only to be seen by medical services teams that are perpetually understaffed, under-equipped and under-funded.

Why is this disgraceful situation allowed to continue? For two fundamental reasons: First, because like Medicare and Medicaid, the VA's health care programs must compete each year with other federal programs for limited tax dollars during the Congress' annual budget-setting process; and second, because American veterans traditional divide themselves into distinct and separate organizations that rarely work together and as a result, collectively lack the political clout to move the Congress to change the status quo.

If we as veterans do not stand up together and collectively demand assured funding we will continue to see the budget process for VA health care remain the same and experience the same shortfalls each year. It will eventually reach a point to where the VA will have to make choices on which services they can provide and select which veterans they can these services. Our benefits will erode to the point that few veterans will receive compensation for service-connected illnesses or those receiving compensation will have their benefits reduce. We are seeing the first steps at revamping the veterans benefit system with the current Presidential "Veterans Benefits and Disability Commission."

It is time for ALL veterans to band together as a "Band of Brothers & Sisters" and becoming a driving force before Congress and demand "Assured Funding" of the VA health care system. If you have never contacted your Congressional Representative or Senator, NOW is the time to do so. Waiting will be too late. Waiting will result in YOUR benefits and VA health care disappear before your eyes and then you will be wondering how that happen. It will happen because you didn't take the five or ten minutes to step up to the plate and demand your Congressional Representative and Senator support "Assured Funding" of the VA health care system.

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### Chapter News



Your Chapter once again held a poppy drive fund raiser May 5th & 6th. Shown at left are Chapter President Jim LaGarde and Don Wallick. Thanks to all those who turned out to help on this important event. In other news, Dale Wagner, chapter 787 VP, a big supporter of our chapter events and fund raisers, has unfortunately left the chapter for personal reasons. We wish him well on his future endeavors.

**Do you have a family member currently serving in the US Military. We want to hear about them. Please send their name, rank, branch of service, duty station, etc., to Jon Mueller. E-mail: [JonMue@aol.com](mailto:JonMue@aol.com). Please include pictures.**

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### Chapter Breakfast, Everyone's Invited

Each month, Chapter 787 members and family, should plan to attend a morning breakfast at the FLYING "J" restaurant which is located at the intersection of Hwy 579 North and I-4. The intersection is near the Lazy Days RV dealership.



Show time is 7:00 AM the 4th Saturday of each month (first Saturday after the chapter meetings). Wear your colors. The chapter wants to continue to support events that can bring together members and their families who may not be able to attend other functions.



**This Month during the War in Vietnam**

**June 16, 1963**

The first **Buddhist monk** to immolates himself in Saigon. Buddhist demonstrations occurred from May through August.



**June 20, 1964**

**General William Westmoreland** succeeds General Paul Harkins as head of the U.S. forces (MACV) in Vietnam.

**June, 1965**

Generals **Nguyen Cao Ky** and **Nguyen Van Thieu** seize the South Vietnamese government.

**June 12 1965** Coast Guard Squadron One came under the authority of the Navy when it changed operational control to Commander in Chief, Pacific Fleet (CINCPACFLT). The Coast Guardsmen of Squadron One were given orientation and refresher training at Subic Bay Naval Base. While the cutters prepared for their voyage to Vietnam, Squadron One established a liaison office at the Headquarters of Chief, Naval Advisory Group in Saigon to help resolve any problems.



**June 1968:** US Marine A4E Skyhawks, dive in to support the US Army's 1st Bn, 6th Infantry. Marine Air groups 12 & 13 based in Chu Lai (VMA-223) also know as the "Bulldogs" flu hundreds of sorties striking enemy targets with precision.



**June 8, 1969**

**President Richard Nixon** announces the first troop withdrawals from South Vietnam

**June 1970:** Plei Djereng Cambodia, elements of the 1st Bn, 14th Inf, part of the US Army's 4th Infantry Division, closed with an NVA regiment west of the Vietnam boarder as the unit pushed further into the "Parrot's Beak" which were once safe areas for the enemy.



**June 19 1971,** HML-167 was transferred to MCAS(H) New River, Jacksonville, NC and became a part of MAG-26, 2d Marine Air Wing. On 15 June 1971, the last two aircraft in the Republic of Vietnam departed and flew aboard USS Dubuque.



**June 1972:** Senior U.S. Army advisor John Paul Vann is killed in a helicopter crash near Pleiku. He had been assisting South Vietnamese troops in the defense of Kontum and has been in-country since 1962 (longer then any US Serviceman).



General Frederick C. Weyand replaces Gen. Abrams as MACV commander in Vietnam. ops in the defense of Kontum.

NVA attack on An Loc is thwarted by South Vietnamese troops aided by B-52 air strikes.

**Quote**

"If it moves, salute it; if it doesn't move, pick it up; and if you can't pick it up, paint it".  
**--Anonymous (1940's saying)--**

"Now I recall the Recon Marines ragged, filthy cammie shirted young men in green paint who move silent like the fog with deadly purpose in their eyes. Swift, Silent, Deadly. I smile". -

**--GYSGT Correll, USMC, Retired-- Recon Marine**

Submitted By: Jon Mueller

## Eagle Scout Project Yields POW/MIA Flag in Stone



Eagle Scout candidate, Tyler O’Grady decided a POW/MIA Flag created by multicolored rocks was the best way to honor the nation, his Grandfather and complete his Eagle Scout project. Just in time for the big Memorial Day event at Veterans Park, Tyler, his Mom, Dad and friends finished the job. Picture of Tyler in Scout Uniform submitted by Bob Silmser.

### A brief history of John Francis O’Grady, Tyler’s grandfather.

On April 10 1967, Maj. John F. O’Grady USAF, led his element of F105D’s through the Mu Gia Pass on the border of Laos and North Vietnam. Upon reaching the Vietnam side of the pass, they turned back to initiate bombing attacks on selected targets. On his second pass over the target Maj. O’Grady’s fighter was hit. He radioed that he was “Losing control got to get out.” His wingman witnessed his parachute opening. The senior officer now in charge and his wingman lost sight of him once he hit the ground. The exact spot was pinpointed by rescue planes but they were driven off by heavy ground fire. The next day radio broadcasts from Hanoi and Peking confirmed his capture. Sadly Maj. O’Grady is still MIA and presumed dead.



## Membership

### Vietnam Veterans of America

Send to: VVA Chapter 787, P.O. Box 89247,  
Tampa Fl. 33689-0404

Name: \_\_\_\_\_ Male: \_\_\_\_\_

Female: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Apt.  
# \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work or Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Chapter #787 Sponsor \_\_\_\_\_ ID \_\_\_\_\_

### Membership Type:

Individual 1 year \_\_\_\_\_ \$20 3 years \_\_\_\_\_ \$50

Individual membership is open to all Vietnam Veterans who served on active duty for other than training purposes from 1/1/1959 to 5/7/1975. Individual members must submit a copy of their DD-214 with their application and payment.

Associate 1 year \_\_\_\_\_ \$20 3 years \_\_\_\_\_ \$50

Life Member \$250, payment plan, \$50 down, and 8 monthly installments of \$25.

Payment Method: Check \_\_\_\_\_ Money Order \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_

If using a credit card: Card # \_\_\_\_\_



## Medal of Honor Winners of the Vietnam War.



This page of the newsletter will be dedicated to the men who received our nations highest award for valor. We will begin with the First and Last recipients of Congressional Medal of Honor, during the Vietnam War, and in future editions, we will attempt to feature the other 243 brave men who's courage is a hallmark of our Military.

**The First:** **Donlon, Roger Hugh C.** Capitan U.S. Army, was the first man awarded the Medal of Honor during the Vietnam War, for actions dated 6 July 1964.



Citation: For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while defending a U.S. military installation against a fierce attack by hostile forces. Capt. Donlon was serving as the commanding officer of the U.S. Army Special Forces Detachment A-726 at Camp Nam Dong when a reinforced Viet Cong battalion suddenly launched a full-scale, predawn attack on the camp.



During the violent battle that ensued, lasting 5 hours and resulting in heavy casualties on both sides, Capt. Donlon directed the defense operations in the midst of an enemy barrage of mortar shells, falling grenades, and extremely heavy gunfire. Upon the initial onslaught, he swiftly marshaled his forces and ordered the removal of the needed ammunition from a blazing building. He then dashed through a hail of small arms and exploding hand grenades to abort a breach of the main gate. En route to this position he detected an enemy demolition team of 3 in the proximity of the main gate and quickly annihilated them. Although exposed to the intense grenade attack, he then succeeded in reaching a 60mm mortar position despite sustaining a severe stomach wound as he was within 5 yards of the gun pit. When he discovered that most of the men in this gunpit were also wounded, he completely disregarded his own injury, directed their withdrawal to a location 30 meters away, and again risked his life by remaining behind and covering the movement with the utmost effectiveness. Noticing that his team sergeant was unable to evacuate the gun pit he crawled toward him and, while dragging the fallen soldier out of the gunpit, an enemy mortar exploded and inflicted a wound in Capt. Donlon's left shoulder. Although suffering from multiple wounds, he carried the abandoned 60mm mortar weapon to a new location 30 meters away where he found 3 wounded defenders. After administering first aid and encouragement to these men, he left the weapon with them, headed toward another position, and retrieved a 57mm recoilless rifle. Then with great courage and coolness under fire, he returned to the abandoned gun pit, evacuated ammunition for the 2 weapons, and while crawling and dragging the urgently needed ammunition, received a third wound on his leg by an enemy hand grenade. Despite his critical physical condition, he again crawled 175 meters to an 81mm mortar position and directed firing operations which protected the seriously threatened east sector of the camp. He then moved to an eastern 60mm mortar position and upon determining that the vicious enemy assault had weakened, crawled back to the gun pit with the 60mm mortar, set it up for defensive operations, and turned it over to 2 defenders with minor wounds. Without hesitation, he left this 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. As he bravely continued to move around the perimeter, a mortar shell exploded, wounding him in the face and body. As the long awaited daylight brought defeat to the enemy forces and their retreat back to the jungle leaving behind 54 of their dead, many weapons, and grenades, Capt. Donlon immediately reorganized his defenses and administered first aid to the wounded. His dynamic leadership, fortitude, and valiant efforts inspired not only the American personnel but the friendly Vietnamese defenders as well and resulted in the successful defense of the camp. Capt. Donlon's extraordinary heroism, at the risk of his life above and beyond the call of duty are in the highest traditions of the U.S. Army and reflect great credit upon himself and the Armed Forces of his country.



**The Last:** **Thornton, Michael Edwin.** Petty Officer, Thornton was the last man to win the Medal of Honor during the war in Vietnam for actions dated 31 October 1972.



Citation: For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while participating in a daring operation against enemy forces. PO Thornton, as Assistant U.S. Navy Advisor, along with a U.S. Navy lieutenant serving as Senior Advisor,



continued on next page.....



accompanied a 3-man Vietnamese Navy SEAL patrol on an intelligence gathering and prisoner capture operation against an enemy-occupied naval river base. Launched from a Vietnamese Navy junk in a rubber boat, the patrol reached land and was continuing on foot toward its objective when it suddenly came under heavy fire from a numerically superior force. The patrol called in naval gunfire support and then engaged the enemy in a fierce firefight, accounting for many enemy casualties before moving back to the waterline to prevent encirclement. Upon learning that the Senior Advisor had been hit by enemy fire and was believed to be dead, PO Thornton returned through a hail of fire to the lieutenant's last position; quickly disposed of 2 enemy soldiers about to overrun the position, and succeeded in removing the seriously wounded and unconscious Senior Naval Advisor to the water's edge. He then inflated the lieutenant's lifejacket and towed him seaward for approximately 2 hours until picked up by support craft. By his extraordinary courage and perseverance, PO Thornton was directly responsible for saving the life of his superior officer and enabling the safe extraction of all patrol members, thereby upholding the highest traditions of the U.S. Naval Service.



## Medal of Honor Fakers Outnumber Heroes, FBI Says

Submitted By: Kevin Ruhl

By BILL POOVEY

AP

CHATTANOOGA (April 30) - A proliferation of phony heroes is prompting such groups as The Congressional Medal of Honor Foundation to lobby for tougher laws to punish the impostors.

The organization reports that there are 113 living recipients of the nation's highest military award, but an FBI agent who tracks the fakes said impostors outnumber the true heroes.

"There are more and more of these impostors, and they are literally stealing the valor and acts of valor of the real guys," said Agent Tom Cottone, who also works on an FBI violent crime squad in West Paterson, N.J.

Some fakers merely brag about receiving the award - and that's not illegal - but some impostors wear military uniforms and bogus medals. The FBI has about 25 pending investigations of such phony heroes, said Cottone.

Anyone convicted of fraudulently wearing the Medal of Honor faces up to a year in prison and a \$100,000 fine. But there's no such penalty for other medals.

The Congressional Medal of Honor Foundation and other veterans groups are looking to change that. They've enlisted the help of U.S. Rep. John T. Salazar, D-Colo., who is sponsoring the Stolen Valor Act to penalize distributors of phony medals and those who pretend to be decorated veterans.

Salazar's legislation would make it illegal to make a false public claim to be a recipient of any military valor award, such as the Medal of Honor, a Silver Star or Purple Heart.

"It is about more than punishing people," said Salazar. "It's about preserving the history and honor of those medals."

World War II Medal of Honor recipient Charles Coolidge of Signal Mountain, Tenn., got flimflammed out of his medal - at a military reunion of all places - when someone offered to help recondition it and gave him back a fake version of the award.

Cottone tracked down Coolidge's real Medal of Honor from a man who was selling and trading medals in Ohio.

"It was a big surprise to me to get it back," said Coolidge, 84.

Coolidge received the Medal of Honor for leading an outnumbered section of heavy machine guns during four days of fighting against German infantry and tanks in France in 1944.

Cottone said he recovered two fake Medals of Honor at a New Jersey gun show. Both were made by HLI Lordship Industries Inc., a former government contractor for the Medal of Honor.

The company, based in Hauppauge, N.Y., was fined \$80,000 in 1996 and placed on probation after admitting 300 fakes were sold in the early 1990s for \$75 each.

"If we don't maintain the integrity of these military awards, the real ones won't mean anything," Cottone said.

**The Amazing & Dependable C-Rat's!**

This is the official [Quartermaster's](#) description of C-Rations used in Vietnam

"The Meal, Combat, Individual, is designed for issue as the tactical situation dictates, either in individual units as a meal or in multiples of three as a complete ration. Its characteristics emphasize utility, flexibility of use, and more variety of food components than were included in the Ration, Combat, Individual (C Ration) which it replaces. Twelve different menus are included in the specification.

Each menu contains: one canned meat item; one canned fruit, bread or dessert item; one B unit; an accessory packet containing cigarettes, matches, chewing gum, toilet paper, coffee, cream, sugar, and salt; and a spoon. Four can openers are provided in each case of 12 meals. Although the meat item can be eaten cold, it is more palatable when heated.

Each complete meal contains approximately 1200 calories. The daily ration of 3 meals provides approximately 3600 calories."

There were 4 choices of meat in each B group. Because there were several "vintages" of C's issued to the Marines in Vietnam, more than 4 items may be listed in the B groups as well as the brands of cigarettes included in the accessory pack.

<b>B-1 Units</b>	<b>B-2 Units</b>	<b>B-3 Units</b>
Meat Choices (in small cans): Beef Steak Ham and Eggs, Chopped Ham Slices Turkey Loaf Fruit: Applesauce Fruit Cocktail Peaches Pears Crackers (7) Peanut Butter Candy Disc, Chocolate Solid Chocolate Cream Coconut Accessory Pack*	Meat Choices (in larger cans): Beans and Wieners Spaghetti and Meatballs Beefsteak, Potatoes and Gravy Ham and Lima Beans Meatballs and Beans Crackers (4) Cheese Spread, Processed Caraway Pimento Fruit Cake Pecan Roll Pound Cake Accessory Pack*	Meat Choices (in small cans): Boned Chicken Chicken and Noodles Meat Loaf Spiced Beef Bread, White Cookies (4) Cocoa Beverage Powder Jam Apple Berry Grape Mixed Fruit Strawberry Accessory Pack*

**\*Accessory Pack**

Spoon, Plastic Salt Pepper Coffee, Instant Sugar Creamer, Non-dairy Gum, 2 Chicklets Cigarettes, 4 smokes/pack Winston Marlboro Salem Pall Mall Camel Chesterfield Kent Lucky Strike Kool Matches, Moisture Resistant Toilet Paper

**How to make a C-Ration Stove**

The small cans included in the meal were ideal for making a stove. Using a "John Wayne" pierce a series of closely spaced holes around the top and bottom rims of the can. This stove was satisfactory, but did not allow enough oxygen to enter which caused incomplete burning of the blue Trioxin heat tablet, causing fumes which irritated the eyes and respiratory tract. A whole heat tab had to be used.

Continued on next page.....

# Calendar of Events

<u>Date</u>	<u>Day</u>	<u>Event and Location</u>	<u>Time</u>
<b><u>June 2006</u></b>			
2nd & 3rd	Friday & Saturday	Fund Raiser, Publix at Bloomingdale & Bell Shoals	9:00 AM to 3:00 PM
8th	Thursday	Board of Directors Meeting, Jon's House	6:30 PM
22nd	Thursday	Chapter Meeting, Brandon Veterans Hall	7:00 PM
24th	Saturday	Chapter Breakfast get together, at the "Flying J" Restaurant	7:00 AM
<b><u>July 2006</u></b>			
4th	Tuesday	July 4th, Brandon, Contact Bob Silmser for Float Resv.	10:00 AM
13th	Thursday	Board of Directors Meeting, Jon's House	6:30 PM
27th	Thursday	Chapter Meeting, Brandon Veterans Hall	7:00 PM
29th	Saturday	Chapter Breakfast get together, at the "Flying J" Restaurant	7:00 AM

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A better stove was created by simply using the can opener end of a "church key" (a flat metal device designed to open soft drink and beer containers with a bottle opener on one end and can opener on the other commonly used before the invention of the pull tab and screw-off bottle top) to puncture triangular holes around the top and bottom rims of the can which resulted in a hotter fire and much less fumes. With this type of stove only half a Trioxin heat tab was needed to heat the meal and then the other half could be used to heat water for coffee or cocoa. A small chunk of C-4 explosive could also be substituted for the Trioxin tablet for faster heating. It would burn hotter and was much better for heating water.

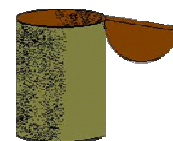
A stove was usually carried in the back pack or cargo pocket and used repeatedly until the metal began to fail.

**How to Heat a C-Ration Meal**

1. Choose the meal to be consumed
2. Open the can lid leaving at least 1/4 inch metal attached
3. Bend the still attached lid so that the inside of the can lid is facing 180 degrees from it's original position (inside up).
4. Bend the edges of the can to form a handle

**Set meal on stove and heat to desired temperature, stirring frequently to prevent burning.**  
**"Outstanding" Ham & Mothers**

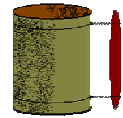
- o Open and heat a can of Ham and Lima Beans
- o When hot, add one can of cheese spread and stir until all cheese is melted.
- o Crumble 4 crackers into the mixture and blend thoroughly.



Eat when the crackers have absorbed all excess moisture.

Continued from page 9.....

**How to make a C-Ration Coffee Cup**



1. Obtain the B (large, dry) can from the C-ration meal

**Follow steps 2 thru 4 in How to Heat a C-Ration Meal above. Deluxe (reusable) Version\***

1. Remove the top of the can completely. Obtain 2 lengths of the bailing wire off of the C-Ration case. Obtain a solid, sturdy stick about 4 inches long. Notch out a groove around the stick near both ends. Wrap each length of wire around both top & bottom ends of the can and twist the wire around itself leaving enough twisted wire to twist around the grooves in both ends of the stick 1 inch from the can creating a very nice handle.

Trim off excess wire. \* Thanks to ["Doc" Byron Perkins](#) for jogging my memory on this one



**New Wound Heals Old Hurts.....submitted By: Kevin Ruhl**

From: The Ledger, May 8 2006, by Colleen Jenkins. In this article, Ed Cooley, a US Marine Vietnam Veteran with a history of PTSD and some bad experiences with anti Vietnam War Americans, is trying to help is badly wounded son, 28 year old Josh Cooley of Land O'Lakes who is in Bethesda Naval Hospital. Ed Coolye was wounded near Da Nang in May 1969 and his son was wounded in Hit Iraq in July 2005 with the US Marines. On July 29, 2006, Ed and his wife Christina got word that President Bush would visit the hospital and award Josh the Purple Heart. The President came and pinned Josh's medal to his hospital gown. Ed then handed Bush a single-spaced typed letter. The letter began: "When I was notified you were coming today to present my son with the Purple Heart I thought, 'This is different, but also the way it should be,' I myself served in Vietnam...upon return I was not treated well by the military or our country." As Bush read, his eyes got wet. He pulled out his handkerchief and turned away from the cameras. "As I stand here today watching you honor my son as well as the other soldiers of our country, I have nothing but pride, honor and yes dignity, too. Not only have you honored my son but you have also healed some old wounds as well."

Bush turned to Ed and called him a hero, also saying he was sorry it was never said to him before and thanked him for his service.

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*The Flag that refuses to go away - Once again, the POW/MIA Flag is under attack by an individual with no knowledge of the issue. Today's attack appears in a column by James Carroll of the Boston Globe. If you have a comment regarding this article, they may be sent to the "Letters to the Editor" at [letter@globe.com](mailto:letter@globe.com) **Article Follows***

**THE FLAG THAT REFUSES TO GO AWAY**

By James Carroll | May 8, 2006

THE SAD BLACK flag flies today from the tallest pole at Fenway Park. It flies atop municipal buildings, legion halls, and police stations in every city and town. Fire trucks carry it on antennae, and it waves from highway overpasses. The silhouetted profile of a beleaguered man droops before a prison tower and a string of barbed wire. Inscribed above are "POW-MIA," and below, "You are not forgotten." That the tattered, faded flag still flies so ubiquitously, more than three decades after the end of the Vietnam War, suggests that America's self-inflicted psychological wound has yet to heal. But the flag that started out as a well-meaning symbol of remembrance took on other meanings, and now more than Vietnam is evoked.

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This newsletter is not the official publication of the Vietnam Veterans of America, Chapter 787, Tampa Bay Florida. All opinions expressed are those of the authors and do not necessarily represent the views and opinions of Chapter 787, the VVA State Council, the VVA National or the Chapter members.

You can receive a copy of the OUTPOST each month at no cost. Contact Jon Mueller via e-mail at [JonMue@aol.com](mailto:JonMue@aol.com) and provide your e-mail address. You will need to have an Adobe Acrobat Reader on your PC to open the newsletter . You can also receive it by US mail . The cost is \$12 per year. Make your check payable to V.V.A. Chapter 787 and mail it to P.O. Box 89247, Tampa Fl. 33689-0404. Make sure you identify the payment for the OUTPOST.

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In the beginning, compassion defined the impulse. It was 1971 when the wife of a missing American soldier had the flag made. It became the symbol of the National League of POW-MIA Families, as I learned from its website. In 1973, as part of the Paris Peace Accords, nearly 600 POWs came back from Vietnam. More than 2,000 American personnel were unaccounted for, but that figure included many dead who had simply been annihilated in the violence of combat, leaving no remains. Sometimes, survivors had reported their lost comrades "missing" rather than "killed in action" as a way to guarantee continued salary payments to their widows. Such well-meaning acts of sympathy backfired when those widows were then denied any kind of closure. Many of them clung to the vain hope that their husbands would return.

America's humiliation in Vietnam spawned a postwar impulse to further demonize the enemy, leading to the myth that the Vietnamese had secretly held back Americans in jungle prisons, where they were still being tortured. The myth spawned an industry, centered on the Rambo films, and a political movement, dominated by Republicans. In violation of the peace agreement, a punitive trade embargo was imposed on Vietnam -- not to be lifted until the mythical prisoners were released. Impossible accountings for the "missing" were demanded. Candidates like Ronald Reagan and Bob Dole shamelessly exploited the grief of the POW-MIA families, giving credence to the lie that their loved ones could still be alive. In 1990, Congress passed a law declaring the POW-MIA flag a symbol of concern for "Americans still prisoner, missing, and unaccounted for."

In 1991, a Newsweek cover showed a photo that was purported to be of three captive Americans -- a hoax. The perversion of what began as authentic concern for lost young men was complete when Americans convinced themselves that any direct acknowledgment of the MIAs' almost certain fate was treason.

Finally, in 1993, a Senate committee led by John Kerry and John McCain found "no compelling evidence" that any Americans were being held, and in 1994 the embargo against Vietnam was lifted. Against all reason, Bob Dole tried to keep the issue alive, arguing against normalization of relations with Vietnam. Dole's argument failed, but his rescue of the banner whose time had clearly passed succeeded. The missing men were conscripted again, now as ghosts to haunt the nation. The black flag, though born in love, had become a symbol of a true American darkness.

One would like to think the POW-MIA flag had transcended the reactionary uses to which it was put by a political fringe that abused the memory of lost heroes to raise money and win elections. For many Americans, the flag is simply a token of sorrow for the entire Vietnam episode, and it functions also as a sign of concern for a new generation of US troops who are at war. But the darker meaning

dominates. After Vietnam, a self-pitying sense of victimhood defined the American mood. That generated a vengeful determination never to be shown up as weak -- or captive -- again. That, in turn, brought us to the disastrous present, which is explained by recalling that the men on whose watch the disgrace of Vietnam climaxed included Donald Rumsfeld and Dick Cheney. Their wars against Baghdad (Cheney's in 1991, Rumsfeld's now) were supposed to stifle the Vietnam syndrome once and for all, but Iraq, in pathological recombination, has only quickened it.

No wonder the grief-struck flag refuses to go away. When we Americans behold that silhouetted bowed figure -- the prison tower, the barbed wire -- we may feel the pointed shame anew, but now we recognize the unknown image. We ourselves have become the prisoners of war; it is our own government that has taken us captive. The black flag at last belongs to all of us.

James Carroll's column appears regularly in the Globe.

Paul Sutton

"Dominus Fortissima Turris"

IF YOU DON'T STAND BEHIND OUR TROOPS,

PLEASE, FEEL FREE TO STAND IN FRONT OF THEM !!!

## THE OUTPOST

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Chapter meetings are held at the Brandon Veterans Hall. 115 W. Clay Ave, Brandon Fl. See map below.

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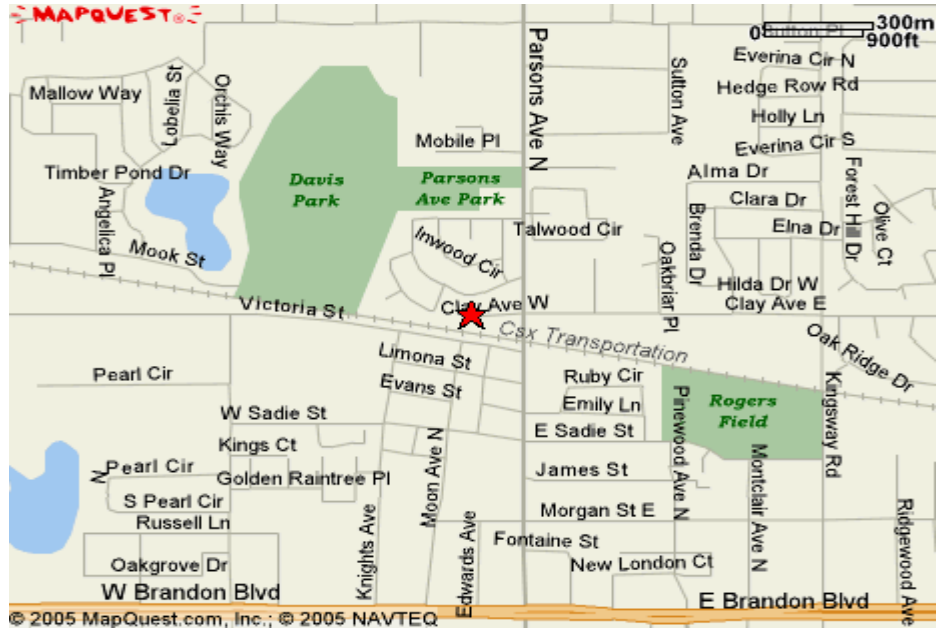
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## Important Web Sites

- Vietnam Veterans of American, Chapter 787, Tampa Bay Florida..... <http://members.aol.com/vva787/>
- Vietnam War Statistics.....<http://my.eiis.net/cmart/vietwarstats.html>
- Vietnam, Yesterday & Today.....<http://servercc.oakton.edu/~wittman/chronol.htm>
- Vietnam Veterans Legacy Foundation.....[www.vvlf.org](http://www.vvlf.org)
- National League of Families of American POW's/MIA's.....[www.pow-miafamilies.org](http://www.pow-miafamilies.org)
- V.V.A. National Office on the World Wide Web.....[www.vva.org](http://www.vva.org)
- U.S. Dept. of Veterans Affairs.....[www.va.gov](http://www.va.gov)
- OPM Veterans Hiring Preference.....[www.opm.gov/veterans](http://www.opm.gov/veterans)
- Uniformed Services Family Health Plan (USFHP).....[www.usfhp.com](http://www.usfhp.com)
- U.S. Court of Appeals for Veterans Claims.....[www.vetapp.uscourts.gov](http://www.vetapp.uscourts.gov)
- Children of Vietnam Vets.....[www.geocities.com/pentagon/9125](http://www.geocities.com/pentagon/9125)
- The Center for Women Veterans.....[www.va.gov/womenvet](http://www.va.gov/womenvet)
- Vietnam Women Memorial Foundation, Inc (formerly "Project").....[www.vietnamwomensmemorial.org](http://www.vietnamwomensmemorial.org)
- The Moving Wall—Vietnam Combat Veterans LTD.....[www.themovingwall.org](http://www.themovingwall.org)
- The Virtual Wall.....[www.virtualwall.org](http://www.virtualwall.org)
- Get a Copy of your DD-214 on-line.....<http://www.archives.gov/veterans/evetrecs/index.html>