

NEWSLETTER JULY 2023 Volume 12– No. 7

IN THIS ISSUE

- Military Health System (MHS)
- Objective Zero
- Book Review David Stirling The Phoney Major by Gavin Mortimer
- Patton and the US Tank Corps Monument Update
- Battalion Information

Patton Battalion - USABOT is a chapter of the US Army Brotherhood of Tankers and is a 501(c)3 Non-Profit.

Patton Battalion - USABOT covers Illinois, Indiana, Kentucky & Tennessee.

The Blood and Guts Newsletter covers events and activities within our area and USABOT National.

EIN: And registered with the state of Kentucky

Patton Battalion - USABOT

Total: 93 paid members

24 Lifetime Members

53 Annual Members

2 Associate Member

438 on Battalion Facebook Page

PATTON BATTALION – USABOT Illinois – Indiana – Kentucky – tennessee

As mentioned last month there is still something on my mind as it pertains to everyone's mental health. There were some things I didn't get to talk about as much as I wanted last month and since I have not come across any good armor stories to share I felt that this is something you can come back to and look at. Or maybe even print off and share it with who ever is in your circle.

Lets go back and first talk about your circle. Your circle is who ever is close to you. Your wife, husband, girlfriend, sister, brother, aunt or uncle. Whoever is in close connection to you is what we need to talk about. Whoever this person is they must be made aware of the sources to help you when the need arises. They need to be able to tell the signs of distress, know what to do and how they can help you. They need to be part of the team. These are the people who see you every day. And if its not the person you see every day you still need to be prepared to help and know how to help.

The first thing I would like for you to look at is the Health.mil website. Here is some information from their fact sheet.

The Health.mil website is the official source for military health news and information. The Web & Mobile Technology Program Management Office, in collaboration with the DHA Digital Communications Team, is responsible for all aspects of development and maintenance of Health.mil.

Health.mil is a dynamic, user-friendly website. It's designed with several key audiences in mind including: MHS beneficiaries, medical teams, communicators and members of the media, Congressional offices and other key stakeholders.

The website is supported by a centralized content management system which offers unique, customizable functionality. This makes it easy for authorized administrators to keep the information on Health.mil up-to-date while ensuring the site has a consistent style.

Key Features

- Military Health Spotlights showcasing MHS priorities
- News from across the MHS at your fingertips
- Quick links from the home page to our most popular topics
- Engaging, informative content
- Key Benefits
- Responsive mobile-friendly design
- User-friendly content management system
- Scalable structure
- Real-time analytics
- Custom workflows

This issue will be an infomercial. I am the guy on the box pointing you sources that you need to know about. Take some time to look through what is available. Take some time to visit the sites and look at the information. You may find something that you have been looking for or something that can help you. I am not going to lie, this site was very interesting and I am still going through it and opening links to see what content is there.

ITS OK NOT TO BE OK. IT'S NOT OK TO IGNORE HELP.

KP Morris Patton 6

> HTTPS://DOUGHBOY.ORG WWW.USABOT.ORG HTTPS://19SERIESCLOTHING.COM

Military Health System (Health.Mil) - Looking into the website

Since last month when I shared information about the Military Health System I know you went and looked at their website, right? Well, if you didn't we are going to take a look at for you.

About the Military Health System

The Military Health System (MHS) is one of America's largest and most complex health care institutions, and the world's preeminent military health care delivery operation. Our MHS saves lives on the battlefield, combats infectious disease around the world, and is responsible for providing health services through both Direct Care (Direct care refers to military hospitals and clinics, also known as "military treatment facilities" and "MTFs.") and Private Sector Care to approximately 9.6 million beneficiaries, composed of uniformed service members, military retirees, and family members.

The MHS enables the National Defense Strategy by providing a Medically Ready Force, a Ready Medical Force, and improving the health of all those entrusted to its care. We are more than combat medicine. The MHS is a complex system that weaves to-gether...

- Health care delivery
- Medical education
- Public health
- Private sector partnerships
- Cutting edge medical research and development

Our Mission

The missions of the MHS are complex and interrelated:

- To ensure America's active duty and reserve-component personnel are healthy so they can complete their national security missions.
- To ensure that all active and reserve medical personnel in uniform are trained and ready to provide medical care in support of operational forces around the world.
- To provide a medical benefit commensurate with the service and sacrifice of more than 9.6 million active duty personnel, military retirees and their families.

https://www.health.mil/About-MHS

Next we are going to look at the Centers of Excellence in MHS.

Centers of Excellence

Military Health System Centers of Excellence were established to provide the Department of Defense with the ability to speed the advancement of our scientific knowledge and evidence-based practices for diagnosis and treatment of diseases and conditions that impact our military personnel and their families with the help of a "critical mass" of experts.

- Consortium for Health and Military Performance
- Center for Neuroscience and Regenerative Medicine
- Defense and Veterans Center for Integrative Pain Management
- Extremity Trauma and Amputation Center of Excellence
- Hearing Center of Excellence
- Joint Trauma System
- Murtha Cancer Center
- National Intrepid Center of Excellence
- Psychological Health Center of Excellence (The one we are going to look at deeper)
- Traumatic Brain Injury Center of Excellence
- Vision Center of Excellence

https://www.health.mil/Military-Health-Topics/Centers-of-Excellence

History of Psychological Health Center of Excellence (PHCoE)

First established in 1995 as the Gulf War Health Center at Walter Reed Army Medical Center, its mission was to care for Gulf War veterans with war-related physical and mental health challenges. In 1999 it became the Deployment Health Clinical Center – one of three DOD centers of excellence for deployment health. (The others being the Armed Forces Health Surveillance Center and the Naval Health Research Center.) The center was responsible for coordinating the evaluation of veterans seeking care for post-deployment health concerns.

Page 2

Military Health System (Health.Mil) - Looking into the website - Cont.

In 2008, the National Defense Authorization Act provided a congressional mandate for the creation of centers of excellence for posttraumatic stress disorder and traumatic brain injury within the DOD. As a result, DHCC became a center under the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. The NDAA charged the center with implementing plans and strategies for the prevention, diagnosis, mitigation, treatment, and rehabilitation of PTSD and other mental health conditions.

In 2016, DCoE and its centers, including DHCC, transitioned to DHA and in 2017 DHA completed the consolidation of DCoE and its centers and retired the DCoE brand. DHCC officially changed its name to the Psychological Health Center of Excellence to better align with its current mission.

PHCoE Mission

Improve the lives of our nation's service members, veterans, and their families by advancing excellence in military psychological health care research.

PHCoE Vision

Be the trusted source and partner to facilitate evidence-based research and clinical practices across the continuum of care to enhance the psychological health of the military community.

PHCoE Purpose

- Enhance the readiness of the military community by providing psychological health research consultation and expertise to leaders, providers, service members, and their families
- Serve as the primary Defense Health Agency hub supporting, guiding, and managing empirical research to improve the qual ity, effectiveness, and efficiency of psychological health care and prevention of psychological health disorders in the military community
- Provide research to support the increase of access, reduction of barriers, and optimal use of psychological health resources across the Military Health System
- Create and manage empirically-based information and products to support optimal psychological health and readiness across the enterprise

https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence

On this page of the website you will see the link to Confidential Military Crisis Support and the 988 Suicide & Crisis Lifeline. Those you are probably more familiar with. But I want us to look at the other two links on this webpage. They are *Real Warriors-Real Battles-Real Strength* and *inTranisition*.

First up REAL WARRIORS * REAL BATTLE

The Real Warriors Campaign encourages members of the military community to seek help for psychological health concerns by promoting a culture of support and emphasizing that mental health care IS health care. Initially founded in May 2009, the campaign was revitalized in 2023 through collaboration between the Defense Department's Psychological Health Center of Excellence (PHCoE) and the Defense Suicide Prevention Office (DSPO). The campaign remains active in the Department of Defense's mission to reduce the stigma associated with mental health, amplify suicide prevention efforts, and support military community psychological health care destigmatizes mental health, and increasing knowledge and understanding of mental health information.

Mental health concerns and needs present in a variety of ways from coping with the daily stresses of military life to challenges such as depression, anxiety, suicidal ideation, or posttraumatic stress disorder. Regardless of the concern, the Real Warriors Campaign links service members, veterans and their families with mental health knowledge and provides free, confidential resources including online articles, print materials, videos, and podcasts. If you or someone you know is coping with any concerns know that reaching out is a sign of strength. Remember, **mental health IS health**.

What does it mean to be a Real Warrior? Real Warriors prioritize psychological fitness as much as physical fitness. Real Warriors know that the stressors of military life can impact one's mental health.. Real Warriors know reaching out for help is a sign of strength.

Page 3

Military Health System (Health.Mil) - Looking into the website - Cont.

Where can I get help if I'm experiencing a mental health crisis? If you or somebody you know is experiencing a mental health crisis, call or text 988. The Lifeline provides 24/7, free and confidential support and crisis resources for anyone in distress to include you or your loved ones.

What does "Defend Your Mental Health" mean? Defending your mental health means making your mental health a priority. It means reducing stressors you can control, and increasing the use of supports, including mental health services. Mental health care is health care. No matter what you are facing, you don't have to go at it alone. It's ok to ask for help.

How can I get involved with the Real Warriors Campaign? Here are several ways to get involved:

- Link to the campaign on your website or blog.
- Download free materials to distribute at events or display at your facility.
- Use video profiles in trainings, briefings and presentations to service members, veterans, and families.
- Connect with us on Facebook and Twitter.
- Share and retweet campaign posts on your social media channels.
- Embed or run a video profile, video short or PSA on your website, closed circuit television or TV station.
- Include a print feature article or website article in your newspaper or publication.
- Become a campaign advocate and help reduce stigma and spread the message that reaching out is a sign of strength.

What topics does the Real Warriors Campaign cover? The Real Warriors Campaign website includes articles on health topics like sleep, stress and anxiety, suicide prevention, and transitions written for active-duty service members, members of the National Guard and Reserve, veterans, and military families. The articles provide a range of practical tips and resources for supporting early intervention for treatment of psychological health concerns in all stages of military life including separations and reintegration.

https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign

The next link I want to look at is this one



The Defense Health Agency *inTransition* program is a free, confidential program that offers specialized coaching and assistance for active-duty service members, National Guard members, reservists, veterans and retirees who need access to mental health care when: relocating to another assignment; returning from deployment; transitioning from active duty to reserve component or reserve component to active duty; preparing to leave military service; any other time they need a new mental health provider or need a provider for the first time. *inTransition* coaches are skilled counselors who understand military culture and who maintain privacy and confidentiality. *inTransition* services are available to ALL military members regardless of length of service or discharge status and there is NO expiration date to enroll. Learn more: https://health.mil/intransition.

- 800-424-7877 (CONUS)
- 800-748-81111 (OCONUS in Australia, Germany, Italy, Japan, and South Korea only)
- Live Chat (online)
- Email dha.ncr.j-9.mbx.intransition@health.mil

https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition

Page 4

Page 5

Objective Zero

I learned about Objective Zero from the podcast Leading with Vulnerability. The episode was from 2 February 2023. Its titled Using Technology to End Soldier Suicide. I have the app downloaded on my phone and have been going through it ever since.

Our Mission

Connecting the military community to mental health and wellness resources and to a network of peer and civilian supporters to prevent suicide through the Objective Zero App.

"We believe veteran suicide can be prevented through the simple act of listening."

CHRIS MERCADO, OZ CO-FOUNDER

Our Vision

The Objective Zero Foundation contributes to local, state, and national efforts that prevent suicide. We accomplish this by enhancing social connectedness and access to suicide prevention resources.

A mission-driven tech start-up, Objective Zero seeks to connect service members, veterans, their families, and caregivers to suicide prevention support and resources.

Our Values

Selfless Service Giving all for others; asking for nothing in return.

Loyalty Staying true to our mission, veterans, and each other.

Integrity Doing what we say; saying what we mean.

Community Building strong, meaningful bonds and social connectedness.

Transparency Being forthright with our intentions, actions, and dealings.

Innovation

Thinking differently about problems and potential solutions; boldly taking action to solve them.

Confidentiality Holding in confidence the identity of community members.

Objective Zero Foundation (202) 573-9660 contactus@objectivezero.org EIN 81-4324563 https://www.objectivezero.org/

LINKEDIN - INSTAGRAM - FACEBOOK - TWITTER

Awards and Recognition

The success of Objective Zero Foundation, its people, and the mobile app we have designed, is a result of the overwhelming support we have received from our supporters in the military community, the tech community, and the non-profit sector. This awardwinning technology has been made possible by the virtuous and selflessness of all of you. We are forever grateful.

Objective Zero maintains GuideStar Platinum Seal of Transparency

GuideStar is the world's largest source of information on nonprofit organizations. Objective Zero continues to maintain its commitment to non-profit transparency and accountability by providing updated data and information to GuideStar. The Objective Zero Foundation first applied for GuideStar review in 2018 (platinum) and maintained that distinction through 2019.

Objective Zero recognized as first 'Foursquare for Good' recipient

Sharing stories of the brands, developers and nonprofits utilizing our technology platform to invent a better future with location. *Foursquare for Good* is Foursquare's first dedicated, data-focused philanthropy program aimed at making the world a better, smarter, safer, more inclusive place through the power of location technology. The program is an open call to developers and non-profit organizations to submit proposals for how they would use Foursquare's location technology, namely our Places API and Pilgrim SDK, to further a cause.

Objective Zero recognized as first 'Foursquare for Good' recipient

Sharing stories of the brands, developers and nonprofits utilizing our technology platform to invent a better future with location. *Foursquare for Good* is Foursquare's first dedicated, data-focused philanthropy program aimed at making the world a better, smarter, safer, more inclusive place through the power of location technology. The program is an open call to developers and

Objective Zero - Cont.

Page 6

nonprofit organizations to submit proposals for how they would use Foursquare's location technology, namely our Places API and Pilgrim SDK, to further a cause.

Objective Zero App selected for Fast Forward tech accelerator 2018 cohort

The world's biggest social problems, from healthcare to education to human rights, deserve the best technology solutions. Fast Forward invests in entrepreneurs who are using technology to accelerate social impact. Fast Forward's investments span beyond philanthropic funding, through products and programs that bridge the tech and nonprofit sectors to build capacity for tech nonprofits. As the first and only organization focused exclusively on scaling organizations that combine the best tech with sustainable nonprofit business models, Fast Forward's mission is to accelerate impact.

Objective Zero App recognized as finalist for Fast Company's World Changing Ideas

Fast Company's World Changing Ideas awards honor products, concepts, companies, policies, and designs that are pursuing innovation for the good of society and the planet. In 2018, the Objective Zero mobile app was selected as a finalist for Fast Company's second-annual World Changing Ideas Award, which drew nearly 1,400 submissions in 12 categories. Only 240 entries made it to the final round of judging.

Objective Zero Foundation and mobile app receive Gold Edison Award

The Edison Best New Product Awards[™] is an annual competition honoring excellence in new product and service development, marketing, human-centered design, and innovation. In April of 2019, the Objective Zero mobile app was recognized by the Edison Awards as a Gold Award winner in the mental health digital resources category, ranked among the "best of the best" by 3000 of the world's top senior business executives, academics, and innovation professionals.

Objective Zero Mobile App Recognized as 'Best New Mobile App', March 2019

In March of 2019, the Objective Zero mobile app was recognized with a Platinum Award as the 'Best New Mobile App'. This award recognizes smartphone apps that have recently made a big impact. Everything is considered to determine the winner, including user interface, functionality, usefulness and overall quality. Number of public app votes, app functionality, creativity of the app idea, productivity of the app and how it serves its purpose, innovation, design, and originality are all considered when judging the 'Best New Mobile App' award.

OZ co-founder Major Chris Mercado selected as 2017 Army Times Soldier of the Year

For the past 18 years, Service Members of the Year awards have selected one outstanding military member from each branch of service to recognize, salute and highlight the exemplary service of active duty personnel serving in each branch of the U.S. Armed Services. They are selected based on exemplary military service that goes beyond the call of duty, to include their community involvement and volunteer work. The winners are honored each year at an awards ceremony in Washington, D.C. that is attended by Congressional, military and community leaders.

Chris Mercado recognized as Fast Company Top 100 Most Creative People in Business

For enlisting tech to help veterans keep fighting. The 100 people you'll read about on this list are all new for *Fast Company*– they've never been profiled before in the pages of our magazine. They hail from an eclectic range of fields: tech, media, healthcare, energy, travel, entertainment, space travel, biotech, finance, food, and more. Each has succeeded in moving his or her entire sector forward in a completely new way during the past year, and these accomplishments are already having an effect on their industries, if not the world. The 100 Most Creative People in Business list isn't about power or lifetime achievement. It's about unique ideas that are having a meaningful impact–right now–which makes it unlike any other list you'll see in media. Together, these 100 groundbreakers indicate where business is headed. These inspiring leaders are shaping the future of business in creative ways.









Page 17

David Stirling The Phoney Major By Gavin Mortimer

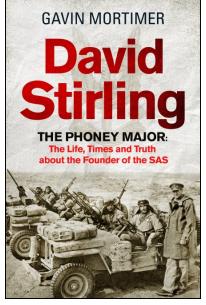
DAVID STIRLING; The Phoney Major: The Life, Times and Truth about the Founder of the SAS by Gavin Mortimer

ISBN-13: 9781472134561 Publisher: Little, Brown Book Group Publication date: 05/26/2022

Description

Aristocrat, gambler, innovator and special forces legend, the life of David Stirling should need no retelling. His formation of the Special Air Service in the summer of 1941 led to a new form of warfare and Stirling is remembered as the father of special forces soldiering. But was he really a military genius or in fact a shameless self-publicist who manipulated people, and the truth, for this own ends? In this gripping and controversial biography Gavin Mortimer analyses Stirling's complex character: the childhood speech impediment that shaped his formative years, the pressure from his overbearing mother, his fraught relationship with his brother, Bill, and the jealousy and inferiority he felt in the presence of his SAS second-in-command, the cold-blooded killer Paddy Mayne.

Stirling lived until old age, receiving a knighthood and plaudits from military forces around the world before his death in 1990. Yet as Mortimer dazzlingly shows, while Stirling was instrumental in selling the SAS to Churchill and senior officers, it was Mayne who really carried the



regiment in the early days. Stirling was at best an incompetent soldier and at worst a foolhardy one, who jeopardised his men's live with careless talk and hare-brained missions.

Drawing on interviews with SAS veterans who fought with Stirling and men who worked with him on his post-war projects, and examining recently declassified governments files about Stirling's involvement in Aden, Libya and GB75, Mortimer's riveting biography is incisive, bold, honest and written with his customary narrative panache. Impeccably researched and with the courage to challenge the mythical SAS 'brand', Mortimer brings to bear his unparalleled expertise as WW2's premier special forces historian to dig beneath the legend and reveal the real David Stirling, a man who dared and deceived.

About the Author

Gavin Mortimer is a best-selling writer, historian and TV consultant whose versatile narrative non-fiction books have been published in Britain and the United States. Gavin is the leading authority on WW2 special forces having interviewed over 100 veterans. As well as appearing on numerous TV and radio programmes, Gavin has acted as a consultant to a number of documentaries including the BBC three-part series about the wartime SAS. He has appeared at several literary festivals and he has also worked as an adviser for the National Army Museum for their 2018 exhibition about the history of Britain's Special Forces.

Gavin's other interest is sport and one of his books is The Great Swim, the story of the race to be the first woman to swim the English Channel. The book was subsequently dramatized on BBC Radio 4 & the film rights have been optioned.

My Review

Do you know the real story behind the SAS? Who was the father? It is interesting to see how some take opportunities when there is no one around to argue against them.

As historians and or people who study or do research on military history this is another example of understanding what it is we do. We are people who interpret history based on the facts, information that we gather, and use that to tell a story. For some veterans when people of certain rank or leadership pass away there seems to be those who swoop in and push their side of the story.

As we interpret the information it is sometimes hard to change the minds of relatives of veterans on facts found when you are competing against a story that has been told for decades.

One of the most valuable lessons Gen Irzyk taught me was in regards to the Army After Action Reports from WWII. He asked me one time over the phone why I was so adamant about finding something in an AAR. It's the only "official" Army documents based on the Center for Military History as I explained to him. And he told me that those should not be held in that high regard. As he explained that document depends on who wrote it. Was the person typing it there or in the rear. Gen Irzyk as the S3 and CO of 8th Tank Battalion typed his AARs. So he knew what was in them as the leader. And as I have found this is very true when looking at AARs of units in the Battle of the Bulge. What the Army considers "official" must still be taken with a grain of salt.

If you want an inside look as to who might have had the idea of the Special Air Service and who was the one who made the organization and who was just the headmaster. And how history can maybe be manipulated by someone. Or maybe not?

Patton Monument Report for 2023

As of 2023, the Monument fund has \$26,893.00.

Total in Monument Account: \$26,893.00.

The Bourg Tee Shirts we have on hand. (UPDATED) Large: Yellow - 2, 2XL: Yellow - 2, Tan - 2, OD - 1, 3XL: Yellow - 2, Tan - 2, OD - 1, 4XL: Yellow - 1.

M4 Tee Shirt Large: Tan - 1. 2XL: Tan - 1

<u>New Mugs!!!</u> We now have the 15oz Red Ball Express mug and the new 15oz Treat'em Rough Mug!

Lapel Pins

We are looking at \$12 each for these.



Patton Battalion Funds / Memberships / Dues

The Patton Battalion, as of July 25, has 438 members on our battalion Facebook page. Out of those 451 members we are currently at 93 paid members. The Patton Battalion has \$40.74 in funds in the PayPal account. We have \$474.56 in the Patton Operating account. Battalions funds are \$474.56. There are no Monument funds in the Battalion account as of this time.

In order to be a paid member of the battalion you must be a paid member of USABOT National. Again, a paid first year membership of \$15.00 which gets you a free battalion patch. Since we now have the battalion patch in the larger size both in color and subdued you have a choice as to which one you want free with your paid membership.

Both patches are also available for \$5 EA.

Your annual membership renewal will be \$10.00 every year after that. *Annual dues for the battalion are now due in June of each year!*

You can pay for your battalion membership through Paypal at: pattonbattalion@outlook.com or patton.battalion@usabot.org.

If you don't have a Paypal account you can send a check or Money Order to:

Patton Battalion - USABOT 1432 Flood Road Shelbyville, KY 40065

USABOT DATTON BLOOD AND GUTS BLOOD AND GUTS BLOOD AND GUTS

ATTENTION

USABOT Memberships can be renewed and purchased By mail at USABOT 68 West Marion ST Doylestown, OH 44230

Make checks payable to USABOT If at all possible try to go the USABOT Store Online and register there so that the G4 can track.

WWW.USABOT.ORG



Patton Joins the US Tank Corps Monument





Patton Battalion - USABOT

Board of Directors Matthias Martinez Karlen P Morris Nathan Snyder William Starks Dion Walker, Sr. Phillip Wilburn US Army tanks arrived at Port of Gladstone, Australia, for Talisman Sabre 23! Next stop: Townsville Field Training Area! 1st Armored Div will operate the tanks during TS23 as part of the Australian Army's 7th Brigade. This is the first time that US Army tanks will participate.



part of Exercise Sea Raider. Keep an eye out for some more epic shots over the next few weeks! Photo by CPL Dustin Anderson

Y

Be sure to check us out on Twitter @pattonbattalion

Coming up in the August Issue - Who knows.

Upcoming Events

US Cavalry & Armor Association Chapter Fort Knox - Stable Call monthly meeting, 3rd Thursday of every month, Location TBD - Fort Knox, KY.

Indiana Military Museum Schedule 2023 WWII Event Fall - September 2 &3, 2023 Vietnam War Event - TBD

Eleventh Annual Tanker Homecoming - Tucson, AZ. November 9-12, 2023.

Gainey Cup - Ft Benning, GA, 1-5 May 2023.

Operation Anvil - Battle for Southern France 1944- Phil Moore Park, Bowling Green, KY. Saturday October 7, 2023.

Patton and the US Tank Corps Monument - Fort Knox - *TBD*

