



# THE PURPLE HEARTBEAT

NATIONAL HEADQUARTERS' NEWSLETTER

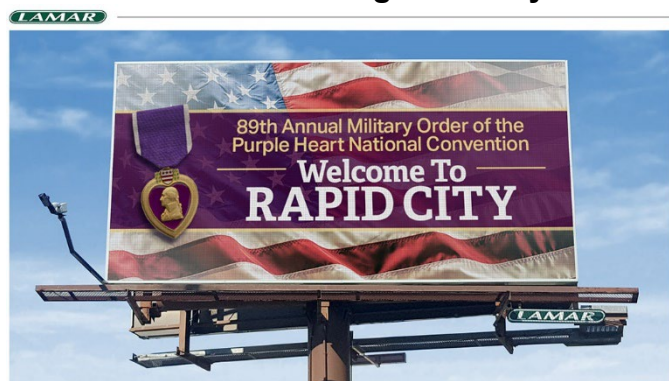
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The Joint Welcoming and Memorial Ceremony was extremely well executed and well received by all in attendance.

This year at the 89<sup>th</sup> annual National Convention opening ceremonies we highlighted tribal veterans groups from the Mandan, Hidatsa, and Arikara nation, (MHA), of North Dakota and our Host Honor Guard, and the Sisseton-Wahpeton Sioux Tribe of South Dakota our Co-Host Honor Guard. In addition to the tribal veterans' groups, the MHA nation's ladies auxiliaries also assisted honorably and proudly wore their native auxiliary attire. These tribal veterans' groups danced to native singing and in their native customs and warrior traditions honoring our colors and their eagle feather staffs.

The two drum groups that provided singing were also from the MHA nation of North Dakota, and the Yankton Sioux tribe of South Dakota.



## Thank-you to The Dakotas!

Thanks to all the hard work by Department Commander Connie Johnson, Adjutant Bill Flippo, Treasurer Ken Tennison and the rest of the Department, our 2022 Convention was a great success.

The Military Order of the Purple is thankful to these tribal nations and sending their tribal veterans honor guards and ladies' auxiliary, and their singing/drum groups.

Finally, it should be duly recognized that the MHA nation and the Sisseton-Wahpeton Sioux Tribe made generous donations to the convention displaying their honor, recognition, and appreciation of all combat wounded veterans and their families and we are thankful to these tribes that donated.

### Motorcycle Raffle Huge Success

Kelly McMath of South Dakota won the raffle drawing. 2100 total tickets were sold which raised \$25,500 net proceeds to help pay for Convention costs.



### The Galloway Foundation

Dr. Gracie Galloway, Founder and CEO of presented PNC McCormick with an autographed copy of "We Were Soldiers Once and Young". One hundred tickets at \$10 each were sold. Chaplain Carlton had the winning ticket winning the book and \$500. The other \$500 was donated to The Galloway Foundation.



### Spirited Auction raises \$600!

PNC McCormick auctioned off a model of the Boeing C17 Globemaster III. Patriot McInnis (0177-LA-5) made the winning bid saying he had jumped into Iraq (IF) from a C-17 and said "When I say the model, I knew I had to have it. Ken specified the money was to be used for the Order's Suicide Awareness and Prevention Program.



U.S. Army paratroopers prepare to board a C-17 Globemaster III into the Kurdish-controlled area of northern Iraq. This was the first combat insertion of paratroopers using a C-17.



### Convention News Links

Submitted by Bill Flippo

<https://www.blackhillsfox.com/2022/08/16/world-war-ii-veteran-honored-bravery-valor/>

<https://www.kotatv.com/2022/08/15/national-purple-heart-convention-comes-black-hills/>

<https://www.newscenter1.tv/military-order-of-the-purple-heart-makes-first-ever-rapid-city-midwest-visit/>

## September is Suicide Prevention Month

We want Veterans to know that they don't have to solve life's challenges alone. Suicide is a complex problem, and stressful life events like divorce or job loss can be risk factors.

[www.VA.gov/REACH](http://www.VA.gov/REACH) offers resources to help support Veterans across a wide range of challenges, before these problems become overwhelming. Suicide is preventable, and we all have a role to play. Help us spread the word with the "Don't Wait. Reach Out." campaign toolkit at: [Spread the Word | Don't Wait. Reach out. \(va.gov\)](http://Spread the Word | Don't Wait. Reach out. (va.gov)).

You may also share the PSAs:

[Boil :75 | Veterans Crisis Prevention - YouTube](#)

<https://www.youtube.com/watch?v=GBLzdFXJyTw>.

## Two-time Purple Heart recipient visits Rapid City

Submitted by Laura Heckmann, Reporter | Rapid City Journal

[https://rapidcityjournal.com/news/local/two-time-purple-heart-recipient-visits-rapid-city/article\\_d9e84d6f-7830-5dce-827d-f738340d2edf.html](https://rapidcityjournal.com/news/local/two-time-purple-heart-recipient-visits-rapid-city/article_d9e84d6f-7830-5dce-827d-f738340d2edf.html)

A dented gray WWII combat helmet rested on a round wooden table inside the lobby of the Best Western Ramkota Hotel in Rapid City Monday afternoon. The helmet belongs to Harold Nelson, a 107-year-old WWII veteran and two-time Purple Heart recipient.

A natural-born storyteller with a sharp sense of humor, Nelson was in town from Denver for the 89th Annual Military Order of the Purple Heart and Auxiliary's National Convention, hosted by Rapid City for the first time in its history.

While sitting in the lobby, Nelson was approached by several strangers asking for autographs and photos. He doesn't really know what to do with the word "hero," or his slew of accolades, which includes the Bronze Star, Silver Star, multiple

marksmanship medals, and the Medal of Valor — presented to him earlier that day at the convention.

"I don't even think about it," he said. Humility shone through a matter-of-fact account of the incident that earned him his Silver Star.

While fighting his way out of Anzio, Italy, Nelson said he and the few men he had left, had run out of ammunition with Germans shooting at them from an old, abandoned house and no way to advance. He spotted an abandoned U.S. Army tank and made a dash for it, as a German hand grenade exploded near him, blowing off his backpack.

He mounted the tank to discover the machine gun had one belt of ammunition left. "And I climbed up on the tank and fired it into the windows of the house," Nelson said, "and the enemy surrendered."

Born in Wolbach, Neb. on February 28, 1915, Nelson has chronicled his life on paper — both typed and handwritten — from growing up on a Nebraska farm to harrowing accounts of his nearly two years in a warzone, including six amphibious invasions. Nelson filled a three-ring binder with his tales, at the encouragement of his daughter, Carolee Soden.

"It's his legacy," she said.

Nelson's dented helmet, resting on the table in front of him, told stories of its own — tales of narrow escapes, shoveling foxholes, and even carrying fresh milk to his fellow soldiers.

"As a helmet, it saved my life at least three times," Nelson said.

Nelson was 26 years old when he became the first Nebraskan soldier drafted on July 14, 1941. He enlisted in the United States Army as an infantryman, with WWII looming. He was assigned to 2/7 Infantry, 3rd Infantry Division of the United States Army 9th Corp. and shipped overseas on October 24, 1942.

Nelson's first amphibious landing was off the coast of Africa, disembarking five to ten miles from shore, climbing down a cargo net in the dark with full combat pack and weapons, into Higgins boats.

"Imagine trying to go down the rope cargo net and getting into a boat with waves ten to 20 feet high,"



Nelson wrote. They tried to jump into the boats quickly, he said, but the boats might dip 10 to 15 feet, and back up again, slamming soldiers against the side of the ship, sometimes breaking their legs.

"I really don't know how I landed," he wrote. "I guess I was just so scared I don't remember." He said that was the worst of the six.

Darkness and wind brought them to the wrong beach that night — expecting sand, they found instead what he described as a coral rock beach — "steeples with no bottom."

He waded, floated and crawled his way to shore, where they were shelled by enemy ships and shot at by shore defenses, escaping with only a few of his men.

In his nearly two years overseas, Nelson said he never slept in a bed. Four months were spent in a foxhole during the Battle of Anzio, using dirt or his helmet for a pillow. He battled cold, damp and hunger in addition to bullets. Nelson said one of his favorite pastimes these days is sleeping — catching up on the two years he lost.

Now, with sleep comes nightmares. Soden said whenever her father tells his stories from the war, he inevitably relives them in his sleep. He also goes hunting and fishing in his dreams, though, he added.

"I catch a lot of fish when I'm sleeping," he laughed.

Nelson's hand-written account of his two years at war, including each of his six amphibious landings, reads like a white-knuckle history book, but his humor also shines through.

One story detailed wading across The Volturno River in the dead of night, in shoulder-deep water, with shells flying overhead. A bullet went through the side of his helmet, just above his ear.

"I guess they were a bad shot," he joked.

He has stories about getting chewed out by General Patton, being bombed during a Bob Hope show, and pulling shrapnel from his own chest.

Nelson pointed to the spot where he pulled the shrapnel, tracing a trail down to his leg, where a bullet crossed, ending at his right arm, where he

took a bullet and earned his second Purple Heart. He also suffered permanent hearing loss in his right ear when an artillery shell exploded inside his foxhole, blowing away his commanding officer.

He described his four months in Anzio as "hellish," before fighting their way out to Rome. They were spread out too far with too few men, he wrote, and their casualties were too many. He would lose 950 of his soldiers and friends in Italy.

It was in Rome that he learned he was going home.

"It was the best thing I heard in the two years overseas," he said. Nelson was one of only seven from his company to come home.

He returned home to Wolbach, where his sweetheart Frances was waiting for him.

"Bless her heart, she waited for me for almost four years," he wrote. "I guess the shock was so great we decided to get married that week" — September 19, 1945. They were married by a Justice of the Peace in Smith Center, Kansas. "It took 20 minutes and \$20."

Nelson was discharged on June 23, 1945. They moved to Denver with "no money to speak of," where Nelson got a job with the Merchants Biscuit Co.—now the Keebler Co. He started as a painter, earning 39 cents per hour. He spent 33 years with the bakery, working his way up to project engineer.

Nelson and Frances had nearly 50 years together, and two daughters.

Soden said the Purple Heart connections have been "amazing," for Nelson, "to be a part of something where everyone in the room has a Purple Heart." It's also an opportunity for all of them to tell their stories, she said.

As Nelson picked up his battered gray helmet and placed it on his head, he said it felt heavy. Whether that came from the weight of the steel, or the stories it carried, it remains a part of his legacy.

"Quite a legacy, I would say," said Soden.

<https://www.blackhillsfox.com/2022/08/16/world-war-ii-veteran-honored-bravery-valor/>

## No Life Member Rebate for 2022

During the Convention, the Supreme Body voted to NOT payout any Life Member Rebates this year after sustaining significant losses in our Life Member Investment Fund. The interest will be retained in the investment for growth.

## Why do we celebrate Labor Day? So Grover Cleveland could own the left.

By [Gillian Brockell](#), Washington Post  
September 5, 2022 at 6:00 a.m. EDT



President Grover Cleveland during his first term at the White House in 1888. (Prints and Photographs Division/Library of Congress)

Americans often do things a little differently from the rest of the world. We measure differently (imperial vs. metric), write the date differently (month-day-year vs. day-month-year) and fill our cups with enormous amounts of ice (a less cost-effective but undeniably more enjoyable way to consume beverages).

We also celebrate workers and the labor movement on a completely different day from most of the rest of the world: Labor Day vs. May Day. That is particularly strange considering both days started right here in the United States. So how did one spread elsewhere while the other became a federal holiday here? Politics, of course.

Labor Day came first, but its origins are contested, according to a widely cited 1982 paper by Theodore Watts. Some say it was the brainchild of a respected union leader, Peter McGuire, at an 1882 meeting of the New York Central Labor Union. Others credit Mathew Maguire, also a respected union leader and member of the New York Central Labor Union but with a reputation for radicalism. Watts and others suggest that after Labor Day became a big deal, union brass credited McGuire instead of Maguire in the origin story to keep any hints of radicalism at bay.

It was scheduled for Sept. 5, a Tuesday, meaning most of the demonstrators were skipping work. Divisions came from Jersey City, Brooklyn, Harlem and other areas, and they gathered on Canal Street. More than 20,000 people marched up Broadway to Bryant Park, a little under three miles, holding banners and singing songs about the eight-hour workday and other union demands.

Afterward, marchers went to a picnic at Wendel's Elm Park, a private park on the Upper West Side of Manhattan. There were even more people and more unions there at the picnic. There were 15 daily newspapers in the city at the time, and their coverage of the event was mostly glowing. It went so well that organizers decided they would do it again the next September. Within a few years, it had spread to other states and cities and was moved to the first Monday in September.

Now about May Day. There was already a holiday on the first of May with ancient origins — think flower crowns and maypoles — but national labor organizers did not have that in mind in 1884 when they set May 1, 1886, as a deadline for businesses to grant their workers an eight-hour workday. As the day approached, unions across the country prepared for a general strike. That day, somewhere between 300,000 and 500,000 workers struck nationwide.

Making it a federal holiday was not high on the list for President Grover Cleveland. In 1894, he was focused on the recession and kicking around the idea of running for a third term. And then there was the headache of the Pullman Strike, a long and bitter strike centered in Chicago and threatening the nation's already battered economy.

As Cleveland prepared to clamp down on the strikers, he pushed a Labor Day bill through Congress and signed it on June 28. Most historians agree it was largely an attempt to concede something to the labor movement while blunting the power of the more radical May Day crowd.

A few days later, Cleveland ordered federal troops to Chicago as the strikers grew violent. On July 17, National Guard troops fired into the crowd, killing as many as 30 people. When the first federally recognized Labor Day rolled around that September, workers and labor unions were not assuaged. Only federal workers got the day off.

One of the most iconic photos of American workers  
is not what it seems



Workers atop the 70-story RCA building in New York's Rockefeller Center lunch on a steel beam overlooking the city in 1932. (Getty Images) (Bettmann/Getty Images)

## Where were you on 9/11/2001?

Patriot Day is a United States national observance that honors the memory of those who were killed in the September 11 attacks. It was first observed in 2002, after the proclamation by President George W. Bush.

Sunday, September 11th, 2022, marks the 21-year anniversary of the 9/11 terrorist attacks on the World Trade Center in New York City, the Pentagon, and United Airlines Flight 93 which crashed in suburban Pennsylvania. Patriot Day serves as a remembrance of the lives lost on that September morning.

By a joint resolution approved 12/18/2001, (Public Law 107-89) has designated September 11th of each year as "Patriot Day" which also directs the flags be lowered to half-staff for the entire day on September 11.

### A section of the law is below:

"§ 144. Patriot Day"(a) DESIGNATION. - September 11 is Patriot Day."(b) PROCLAMATION. -The President is requested to issue each year a proclamation calling on-

"(1) State and local governments and the people of the United States to observe Patriot Day with appropriate programs and activities.

"(2) all departments, agencies, and instrumentalities of the United States and interested organizations and individuals to display the flag of the United States at half-staff on Patriot Day in honor of the individuals who lost their lives as a

result of the terrorist attacks against the United States that occurred on September 11, 2001; and'

'(3) the people of the United States to observe a moment of silence on Patriot Day in honor of the individuals who lost their lives as a result of the terrorist attacks against the United States that occurred on September 11, 2001.'"

On September 11, 2001, al-Qaeda launched a series of coordinated terrorist attacks upon the United States, killing almost 3,000 people. In the immediate aftermath of the tragic events, the President proclaimed September 14, 2001, as a National Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001. A year later, September 11 was made a National Day of Mourning referred to as Patriot Day. This observance has been proclaimed annually since 2002.

In 2009, President Barack Obama rededicated it as Patriot Day and National Day of Service and Remembrance. It is not a public holiday therefore government offices, educational institutions and businesses do not close on this day. On Patriot Day, the national flag is flown at half-mast on all United States government buildings and establishments. Individuals are also encouraged to display flags on their homes.

A moment of silence is traditionally observed at 8:46 AM. Many organizations and establishments hold memorial ceremonies to honor the victims of 9/11.

## Patriot's Day or Patriots' Day?

In 1894, Massachusetts Gov. Frederic Greenhalge proclaimed Patriots' Day to be celebrated every April 19 to honor the Battles of Lexington and Concord, the skirmishes on April 19, 1775, that sparked the American Revolutionary War.



Engraving of the Battle of Lexington in 1775



Patriots' Day is a state holiday in Maine and Massachusetts on the third Monday in April.

Sometimes known as Lexington Day or Battles of Lexington and Concord Day, Patriots' Day commemorates the opening battles of the American Revolution at Lexington and Concord in 1775.

The day was originally to be called either 'Lexington Day' or 'Concord Day', however it was also pointed out the bigger battle at Menotomy - now known as Arlington - would not be included in this celebration.

As a compromise, the day was called 'Patriots' Day' to include all key battles in the region.

Wisconsin became the third state to proclaim Patriots' Day in 2001. It celebrates it every April 19, though it isn't a legal holiday in the state. Public schools in the state observe the day by teaching about the first shots of the Revolutionary War in Lexington.

In 2017, Connecticut became the fourth state to officially celebrate Patriots' Day. Like Massachusetts and Maine, it celebrates it on the third Monday of every April. But like in Wisconsin, it isn't a legal holiday.

**The four states are divided on the proper punctuation.** Massachusetts and Connecticut call it Patriots' Day while Maine and Wisconsin go with the singular Patriot's Day.

## Military Reunions

If you want your upcoming military unit reunion published in *The Purple Heartbeat*, send the details to [lleight@gmail.org](mailto:lleight@gmail.org) at least two months in advance.

## Wounded combat veterans carry on legacy of the 'Purple Heart'

Three local Purple Heart recipients share their experiences about the award. -

<https://www.kristv.com/veteransinfocus/wounded-combat-veterans-carry-on-legacy-of-the-purple-heart>

## What the Purple Heart means to someone who received it



Photo courtesy of Sgt. Joseph A. Tormala, U.S. Marine Corps. U.S. Army (Ret) Tormala during active combat service, taken in the field

HOUGHTON — Everyone is familiar with Memorial Day, Veterans Day, and many are familiar with Armed Forces Day. But there is another holiday — one that is just as important — that many may not be aware of: Purple Heart Day.

Observed on the day of its creation, Purple Heart Day falls on August 7th each year. It gives an opportunity for the nation to pause and acknowledge the sacrifices made by the brave members of our military. In the Copper Country, one such man who understands those sacrifices is Joseph A. Tormala, retired veteran of the U.S. Marine Corps and the U.S. Army, who received the Purple Heart after having been wounded in combat more than a dozen times, in four combat zones.

Tormala is now the Department Americanism Officer for the Military Order of the Purple Heart in Michigan, and the award is far more than just a medal to him.

*"To me it is the greatest symbol of sacrifice in America," said Tormala. "For those friends who are killed in combat who earn a Purple Heart, for the ultimate sacrifice of their lives — so that you can live free — you never take life for granted. You value each day as a gift and never forget them and their heroic service to America."*

Tormala said no one wants to earn a Purple Heart, even though the deadly risks of serving in combat are known.

*"You really don't think about being wounded," he said. "You rely on your training and leadership to overcome the most horrific situations and prevail."*

Of all the military awards a soldier must be recommended for, he said, the Purple Heart is the only one, awarded upon suffering wounds in combat. The Purple Heart is awarded for the first wound received, he said. Although throughout his military career he suffered 14 wounds, he received only the one Purple Heart for his first wound.

While he regards the Purple Heart as the greatest symbol of sacrifice in America, it is in being a veteran where responsibility to others originates.

*“Those of us who served in combat,” said Tormala, “carry the responsibility of sharing our history of America; t, which has been bought with human lives, who were called to serve something far bigger than themselves.”*

Tormala served in four combat zones. He has been a Veterans Advocate through multiple service organizations over the past 29 years, he said, where his fellow brothers and sisters in arms spend the rest of their lives making the way for Veterans easier, after being discharged from the military.

*“Every Veteran benefit we have in society,” he said, “is thanks to the Veterans who served before us and advocated for legislation that improved the lives of all who served.”*

On Nov. 9, 2019, Newsweek published an article titled, *“Veterans ‘Uncomfortable’ With Thank You for your Support This Veterans Day.”* The article was based on a poll commissioned by the Cohen Veterans Network that said 49 percent of active and former members of the Armed Forces feel uneasy with the expression *“Thank you for your service.”* Tormala is not among that minority.

*“I personally appreciate someone who says, ‘Thanks for your service,’” he said. “You’re welcome is my reply. Honor and appreciation have been earned by anyone who served in the Armed Forces honorably. Some preserved the peace at home and abroad and some served in operations and times of war. You don’t get to choose; superiors direct you to your mission, and all who served in the U.S. military gave some and some who served gave all.”*

America needs the Army, Marines, Navy, Air Force, Coast Guard and Space Force to ensure our National Defense, said Tormala.

*“Generally, only about 2.5 million people out of 300 million people serve in the U.S. military,” he pointed out.*

On May 18, 2022, for the second year in a row, Tormala sent a request to Gov. Gretchen Whitmer to proclaim Aug. 7 as Purple Heart Day in Michigan. It is a badge of courage and sacrifice with a history as old as the nation itself.

On Aug. 7, 1782, Gen. George Washington established the Badge of Military Merit to honor enlisted soldiers of the Continental Army. Today this honor is known as the Purple Heart. The honor was only presented to enlisted soldiers who had performed a “singularly meritorious action,” officials said. Only a handful of these were awarded, and following the American Revolution, the Badge of Military Merit did not become a permanent fixture among the various other awards and decorations given to those who serve.

The Badge of Military Merit would be honored again in 1932, when the Purple Heart award was created to honor the bicentennial of Washington’s birthday. World War I saw the first Purple Hearts awarded to soldiers. Those were presented on the site of the final encampment of the Continental Army in Windsor, New York. The Military Order of the Purple Heart (MOPH) was formed in 1932. It is composed exclusively of men and women who have received the Purple Heart and is the only veterans service organization with only “combat” veterans as members. It is estimated that more than a million Purple Hearts have been awarded and there are about 45,000 MOPH members today.

## **PACT Act**

### **VA Secretary's Statement on the Signing of the PACT Act**

“The [PACT Act](#) is a historic new law that will help VA deliver for millions of Veterans — and their survivors — by empowering us to presumptively provide care and benefits to Vets suffering from more than 20 toxic exposure-related conditions. It will also bring generations of Veterans into VA health care, which will improve Veteran health outcomes across the board.

We at VA are ready to implement the PACT Act and deliver for toxic-exposed Veterans and their



survivors. **If you think you might be eligible for PACT Act benefits, here's what you need to know:**

- You can apply for PACT Act-related benefits now by filing a claim at VA.
- As President Biden announced at the bill signing, we are making all 23 presumptive conditions in the PACT Act eligible for benefits effective today, August 10.
- You can learn more about the PACT Act by visiting [VA.gov/PACT](https://va.gov/PACT) or calling [1-800-MyVA411](tel:1-800-MyVA411).

Thank you to all the Veterans, survivors and family members who fought tirelessly to make this day possible and thank you to President Biden for keeping our nation's promise to those who served.

We at VA will stop at nothing to make sure that every Veteran and every survivor gets the PACT Act-related care and benefits they deserve." - VA Secretary Denis R. McDonough

[Learn More](#)

## 5 Ways the PACT Act Helps Veterans

The PACT Act provides new opportunities for Veterans to access health care services and disability compensation. In this episode, of the SITREP, learn five ways the PACT Act will help Veterans and how you can find out more information about the PACT Act.

[Watch Now](#)

[Download the PACT Act Frequently Asked Questions PDF](#)

[Download the PACT Act Survivors Benefits PDF](#)

## National Legislative Director

Submitted by Chuck Byers

### Vets can apply for all PACT Act benefits now after VA speeds up law

Submitted by VVA [Leo Shane III](#), Sep 1, 11:36 AM

Veterans Affairs officials are now accepting claims for all presumptive illnesses included in the massive toxic exposure legislation signed into law last month, including cases concerning burn pit smoke and carcinogenic chemicals that were not scheduled to go into effect for several more

years. Source: [Vets can apply for all PACT Act benefits now after VA speeds up law \(militarytimes.com\)](#)

## The military's sexual assault problem is only getting worse

Submitted By [Meghann Myers](#); September 1, 2022

More incidents, less reporting, plummeting confidence in the system to get justice — those are the takeaways from the Defense Department's most recent annual sexual assault prevention and response report, released Thursday. For years, officials have couched increases in sexual assault reports by claiming that survivors are becoming more comfortable with reporting, but for 2021, that math doesn't bear out. Source: [The military's sexual assault problem is only getting worse \(militarytimes.com\)](#)

## VA Disability: Clearer Claims Processing Guidance Needed for Selected Agent Orange Conditions

Submitted by GAO-22-105191; Published: Sep 01, 2022. Publicly Released: Sep 01, 2022.

### What GAO Found

For decades, Veterans Affairs has denied most disability claims by Vietnam veterans for 3 conditions associated with exposure to herbicides like Agent Orange. These conditions—which involve nerve damage, skin cysts, and blistering—must have manifested within 1 year of service in Vietnam for VA to presume a connection between the condition and exposure. Sources: [GAO-22-105191, VA DISABILITY: Clearer Claims Processing Guidance Needed for Selected Agent Orange Conditions](#); Pub. L. No. 116-315, § 2011, Comptroller General briefing and report on repealing manifestation period for presumptions of service connections for certain diseases associated with exposure to certain herbicide agents and VVA Resolution AO-17 - Remove One Year Cutoff Date For Chloracne, Acute/Subacute-peripheral Neuropathy, Porphyria And Cutanea Tarda.

## VA extends temporary hardship suspension for benefit debts

Aug. 29, 2022, 10:48:00 AM

**WASHINGTON** — The Department of Veterans Affairs is extending its financial hardship suspension on benefit debts through Dec. 31. This relief option, established to help Veterans through the COVID-19 pandemic, was set to expire Sept. 30. Source: [VA extends temporary hardship suspension for benefit debts](#)

## Support Legislation - Take Action

### **H.R. 7589, the Reduce and Eliminate Mental Health Outpatient Veteran (REMOVE) Copays Act**

House Veterans' Affairs Committee Chairman Mark Takano (Calif.) introduced H.R. 7589, the Reduce and Eliminate Mental Health Outpatient Veteran (REMOVE) Copays Act. This bill would eliminate medical care copayments for veterans' first three mental health visits in a calendar year.

Overcoming the stigma of seeking mental health treatment is in itself a victory. For some service-connected veterans, these copayments are a significant barrier to medically necessary care. Financial obstacles should not be another challenge or deterrent to receiving potentially life-saving mental health treatment.

DAV supports this important legislation in accordance with DAV Resolution No. 022, which calls for elimination or reduction of medical care copayments for service-connected veterans and applauds Chairman Takano for his leadership in working to ensure at-risk veterans continue to seek the mental health treatment they have earned.

Please contact your representative and ask them to cosponsor H.R. 7589, the REMOVE Copays Act.

### [Take Action](#)

### **S. 4580, the Lactation Spaces for Veteran Moms Act.**

S. 4580, the Lactation Spaces for Veteran Moms Act, would require each VA medical center to create a lactation station for veterans who are nursing.

As growth in the number of women veterans using VA health care continues, VA must ensure that it creates environments that are safe and welcoming

to all veterans. This includes private, convenient and hygienic lactation stations women can easily and safely access while they are obtaining the health care they have earned.

DAV supports this bill in accordance with DAV Resolution 124, which calls for VA to address identified deficiencies in its environments of care to ensure all veterans have privacy, safety and dignity when receiving VA benefits or care.

Please write your Senators and request them to cosponsor this important bill.

### [Take Action](#)

### **H.R. 6961, the Dignity for MST Survivors Act**

H.R. 6961, the Dignity for MST Survivors Act, was introduced by Congressman Frank Mrvan (Ind.), Chairman of the House Committee on Veterans' Affairs Subcommittee on Technology Modernization.

This bill modifies communications and procedures for the Department of Veterans Affairs (VA) and Board of Veterans' Appeals (BVA/Board) regarding claims for compensation based on military sexual trauma (MST) experienced by veterans.

The bill requires the VA to ensure each BVA member is offered annual MST training and that claims for compensation based on residuals of MST must be assigned to a member of the Board who has completed the annual training.

VA would also be required to ensure communications to veterans filing appeals use more sensitive language and that clinicians providing examinations for compensation or pension are trained to use trauma-informed practices.

DAV Resolution No. 105 calls on Congress to support oversight of VA practices in evaluating disability claims for residuals of military sexual trauma.

Too many veterans who experience MST report they are re-traumatized when seeking compensation through a seemingly rigid and uncaring bureaucracy in which decision makers are not consistently following proper procedures. Please write your Representative to ask him or her

to cosponsor H.R. 6961-- the Dignity for MST Survivors Act.

## [Take Action](#)

**Thank you for participating in the DAV Commander's Action Network.**

## **Research Opportunity: C-P.A.W.W.**

I hope this email finds you well. My name is Jacquelyn Baldwin, and I am a research assistant for Canines Providing Assistance to Wounded Warriors (C-P.A.W.W.) at Florida Atlantic University (C-P.A.W.W.'s Website: [www.nursing.fau.edu/c-paww](http://www.nursing.fau.edu/c-paww)).

I am emailing you about an exciting research partnership opportunity. Our study is titled, "Veterans and Their Dogs". The overall purpose of this study is to examine dog types and their impact on Veterans' health and well-being. Currently, we are looking for Veterans with an emotional support dog or a service dog. Participating in the study would entail taking three surveys at three different time points: the first one is taken now, the second is taken six months from the first survey, and the third is taken twelve months from the first survey. Compensation is provided after each survey completion. Attached is a flier with more information on this study. If you could circulate the flier to your organization's members, we would really appreciate it. The survey can be reached by scanning the QR code on the flier or by clicking on the following link: <https://redcap.link/veteransanddogs>

We hope that you consider joining us in this exciting new opportunity.

If you are interested in learning more about the project, feel free to email us at [cpaww@health.fau.edu](mailto:cpaww@health.fau.edu) or we can also set up a call.

We look forward to hearing from you soon!  
In the meantime, please stay safe and take care.

**Jacquelyn Baldwin**  
Christine E. Lynn College of Nursing  
Research Assistant- C-P.A.W.W.  
Canines Providing Assistance to Wounded Warriors®  
Health Research Initiative for Veterans  
Florida Atlantic University

777 Glades Road  
Boca Raton, FL 33431  
Email: [jbaldwin2018@health.fau.edu](mailto:jbaldwin2018@health.fau.edu)  
Website: [www.nursing.fau.edu/c-paww](http://www.nursing.fau.edu/c-paww)

## **MOPH Fund, Inc.**

The OFFICIAL fundraising Arm of the Military Order of the Purple Heart is the MOPH Fund, Inc., a 501 c 3 nonprofit corporation.

The Supreme Body approved the creation of our own fundraising 501.c.3 organization during the 2021 Convention in West Virginia. It was officially chartered in August 2021 and was granted non-profit status in February 2022.



The team, with other selected

Command input from Patriots, MOPH

Fund Inc. as the new organization's name, created a set of bylaws, and immediately started work to establish funding streams in order to accomplish its mission and purpose.

The MOPH Fund's (the Fund's) **purpose as stated in its Bylaws** is "Service, welfare and rehabilitation efforts in connection with the Military Order of the Purple Heart of the United States of America, Inc., further referred to as the "Order" those who are eligible for any type of membership in the Military Order of the Purple Heart of the United States of America, Inc., or any wounded, disabled, and/or handicapped veteran, his/her surviving spouse, orphan or survivors, either by contributions to the Military Order of the Purple Heart, United States of America, Inc., or to independently assist in such work, and any other purpose consistent with the charitable activities of the Military Order of the Purple Heart, United States of America, Inc."

Although the Fund's Board of Directors consists of the National Commander, Senior and Junior Vice Commanders, the six Region Commanders and up



to four additional members it is important to remember **the Fund and the Order are two separate and distinct organizations**. The Commander cannot be the Chairman of the Board.

Commander Vedvick's Fund presentation (2022 Fund Brief.pdf) can be downloaded from our website <https://purpleheart.org/MOPHForms> (you must be logged in).

Anyone with fundraising experience willing to assist the Fundraising Committee is encouraged to contact the Fund using the link on its website.

### [The MOPH Fund](#)

On September 6<sup>th</sup>, the new Board of Directors were elected and installed.

Chairman	Carder Ferguson
1 <sup>st</sup> Vice	Robert Olivarez
2 <sup>nd</sup> Vice	Terry Anderson
Secretary	Dan Eddinger
Treasurer	Larry Leighton
Director	Larry Rupp
Director	Frances Figueroa
Director	Chuck Adkins
Director	Charles Anderson
Director *	Mo Mirghahari
Director *	Andrew Del Gaudio
Director *	Ernie Rivera
Director	Christopher Vedvick

- Fundraising Committee

You can also spread the word through your social media accounts/contacts.

### **National POW/MIA Recognition Day**

The Defense Department remembers and honors those Americans who were prisoners of war and those who served and never returned home. DOD's



POW/MIA Accounting Agency continues the search for the missing, fulfilling the nation's promise to leave no service member behind.

### **Chaplain Emil J. Kapaun: 'Padre' Finally Returns Home**

Submitted by SEPT. 30, 2021 | BY AIR FORCE STAFF SGT. APRYL HALL, DEFENSE POW/MIA ACCOUNTING AGENCY PUBLIC AFFAIRS

In 1950, the men in his POW camp simply knew him as "padre." A fellow POW has referred to the padre as the bravest man he ever knew and even "God's man." It may be called the "forgotten war," but those who knew the padre have ensured his name is remembered by all.

Army Chaplain (Capt.) Emil J. Kapaun, truly led his life by example. He returned to service as a military chaplain in 1949, after already having served during World War II. This commitment put him in harm's way again as the Korean War began, and he was sent to the front lines. It was there he began to earn respect and admiration from his fellow soldiers, as he risked his life continuously to minister and provide aid to the wounded.

#### **'The Bravest Man I Ever Knew'**

"I was enlisted, so I knew of Father out on the front lines," said Robert McGreevy, Korean War veteran and former prisoner of war. "Bullets were flying everywhere, but he still went out and took care of the dying. He was the bravest man I ever knew." During the Battle of Unsan in November of 1950, Kapaun's unit was overrun; they retreated to safety, but he insisted on staying behind to help the wounded, dying and those who could not help themselves. Because of that, he was captured and taken to a prisoner of war camp more than 60 miles away. Along the way, Kapaun continued to help the wounded and encouraged others to do the same. He urged his fellow soldiers to do the right thing in the face of what they presumed to be certain death. "Father saved our lives, really," McGreevy said. "He kept morale up; told us not to give up hope. Everyone who knew him idolized him in those moments."

Kapaun consistently taught the men at the prison camp what it means to live selflessly. He continued to care for, comfort and encourage the men. He risked his own lifetime and time again by stealing food or medicine from the guards or offering his own daily rations to his fellow prisoners in order to keep them alive longer. McGreevy said every man

who was with him in that camp has preached for more than 70 years that Kapaun was a true hero, a "miracle man."

After more than six months at the prison camp, Kapaun's deteriorated health and malnutrition caused him to develop pneumonia, which he never recovered from. He died on May 23, 1951. The men who did make it out of Prison Camp #5 alive wholeheartedly believe it was because of their padre, McGreevy said.

Despite Kapaun being buried at the camp and classified as unaccounted-for for decades, his story left that camp by way of the survivors. They shared his story as often as they could and told the world how their lives were saved because of him.

"I can't thank the POWs enough," said Ray Kapaun, the chaplain's nephew. "They came out of that camp and told his story. If not for them, Father Emil [Chaplain Kapaun] would have been another unknown soldier, but they gave him his legacy. They basically gave me my uncle; they let me see what my uncle was and what kind of life he led. I can't give them enough thanks and praise."

[A Growing Legacy \(the rest of the story\)](#)

**Related Story:** [Medal of Honor Monday: Army Chaplain Emil J. Kapaun](#)

[Read More](#)

## National Gold Star Mothers and Family's Day



Gold Star Mother's and Family Day falls on **September 25** this year and is traditionally observed on the last Sunday in September. The

day is for honoring families of those who have received The Gold Star – the military award no one wants. The award commemorates the tragic death of a military member who has perished while in the line of duty and hopes to provide a level of comfort to the parents and families that are left behind.

Since World War 1, a "Gold Star Family" has signified a family that has lost one of its members in combat. The family can display a Gold Star Service Flag for any military family members who have died from any honorable cause – each gold star on the flag signifies a death. Though today only around 1% of the country is involved in military service, as compared to the 12% during other times of war, like World War II, there are still a significant number of surviving Gold Star families – not to mention, a Gold Star lives on in a family's legacy.

### HISTORY OF GOLD STAR MOTHER'S AND FAMILY DAY

Though the exact roots of the tradition aren't totally known, it was during World War I that the gold star came to symbolize that a family member had fallen in battle. Around that time, the term "Gold Star Family" came to mean that you were a surviving family of a person who died in service and families hung banners with a gold star outside their homes.

The tradition has since been authorized and seeks to ease the grief of mothers and families while reminding that no one truly serves alone.

Gradually, there came to be many ways for grieving family members to honor their loved ones with symbols worn or places outside the home. In 1918, President Wilson allowed grieving military mothers to wear a traditional black armband featuring a gold star. Soon after, it was approved for families to cover the blue star on the service flag outside of their home with a gold one. As of 1947, Gold Star family members can also display the Gold Star Lapel.

The American Gold Star Mothers Inc. first got its start in 1917, when Grace Siebold's son was killed during World War I. Wanting to create a support system for grieving mothers in similar circumstances, Grace gathered what would become the American Gold Star Mothers to grieve together and tend to hospitalized veterans in local hospitals. The organization was formalized as a non-profit in 1928, with a mission of remembrance, education, and patriotism. Still today, they support Gold Star mothers in their grief, hold an annual

conference, and organize events with supporting groups.

Though Gold Star Mother's and Family Day isn't observed as a National, federal holiday like Memorial Day, it was declared by Congress in 1936 to be the last Sunday in September – though, at the time, it was only known as "Gold Star Mother's Day." It was in 2011 that President Obama amended the declaration, declaring the day to include families as well as mothers. Today, the holiday includes any immediate family member and authorizes that person to display the Gold Star Service Flag.

Today, America is not embroiled in any kind of conflict like World War I or II, and far fewer individuals consider Gold Star heroes and their families – oftentimes, people may think that they don't know anyone in a Gold Star Family. However, there are many more Gold Star families from previous wars than you may think, and since over 1.3 million people are involved in the military today, it's possible you know a family that still grieves a recent fallen soldier. Understanding the sacrifice and acknowledging the holiday are the best ways to support the families and honor the soldiers.

### WHY GOLD STAR MOTHER'S AND FAMILY DAY IS IMPORTANT

**It emotionally supports the families left behind.** One of the most important things to Gold Star Mothers and Families is ensuring their loved one is not forgotten. When we display our commitment to remembering their soldier, we can all help ease the burden of their grief.

**It reminds us of our gratitude.** We can often take the freedom we enjoy in the United States for granted but this holiday reminds us that freedom is not without a price, in this case, the ultimate price. We're going to spend some time today appreciating the freedom we enjoy every day while being mindful of why we have it.

**It raises awareness of the military.** Though oftentimes the meaning of Memorial Day is overlooked, Gold Star Mother's and Family Day reminds us all of the purpose of the holiday. It also raises awareness of the heroism that our military members display regularly.

### National Patriot of the Year

Patriot Joseph S. Garrido (Chapter 0705-FL-4) was selected as our 2022 National Patriot of the Year. Joe has been a proven leader in the Chapter, serving as Finance Officer and Adjutant ensuring the smooth merger of 0087-FL-4 and serving as Junior Vice Commander. Patriot Garrido took the lead in coordinating the ROTC/JROTC program; has developed a Chapter website and improving the Chapter's social media presence.

Patriot Garrido actively recruits new members (three this last year), participates in the VAVS program, personally delivering Christmas presents to Veterans in the local hospital and is actively involved with multiple other local Veteran Service and Support organizations. Patriot Joseph Garrido truly epitomizes what we expect our National Patriot of the Year to be.

**REMINDER:** Nominations for the 2023 Patriot of the Year are to be submitted, through command channels, **to the National Adjutant NLT May 1<sup>st</sup>!**

### National Viola Program

Submitted by Patriot Bill Bull, National Viola Program Manager



Summertime and great weather is the time to meet and greet the public and introduce them to our organization and the Viola Program. A simple table and a Purple Heart Patriot or two with a handful of Purple Heart Violas can really draw a crowd at the entrance or exit of your friendly food store or big box retailer. Veterans and civilians alike will open their hearts and support the programs of the chapters of The Military Order of the Purple Heart.

Contact me at the address, e-mail or phone number below and get the process started. Cost \$155.00 per 1,000, postage paid.

Viola Program  
c/o William Bull  
22470 CSAH 14  
Darwin, MN 55324  
Phone 952-594- 2374  
[beprepared4cpr@gmail.com](mailto:beprepared4cpr@gmail.com)



Enclose payment in full making checks payable to: MOPH Viola Program.

## COVID-19 immunization therapy

Submitted by PNC Ernie Rivera

VHA wants to ensure you aware that on August 31, 2022, FDA authorized updated COVID-19 vaccine boosters that protect against both the original virus strain and broaden protection to include the Omicron variant. The updated boosters will be delivered to VHA facilities as early as next week.

With the authorization of these updated boosters, the vaccines which have been used throughout the pandemic are no longer authorized by FDA for use as boosters, effective immediately. VHA administers an average of more than 1500 COVID-19 vaccine doses per weekday and, for Veterans planning to get a booster dose this week, we will work to reschedule so that they can get the newer booster offering broader protection when it becomes available. We anticipate a gap in booster administration of about a week while we wait for the new boosters to arrive.

The rescinded authorization for the original COVID-19 monovalent mRNA vaccines as boosters is not due to any safety concern and these vaccines continue to be recommended as the primary series, which is the foundation for strong protection against COVID-19. We are in the process of performing widespread notification to our staff across the organization about no longer being able to utilize the current monovalent form of booster. We also are preparing to educate Veterans about the availability of the new booster and anticipate beginning to administer the updated boosters soon after their arrival.

Additionally wishes to remind you that we will soon be entering Flu season and wants you to encourage your constituents to receive the vaccine. The vaccine delivery is anticipated sometime later this month. Also of note, it is perfectly safe to receive your Flu vaccine and a COVID-19 vaccine at the same appointment.

## Announcing Bells of Peace 2022



### Toll the Bells to honor all those who have served and sacrificed

Bells of Peace is a U.S. national "bell tolling" created in collaboration with the Society of the Honor Guard, Tomb of the Unknown Soldier (SHGTUS) in 2018 to commemorate the 100-year anniversary of the World War I Armistice.

The Doughboy Foundation has since promoted it as an annual remembrance of those who served in WWI and the 11th hour of the 11th day of the 11th month, when the guns fell silent, and bells tolled on the Western Front in 1918.

### Sign Up

[Register your 2022 participation](#) as an individual or as an organization and join the tens of thousands who have tolled the bells in the name of liberty and freedom.

When you sign up you can add your organization's logo to the [National Participants Wall](#) (going back to 2018).

### No bell? No Problem!

[Download the Bells of Peace Participation App](#) and get a countdown timer to 11/11 @11am local.

Select from various bell sounds that toll 21 times, 5 seconds apart from your smartphone at the right time. Get others in your group to do the same, all selecting different sounds with the phone clocks synchronizing the tolling.

If you don't use social media, you can still share your plans and your event through the App using the phone to take pictures or make videos, and it will also be included on the [National Participants Wall](#).

The Doughboy Foundation will be hosting a Bells of Peace commemoration at the National WWI Memorial in Washington, D.C. starting at 10:30am Eastern on November 11, 2022.

The ceremony will include a wreath dedication, remarks by special guest General Barry McCaffrey, the Bells of Peace tolling, and "Echoing Taps" by [Taps For Veterans](#), when multiple buglers will play taps from different corners of the WWI Memorial.

If you are in DC, we invite you to join us live at the Memorial, located at Pennsylvania Avenue between 14th Street and 15th Street NW, across from the White House Visitor Center. If you are not local, tune in to our LIVE STREAM on the Doughboy Foundation YouTube channel at [YouTube.Com/c/TheDoughboyFoundation](https://www.youtube.com/c/TheDoughboyFoundation) or on the home page of Bells of Peace site.

Get the overview on the [About page](#) or dig into the details on the [Info and FAQs](#) page.

Contact: [BellsOfPeace@doughboy.org](mailto:BellsOfPeace@doughboy.org)

## AD&D Insurance UPDATE

Phase I of our mailings has been completed. We sent out 10,094 notices to members in CA (3,625), CT (883), MD (557), TX (4,351), and WV (678). **Over 500 were sent back to the HQ with "Bad Address"!** This requires the limited HQ staff to sort and prepare and submit a spreadsheet to update the National Roster. Department and Chapter adjutants need to continue stress the need for members to update their personal profiles!

Phase II mailings (15,041) will be sent out by the first week in Oct to AR (430), AZ (1,041), CO (800), FL (3,226), GA (1,359), GU (119), HI (358), ID (296), IL (1,231), MN (1,425), MT (217), NE (335), NJ (2,483), WA (821), WI (783) and WY (117).

Phase III (remaining members) will be mailed in November. Phase IV (cleanup from returned to sender and new members added since Jun 30) mailing date has not been determined.

**NOTE:** Addresses from the Jun 30, 2022, roster, the same one used for Life Member Verification.

**Reminder:** American Income Life (AIL) is the parent organization providing the \$2,000 no-cost Accidental Death and Dismemberment (AD&D) policies to members of the Order and the Auxiliary. Individual policies are administered by subordinate companies and agents local to your area as

opposed to being handled by one agent in West Virginia.

Each of us, with a valid STATESIDE mailing address in our profile, will receive a letter from our Headquarters (MOPH return address). It will contain a letter from AIL explaining the program in detail, including instructions for filing a claim should you need to, all the other "no-cost to us" options, and a return card with pre-addressed address to be used to designate your beneficiary. It will also tell us who to contact if we have any questions.

The letters will be sent out in batches of 10,000, grouped around Chapter locations, not necessarily individual member addresses, until complete. Members living overseas, whether temporarily or permanently will NOT receive a letter but are still covered. You can see a SAMPLE AIL letter, a sample return card, and AIL Information brochure [here](#).

**IMPORTANT NOTE: This is a one-time mailing from us, NOT AIL! It is not SPAM!**

Each Member, Associate Member, Auxiliary Member, and Associate Auxiliary Member already has an insurance policy. The policy has been in effect since August 29, 2021 – whether you take any further action or not. You must be in one of the four categories to be covered. Even if you do not receive the letter, for whatever reason, including having an overseas mailing address, you ARE covered.

If you do not return the enclosed card to the agent, your benefit, if you need it, will be paid to your estate, not the beneficiary you might have wanted. Keep the letter in with your insurance papers for family members to find – if needed. If you do not return the card, you will not be contacted.

If you do return the card, you will be contacted by the local agent to discuss delivering any additional "no-cost" items to you and to ask if you want to discuss additional OPTIONAL insurance coverage.

There are some exclusions. The policy does not cover:

1. Suicide or intentionally inflicted injury while sane or insane;
2. Sickness, disease, medical treatment, or surgery;
3. Voluntarily taking of drugs unless taken as prescribed by a doctor;

4. Injuries sustained other than regularly scheduled commercial airline flights by a pilot, student pilot, or crew member of an aircraft in a crash or collision of the aircraft;
5. Committing or attempting to commit a felony or assault;
6. Taking part in a riot or insurrection; or
7. War or any act of war or any injury sustained while serving in the military forces engaged in war whether declared or undeclared.

**No part of this AD&D program depends on whether you return the card or if you are interested in any optional coverage.**

**It is a benefit of being a member of the Order.**

## **The Song Most Radio Stations Won't Play**

Submitted by Chaplain Cannon

A great song with country music to start your day and pass along!!!

The song you are about to hear is from a Las Vegas Diamond Rio concert. They received an immediate resounding standing ovation and continue to do so every time they perform it. Sadly, major radio stations would not play it because it is considered "Politically Incorrect".

Consequently, the song has not been released to the public. We can all take care of that by sending it on.

Although it is written for the United States, it also applies to Canada, and all other free countries. Every person in the USA and the free world needs to hear this song, so please keep it going.

### **Diamond Rio – In God We Still Trust**

## **Life Science Holding Company**

Remember a portion of the proceeds for all sales of Life Science Products with the MOPH logo are sent back to the Order. If you don't have an account, click on the Life Science Holding Company logo on the partners page of our website ([Military Order of the Purple Heart](#)) and sign-up.

## **Buy One Item Get Another Item Free (Of Equal Or Lesser Value) PLUS A Free Gift**

### **Hemp Oil Types**

CBD and other cannabinoids like CBG. and CBN are extracted from Hemp to create a phyto-cannabinoid rich oil, which often contains multiple cannabinoids found in the plant including trace amounts of THC. A product that contains all of the natural cannabinoids present in the hemp is called Full Spectrum. Full Spectrum products can contain up to 0.3% THC by weight, this is not enough THC to produce any psychoactive effect if taken in accordance with the dosing instructions. The first stage from hemp typically contains 50-70% cannabinoid by weight and is called Crude. Crude can be further refined to Distillate which is typically 80% cannabinoid by weight. Distillate can either be "Full spectrum" or "Broad Spectrum". Broad Spectrum means that the THC has been removed, this is also sometimes called "THC Free" oil. Distillate can be further refined into Isolate which is 99% cannabinoid by weight, does not contain THC and is a pure crystalline cannabinoid powder.

Some folks prefer Full Spectrum products because they contain a larger array of cannabinoids like trace amounts of THC (less than 0.3%). CBG and CBN. By keeping elements that naturally occur in the plant itself, most specifically cannabinoids. products can have something called the entourage effect. The theory of the entourage effect is that the whole is greater than the sum of its parts. For example, eating a whole carrot which contains vitamins. minerals, fiber etc., may be healthier than taking each individual element separately. The entourage effect of multiple cannabinoids has not been scientifically proven to be substantially more beneficial than CBD alone. Other users prefer a Broad-Spectrum product because they do not want any THC.

### **Hemp Product Types**

Hemp products come in a variety of product types that include:

- Topicals -Lotion, Cream, Salve, Balm
- Tincture • Get Caps
- Gummies/Candies
- Atomizer Inhalers • Vape/Smoke
- Pet treats for Dogs, Cats and Horses





The best type of CBD for you will depend on your reason for taking it. If your particular concern is limited to a particular part of your body like an injury, then a topical that you can apply to that area may be a good choice.

Topicals are also good if THC is a concern as it cannot be absorbed through the skin. For more systemic concerns an oral or inhaled product may be a better fit. THC free options are available for tinctures, gummies and capsules. CBD products that are absorbed in the stomach and intestines can take several hours to have an effect. Smoking and vaping CBD has an effect within minutes, but THC free options are limited. Pets can have the same types of ailments as their human companions but the most common use for CBD for pets is pain.

The best type of CBD for YOU will depend on YOUR reason for taking It.



## Domestic Violence: It's EVERYBODY'S Business



October was first declared as National Domestic Violence Awareness Month in 1989. Since then, October has been a time to acknowledge domestic violence survivors and be a voice for its victims. Domestic violence is prevalent in every community, and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime.

Although there has been substantial progress in reducing domestic violence, an average of 20 people are physically abused by intimate partners every minute. This equates to more than 10 million abuse victims annually. 1 in 3 women and 1 in 4 men have been physically abused by an intimate partner, and 1 in 5 women and 1 in 7 men have been severely physically abused by an intimate partner. Millions of Americans live in daily, silent fear within their own homes. In addition, every year millions of children are exposed to domestic violence. Domestic violence incidents affect every person within a home and can have long-lasting negative effects on children's emotional well-being, and social and academic functioning.

The National Child Traumatic Stress Network (NCTSN) has compiled a list of helpful resources for parents and caregivers, children and teens, mental health providers, child welfare workers, law enforcement professionals, educators and school staff, and policy makers.

[Read More – Resources Available](#)

## Region I News

### Chapters 0187-NY-1 and 0264-NY-1

Submitted by Ron Krul, Chp 187

Chapters 0187-NY-1 and 0264-NY-1 recognize Niagara County Community College with a Purple Heart Plaque which will be placed in the college's newly renovated Veterans Learning Center.



Pictured - Ronald Krul Chapter 264, College President Dr. William Murabito, Russell Ward Chapter 187.

### Chapters 0187-NY-1 and 0264-NY-1

Submitted by Ron Krul, Chp 187

Niagara County Clerk Joseph Jastrzemski stands beside a permanent Purple Heart display he established in the main foyer of the Niagara County Courthouse to raise the awareness of sacrifices made by all veterans.



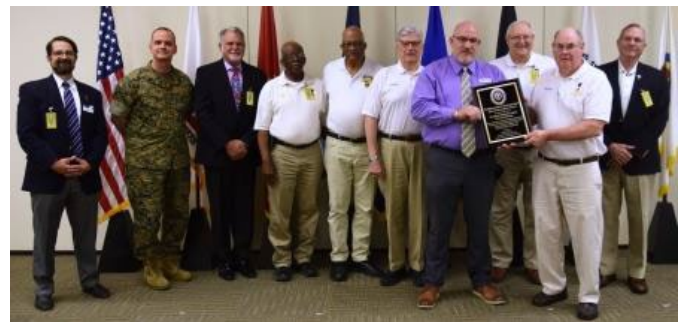
Joining the County Clerk are Ronald Krul and Russell Ward.

### Chapter 1965-VA-1

Submitted by Philip F. Koren, SVC, and Dick Wise, Cdr, Greater Richmond Chapter 1965

The Greater Richmond, Virginia Chapter 1965 of the Military Order of the Purple Heart (MOPH) presented the Department of Defense, Defense Commissary Agency (DeCA), and its Fort Lee, Virginia, Commissary with an appreciation plaque on April 28, 2022, for their combined efforts to support regional veterans and charitable causes. During the ceremony at DeCA Headquarters, Mr. Richard Wise, Commander, and Mr. Philip Koren, Senior Vice Commander and Judge Advocate of the Greater Richmond Chapter 1965, presented a plaque to Mr. Michael Dowling, DeCA Deputy Director and Chief Operating Officer, Sergeant Major Michael Saucedo, USMC, Senior Enlisted Advisor to DeCA Director, Mr. Dennis Pimento, Zone 28 Manager, and Mr. Sean Farrell, Fort Lee Commissary Store Director.

For the past five years the Fort Lee Commissary and Greater Richmond Chapter of the MOPH have worked together to hold fundraisers at the Fort Lee Commissary to benefit the local Fisher House, the Sitter-Barfoot Home for Virginia Veterans, both on the campus of the Holmes-McGuire Veterans' Medical Center in South Chesterfield County, Virginia, and other worthwhile charitable causes in the Greater Richmond area.



"The plaque presented to the commissary officials is a testament to our appreciation for their support, cooperation and their good will with respect to our fundraising events at the Fort Lee Commissary," said Wise. "These fundraisers are held annually, and they are quite successful, as the commissary's customers are very patriotic and veteran friendly, a winning combination which results in remarkably generous support." The fundraiser, which is set up in the Fort Lee store, allows commissary customers to donate money to the chapter. According to Wise, the fundraisers typically raised between \$1,100 and \$1,250 in one day. Wise also said the donations are passed on to other causes, such as the organizations for disaster relief and to other local charitable organizations in the Greater Richmond area.



The chapter also helps in the support of a Purple Heart Truck, a converted antique 1983 fire truck painted with patriotic scenes and depictions of the Vietnam War. The truck travels to local events honoring Purple Heart recipients and showing appreciation for veterans.

"We need to support these types of events simply because it helps the military communities, retirees, veterans and their families," said Store Officer Farrell. "The donations make a lot of behind-the-scenes actions happen that are not possible unless organizations do fundraisers like this one to help and support those needs. I would like to say on behalf of myself and my entire staff here at the Fort Lee Commissary it is an honor and privilege to support these types of events."

## Region IV News

### Chapter 0817-SC-4

Submitted by Don Kellum



Pictured above during the Proclamation Signing Ceremony left to right are Patriots Brittany Lawson, Don Kellum, and Dave Nesbitt, Mayor Merchant, Chapter Commander Harry Thompson, Patriot Ron Harvin, Chapter Adjutant Leroy Thompson and Sumter County Veterans Affairs Officer Valerie Brunson.

On August 3, Sumter, SC Mayor David Merchant signed an official Proclamation declaring Sunday, August 7, 2022, as Purple Heart Day in the City of Sumter. The Proclamation honors Purple Heart recipients in Sumter and those stationed at nearby Shaw Air Force Bases. The ceremony also provided an opportunity for chapter members to discuss ongoing Veterans affairs with the mayor.

### Chapter 0817-SC-4

Submitted by Don Kellum

Chapter 817 of Sumter, SC concluded a Weekend Get-Away Raffle on August 29. The Raffle Prize consisted of a free weekend at a beachfront hotel at Myrtle Beach after September 1. The Prize was provided by Elliott Beach Rentals of Myrtle Beach at no cost to the Chapter. The Raffle winner was drawn on the Sumter County Court House steps by Ms. Valerie Brunson, the Sumter County Veterans Officer. The winner was Mathew Davis of Shaw Air Force Base. Chapter 817 of Sumter, SC concluded a Weekend Get-Away Raffle on August 29. The Raffle Prize consisted of a free weekend at a beachfront hotel at Myrtle Beach after September 1. The Prize was provided by Elliott Beach Rentals of Myrtle Beach at no cost to the Chapter. The Raffle winner was drawn on the Sumter County Court House steps by Ms. Valerie Brunson, the Sumter County Veterans Officer. The winner was Mathew Davis of Shaw Air Force Base.



Pictured above following the Raffle Drawing in the rear row left to right are Patriots Jesse Burgess and Jamie O'Neal. In the front row left to right are Ms. Brunson, Patriots Ron Harvin, Johnny Williams, and Dave Nesbitt; Chapter Adjutant Leroy Thompson and Chapter Commander Harry Thompson.

## Region V News

### Chapter 2004-NM-5

Submitted by Rod Gajewski, Adjutant

Military Order of the Purple Heart Mesilla Valley Chapter #2004 prints a monthly newsletter for our chapter members. It is sent out via email to most members that have email addresses, but it is also snail mailed to those members that do not have email addresses or computers. This keeps the chapter members informed and regularly participating in the events that help other members of our chapter and veterans in our community. We strive to help all veterans in the community. Our chapter conducts a Memorial Day Candle lighting ceremony honoring the 204 Southern New Mexicans that have given their lives in combat since World War 1. Because of Covid restrictions



this has been a closed ceremony but starting back up in 2023 we have community participation in placing the electric candles on the wall and read the names of the fallen. Las Cruces was the first Purple Heart city in the state of New Mexico and Chapter #2004 has purchased and has placed around the community 21 Purple Heart city signs.

### **Chapter 0602-OK-5**

Submitted by Bruce Dwyer

There will be a wreath-laying by the regional (OK, TX, AR and LA) membership of the Combat Veteran's MC Club. The club President/Commander is Jeffrey "FIREBALL" Johnson CVMA OK 10-3 XO 406-546-4519.

This event will take place at 11 am on 17 Sept to honor the forgotten young soldier named Ivan L. Brady, who died at the age of 21 years and 1 day, from TB he caught while serving in the Army.

Born March 8th, 1901.

Died March 9th, 1922.

A highly Patriotic lady named Melanie Jackson has been the primary force in working on both Brady's history, and all of those interred in Mount Scott cemetery for the last 5 years-not to mention doing YEARS of cemetery maintenance herself! She's had some help with cemetery maintenance this (and last year) year by the Lawton Masonic Lodge/Ben Burris (580-585-1802), the Military Officers Association of America/Dennis Clippenger, who have mowed and weed-whacked this year (Dennis- 580-585-0251) and the Mt. Scott chapter 602 of the Military Order of the Purple Heart having previously donating \$1,000 cash for maintenance equipment and obtaining a \$1,600 grant from Home Depot for more of the same.

Sometime between this November and December there will be an even larger recognition and dedication of Brady when Deuce of Gragg Monument has Brady's tombstone delivered /installed.

The headstone itself will be paid for by the Mount Scott Chapter 602 of the Military Order of the Purple Heart (Bruce Dwyer is the main POC for the PH, 580-583-6417/brucedwyer3@gmail.com).

## **Region VI News**

### **Chapter 0442-AZ-6**

Submitted by John Moore, Chapter Adjutant



Jr. Vice Commander John Grand was the keynote speaker at the Arizona Military Academy's ARNG OCS graduation on Patriot's Day, September 11th. Here are the 11 new 2nd Lieutenants who graduated. Each graduate was presented with a PH challenge coin and Badge of Merit. Patriot Grand is an OCS graduate himself and served two tours in Vietnam.

Major Hafner said, "I wanted to reach out and say that John did a phenomenal job today. The feedback that I received from those who attended previous graduations was that it is the best graduation in memory."

### **Chapter 0790-AZ-6**

Submitted by Ian Parkinson, Cdr

Members of the Scottsdale Chapter, 790, lead the Arcadia 4th of July parade with a MOPH banner. Past Department Commander Woody Glaudel opened the parade with a prayer. It was a spectacle of cheer; families lined the streets, clapping and waving American flags. The local Boy Scout troops, fire department, and many others participated as well. We all had great fun and hope to see more MOPH members join us in the coming years.



Chapter 790 Commander Parkinson (L), Past Chapter and AZ Department Commander Glaudel (R).

Upcoming is the August 7th Purple Heart Day activity. Our plan is to dedicate newly engraved bricks at the Wesley Bolin Plaza. Today, I did receive word, however, that there was a hold-up in the brick production. I don't know to what extent or if it'll need to be rescheduled. I'll find out this week, exactly, what we'll need to do. Otherwise, if we can proceed, our Adjutant, Woody Glaudel, is going to take the initiative to reach out to some local news outlets for some press. Of course, we always encourage other members of The Order to take part, but if we get some press coverage, we'd love to see greater participation (if feasible).

### **Chapter 2560-AZ-6**

Submitted by Debbie Yin, MOPH Chapter 2560 Associate Member

### **THE TOWN OF FOUNTAIN HILLS CONTINUES TO GROW AS A PURPLE HEART TOWN!**

In 2017, then Mayor Linda Kavanagh and current Governor Doug Ducey each proclaimed the Town of Fountain Hills and the State of Arizona, respectively, as a Purple Heart Town and State. The Purple Heart Day is officially honored on August 7th of each year.

- To celebrate this day with our community on its first year, 2017, we began by inviting Purple Heart recipients to our local Safeway – to educate the community about the designation of our Town as a Purple Heart Town and to learn more about the Military Order of the Purple Heart (MOPH), to receive an MOPH official Viola flower to help remember a Veteran and to visit with a Veteran who was awarded the Purple Heart.

Over the past five (5) years, the Town leadership of Mayor and Town Manager, has taken a series of significant steps to grow our Town in its Purple Heart Town status.

- In April 2017, the Sr. Vice Commander Phil Yin, of Chapter 2560 of the Military Order of the Purple Heart (MOPH), presented to Mayor Kavanagh and Town Manager Grady Miller, the concept to become a Purple Heart Town and the significance of doing so. They were receptive and on-board with the implementation, with the Mayor officially proclaiming it a Purple Heart Town on April 6, 2017!

- On Memorial Day, 2017, then Commander of MOPH Chapter 2560, Mike Ferguson, presented the official Purple Heart Town signage to Mayor

Kavanagh. The Town has this signage at entrances and exits to/from the Town. In addition, parking signage was also later provided to the Town and was placed at several key locations in Town, to be used by Purple Heart recipients.

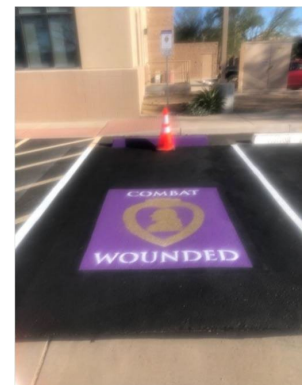
- On its first Purple Heart Day of August 7, 2018, MOPH Chapter 2560 and the local Marine Corps League Detachment 1439, held a welcoming event inside the local Safeway store, serving cookies and refreshments. It was very successful introduction to the community of the MOPH, the significance as a Purple Heart Town status, and a chance to welcome Purple Heart recipients and learn more about their military service, as well as welcoming and thanking all veterans for their service.

- In April 2019, Mayor Ginny Dickey proclaimed every Tuesday as a Purple Heart Tuesday, to remember and honor those who received the Purple Heart while serving in combat.

- On August 7, 2019, the MOPH held its first Honor and Remembrance program at the Fountain Hills Community Center. It was a morning filled with a video tribute to America, American Legion Post 58 Color Guard Posting of the Colors, many distinguished speakers from around the State, as well as each Commander from all the Veterans organization in Fountain Hills spoke and honored guests and families of Purple Heart recipients were in attendance.

- On October 25, 2020, Mayor Dickey was presented with an official MOPH flag for Combat Wounded Veterans. The Town raised it in a special ceremony at Town Hall, where it continues to fly 24/7.

- On February 7, 2022, Justin Weldy, Town staff, designed and produced an artwork rendition of the Purple Heart Combat Wounded award and painted it on the parking space of each designated parking space the Town so designated earlier.



- Lastly, in the Summer of 2022, the MOPH emblem is scheduled to be added to the Service Organizations display board on Fountain Hills Blvd, near the corner of Shea Blvd. This has been

planned and executed by Justin Weldy, the Director of Public Works for the Town of Fountain Hills.

The Military Order of the Purple Heart is composed of military men and women who received the Purple Heart Medal for wounds suffered in combat. For this sacrifice, they were awarded the Purple Heart Medal. This is the U.S. Military's oldest decoration, given to those who are wounded or killed while fighting in the nation's wars AND to military members who have suffered maltreatment as a prisoner of war. August 7 is a day set aside to honor the wounded and fallen of the United States.

The mission of the Military Order of the Purple Heart is to foster an environment of goodwill and camaraderie among combat wounded veterans, promote patriotism, support necessary legislative initiatives, and most importantly, provide service to all veterans and their families. Although membership is restricted to the combat wounded, we support all veterans and their families with a myriad of nationwide programs by Chapters and National Service Officers.

Programs of the MOPH include VA Volunteer Service, JROTC Leadership Awards,

Scholarships, Suicide Awareness, Americanism, Purple Heart Trail and Cities, Welfare, and numerous community service programs, all with the objective of service to Veterans and their families. Donations are welcome and are used to fund these important programs.

## ***The Purple Heartbeat email changed***

Effective October 1, 2022, The Purple Heartbeat editor's email is [lleighto@gmail.com](mailto:lleighto@gmail.com). The phone number remains the same (6213.776.5443).

**Send articles (MS Word format) and pictures (jpeg or png) by the third Friday of the month for publication the following month.**

## **National Monthly Recurring Meetings**

**Region Commanders Update:** Third Thursday, 7 PM Eastern, ([Zoom link](#)): For more information contact National Junior Vice Commander.

## **Calendar**

Sep	National Suicide Prevention Month
Sep 5 <sup>th</sup>	Labor Day
Sep 11 <sup>th</sup>	Nation Day of Remembrance and Service
Sep 15 <sup>th</sup>	First Day Hispanic America Heritage Month
Sep 18 <sup>th</sup>	Air Force Birthday
Sep 18 <sup>th</sup>	Air National Guard Birthday
Sep 20 <sup>th</sup>	National POW/MIA Recognition Day
Sep 25 <sup>th</sup>	Gold Star Mothers and Families Day
Oct	National Domestic Violence Awareness Month
<b>Oct 1<sup>st</sup></b>	<b>Life Member Verification Report Due</b>
Oct 9 <sup>th</sup>	Columbus Day
Oct 13 <sup>th</sup>	Navy Birthday
Oct 26 <sup>th</sup>	National Day of the Deployed
Nov	Veterans & Military Families Month
Nov	Native American Indian Heritage Month
Nov 10 <sup>th</sup>	Marine Corps Birthday
Nov 11 <sup>th</sup>	Veterans Day
Nov 25 <sup>th</sup>	Native American Heritage Day
Dec 1 <sup>st</sup>	Civil Air Patrol Birthday
Dec 7 <sup>th</sup>	National Pearl Harbor Remembrance Day
Dec 13 <sup>th</sup>	National Guard Birthday
Dec 17 <sup>th</sup>	National Wreaths Across America Day

### **2023**

Aug 13-17 2023 Convention; Baton Rouge, LA

### **2024**

Jul 15-19 2024 Convention, Orlando, FL



## Words to Live By

