THE PACIFIC TIMES

THE OFFICIAL NEWSLETTER FOR THE DEPARTMENT OF PACIFIC AREAS







No One Does More for Veterans

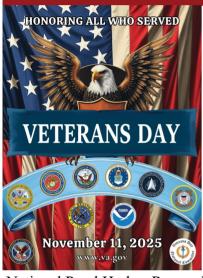
Teamwork. Together Everyone Achieves More

Volume XXIX, Number 3

November/December 2025

FREE

VETERANS & PEARL HARBOR DAY



Veterans Day is a U.S. legal holiday dedicated to American Veterans of all wars, and Veterans Day 2022 will occur on Friday, November 11.

In 1918, on the 11th hour of the 11th day of the 11th month, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in World War I, then known as "the Great War."

Commemorated in many countries as Armistice Day the following year, November 11th became a federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became known as Veterans Day. Veterans Day History. Poster

National Pearl Harbor Remembrance Day - Each year on December 7, Pearl Harbor Survivors, veterans, and visitors from all over the world come together to honor and remember the 2,403 service members and civilians who were killed during the Japanese attack on Pearl Harbor on December 7, 1941. A further 1,178 people were injured in the attack, which permanently sank two U.S. Navy battleships (the USS Arizona and the USS Utah) and destroyed 188 aircraft.

On August 23, 1994, the United States Congress designated December 7 as National Pearl Harbor Remembrance Day. Every year, remembrance events are held at the Pearl Harbor National Memorial, culminating in a commemoration ceremony on December 7.

84'th Commemoration details.















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COMMANDER'S CALL

Comrades.

As we quickly approach our Mid-Winter Conference, I want to inform you that the Phnom Penh Post Team is doing an outstanding job to ensure your visit to Cambodia will be a memorable and meaningful experience. The commitment and professionalism they have shown in their preparation reflect the very best of our Department of Pacific Areas spirit — dedication, hospitality, and teamwork.

As we reach the midpoint of our year, it's important to take stock of where we are and reaffirm why we serve. We are, first and foremost, a Veterans Support Organization dedicated to ensuring that our veterans, their families, and our active-duty military personnel receive the support, recognition, and care they deserve. Each of our Posts and Districts plays a vital role in this mission. Whether through community programs, assistance to those in need, or simple acts of camaraderie, every effort strengthens the foundation of our great organization.

Please make sure your program payments are submitted on time and that your administrative requirements are up to date — these actions, though sometimes routine, are essential to maintaining our credibility, transparency, and operational readiness as a Department.

Membership

Congratulations to those Posts that have already reached the All-State membership goal of 100% plus two additional members!

You are well on your way to meeting the Commander-in-Chief's All-American requirement of 101%.

For those who have already achieved the Commander-in-Chief's goal — well done and keep charging!

If you need assistance, please don't hesitate to reach out to our Membership Team, led by Senior Vice Commander Kelly and Certified National Recruiter Larry Lyons.

Membership remains the lifeblood of the Veterans of Foreign Wars. Each new member we welcome represents not just a number on a chart, but a story — a veteran with experiences, skills, and a willingness to continue serving through the VFW. The strength of our membership directly determines the strength of our voice. With every new member, we expand our ability to advocate for veterans' rights, promote patriotic education, support military families, and sustain vital community programs.

An increased membership base also builds camaraderie — the heart and soul of our organization. That sense of belonging and mutual support reminds us that we are never alone in our challenges or in our pride of service. Whether it's the fellowship of a Post meeting, the teamwork of a fundraising event, or the quiet conversations shared between comrades, camaraderie is what gives life to our motto:

"No one does more for veterans."

Stronger membership creates new opportunities for mentorship and leadership. It allows seasoned veterans to pass on their wisdom and experiences to younger generations, ensuring that the legacy of service continues. When we share our stories, we not only honor our past but also inspire the future of our organization.

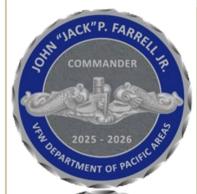
Remember: "TEAMWORK, Together Everyone Achieves More."

As a Reminder – Early Bird Program (Ends 10 December 2025)





John "Jack" Farrell





COMMANDER'S CALL

Post and District Awards

Posts with over 500 members at 100% plus 10 members will receive

• One Life Membership, One Bronze Legacy Life Membership, or a \$400 stipend for their Post Membership Program.

Posts with under 500 members at 100% plus 5 members will receive

• One Life Membership, One Bronze Legacy Life Membership, or a \$400 stipend for their Post Membership Program.

Districts with all Posts over 100% membership will receive

• One free Life Membership or a \$400 stipend.

Recruiters Early Bird Program

Any member who recruits 25 new members between 1 July and 31 October will receive their Military Branch Ball Cap. These will be presented at the Mid-Winter Conference.

It looks like our Department Quartermaster will be busy right up to the December 10th deadline as many of you push to achieve Early Bird status. This is a good problem to have — it reflects your determination, your effort, and your commitment to keeping our organization strong.

Your hard work ensures that the Department of Pacific Areas remains one of the most active and successful in the Veterans of Foreign Wars. Congratulations to all who are putting in the time, energy, and dedication to help our Department grow.

In closing, As the holiday season approaches, I would like to wish everyone an early Happy Thanksgiving, Merry Christmas, and Happy New Year!

As Veterans Day draws near, let's take a moment to remember and honor our military members — past and present — on our special day. Whether at a wreath-laying ceremony, a local parade, or simply standing in silent reflection, let us never forget those who wore the uniform and those who still do.

Continue the superb work you are doing in your communities — mentoring our youth, supporting our troops, and caring for one another. Every act of service, no matter how small, strengthens the fabric of our VFW family.

The more we grow, the stronger our network of support becomes — and that unity

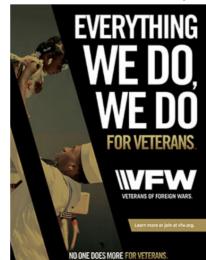
is what ensures that no veteran is ever left behind.

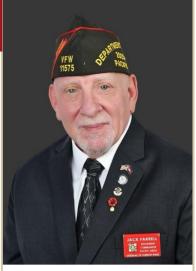
When we stand together, we honor the legacy of those who came before us and preserve the mission for those who will follow.

I look forward to seeing all of you in Phnom Penh, Cambodia, for our Mid-Winter Conference and the celebration of all we have accomplished — together.

In Comradeship and Service to Veterans,

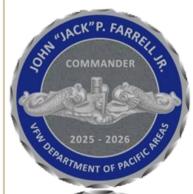
Jack Farrell
Commander
Department of Pacific Areas
"Teamwork. Together Everyone Achieves More."





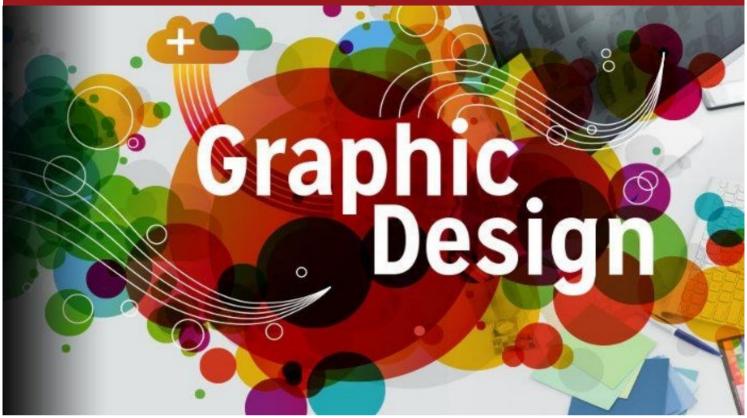


John "Jack" Farrell





DPA BRANDING KIT



We have created a portal for users to access official artwork, logo's and design guidance. Please click <u>HERE</u> to access the webpage. You will find links to the following:

VFW Style Guide
VFW Pacific Google Drive Folder
Emblem Guidance DEPARTMENT OF PACIFIC AREAS

In the future we hope to add all DPA, District and Post's logo's and artwork for users to access when they are creating artwork for flyers, announcements, official items such as convention shirts, etc. Please send all of your inputs to the DPA Webmaster at AugieSr@gmail.com.



SENIOR VICE COMMANDER

Comrades.

Let's take a look at the Departments Membership:

The DPA is presently ranked third Nationally in membership, with 95.37 percent, and continues to be a leading department with aspirations for another All-American year. **Posts 10223, 12130**, and **12231** have already achieved the VFW National Goal of 101 percent; congratulations are extended to these posts for reaching this milestone.

In accordance with the Department Membership Requirement of 100 percent plus two, six Posts and one District have already achieved the Departmental goal. These include Posts 2485, 9555, 9723, 10223, 12130, and 12231, as well as District 7.

The Department Membership Recruiting Program has commenced with considerable momentum.

To date, two Posts have fulfilled the Department's Early Bird Requirement and have each received a \$400 stipend toward their Membership Program. Congratulations are extended to **Posts 10223** and **12231** for this accomplishment. Please note that there is still time for additional Posts and Districts to satisfy the Department's Early Bird Requirement; the deadline is December 10, 2025.

Eight Posts have utilized the Department's New/Reinstated Life Member Program, each receiving a \$400 stipend to enhance their Membership initiatives. The participating Posts include: 124, 8180, 9555, 9876, 9957, 10223, 12146 (with two awards), and 12231 (with three awards).

The final Department Membership Recruiting Program is the Annual Member to Life Conversion, which provides a \$250 stipend for the Post's Membership Program. The following Posts are participating in this program: Posts 124, 2485 (twice), 8180, 9555, 9876, 9957, 9985, 10217 (twice), 10223 (three times), 12146 (twice), and 12231 (twice).

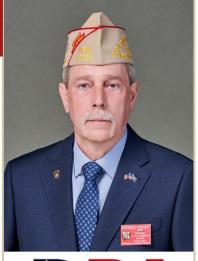
Through the Department's Membership Recruiting Programs, Posts have jointly accumulated \$9,900 in stipends so far this year. These accomplishments reflect noteworthy advancement and offer increased resources to support ongoing membership recruitment initiatives. All posts are strongly encouraged to engage in these programs to further strengthen and expand their membership base.

On another topic, I need assistance with several All-State requirements: Post/District Bylaws and the School of Instructions. Please share the dates of your current Bylaws to assist in reviewing their alignment with existing meeting practices. Additionally, each Post and District is required to conduct three Schools of Instruction during meetings, focusing on Post Leadership Duties and Responsibilities. To ensure proper credit is given, please submit either an email confirmation or meeting minutes as documentation of these sessions.

In conclusion, I would like to address two VFW positions that I consider to be of particular significance.

The first is **Trustees**. According to the National Bylaws, the responsibilities of the Trustees are as follows:

- a. At least monthly, review the Monthly Report of Receipts and Expenditures of the Post Quartermaster.
- b. Within thirty (30) days from the end of each quarter, properly audit the books





cinoi vice command

Don Kelley



SENIOR VICE COMMANDER

and records of the Post Quartermaster, Post Adjutant, and any activity, club room, holding company or unit sponsored, conducted or operated by, for or on behalf of the Post and submit a Trustee's Report of Audit to the Department Quartermaster for referral to the Department Inspector.

c. The Report shall be in accordance with and upon such form as may be prescribed by the Adjutant General. The audit shall be signed by the Post Commander and Trustees, who shall, by their signatures, certify to the accuracy of the information contained therein.

The Quartermaster shall provide the Trustees with all records, files and statements required or necessary for the preparation of the **Post Trustees Quarterly Report of Audit**. Trustees must verify all records before signing an audit, as their signature confirms the information's accuracy. Please don't be that Trustee that ends up in an investigation for not performing their duties.

Finally, I would like to acknowledge our **Post Benefits Advisors**. Through the training provided by the DSO, I have gained a deeper understanding of your responsibilities. I greatly respect your ongoing commitment to supporting veterans, their surviving spouses, and orphans. Your dedication truly embodies the principle that **NO ONE DOES MORE FOR VETERANS.**

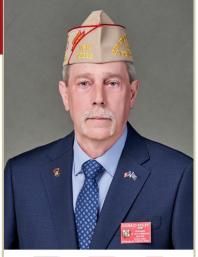
Remember the new All-State Program Dashboard can be found on the DPA Website at https://vfwpacific.org/ PROGRAMS > DPA ALL STATE/MEMBERSHIP PROGRAM.

For veterans, by veterans with teamwork, together everyone achieves more.

Don Kelley SVC Commander Department of Pacific Areas

"Teamwork. Together Everyone Achieves More."







Don Kelley



JUNIOR VICE COMMANDER

Comrades.

I hope this finds each of you and your families in good health. We are getting ready for a lot of big holidays with Veterans Day, Thanksgiving, and Christmas, as well as our Mid-Winter Conference in Cambodia. Please keep your ear to the ground and ensure everyone is good always but especially this time of the year as these holidays can be hard on some people. Keep those buddy checks going.

PROGRAMS:

As I am writing this on 4 October, I see that there have been 132 views by potential VoD and PP entrants and five that started their entries. By now Posts should be working to judge their VoD, PP, and TA entries; good luck to all entrants. Please utilize the green feedback button on the right side of the app if you have an issue; contact VOD/PP Chairman Robert Madison at wodppdpa@vfwpacific.org if you have any issues with the website.

- Voice of Democracy/Patriot's Pen (All-State and All-American Requirement 1 entry for each for Post and District); Due to me by 7 Dec VoD/PP Guide
- Smart/Maher VFW National Citizenship Education Teacher Award; Due to me by 7 Dec <u>Teacher Award Guide</u>
- Public Servant and Safety Awards; get these to DPA Chairman Justin Canizales at Justin.m.canizales@gmail.com; Due by 1 Jan Instructions
- Scouting (Due to me by 1 Apr), CAP, and ROTC Awards Youth Activities Guide
- Day of Service Event in May (All-American Requirement) Must register prior to 15 May 2026 at DoS Registration

Community Service Reports:

A CSR is an act of serving the **common good for your community**. Our relevancy depends on how the community sees the VFW and will care about us if we show that we truly care about them. Please review <u>CSR Best Practices</u> for National's guidelines; also, look for emails from me when I see issues as I am reaching out to help you understand why a CSR is not legitimate and to provide guidance on how to write it properly so that there is no confusion.

What is **NOT** a CSR - recruiting event, attending a Post meeting, "selling" Buddy Poppys, completing CSRs, etc.

What **IS** a CSR - helping a fellow veteran/surviving family member in need, giving blood, picking up trash around the neighborhood, volunteering at a food drive, etc.

After reading all of the CSRs coming in, I am amazed by how much we are doing in our communities. Please teach your members during a meeting and through information pushes on what is and is not a CSR; it will only benefit the Post. You all are doing great work out there promoting the VFW to the Pacific Areas. I have compiled the 1st All-State Quarter numbers below, which will show where you are at. I know that there are comrades doing good things within your Posts, please get those CSRs in so I can stay busy and approve them.

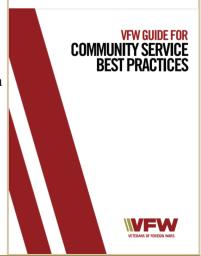
- ALL-AMERICAN: minimum 1 CSR per quarter (1 Jul-30 Jun)
- ALL-STATE: minimum 8 CSRs per quarter (1 May-30 Apr)





David B. Gley Jr.





JUNIOR VICE COMMANDER

Awards: Let's not overlook the outstanding efforts of our own comrades. Recognizing excellence isn't just about ceremony—it's how we **retain and motivate members** by showing appreciation for their contributions. I feel that we do our members an injustice by not recognizing them.

- Each Post should appoint an **Awards Chairman** to track achievements throughout the year.
- Award submissions from Districts are due to me by 15 Apr, along with a score sheet showing a vote from each Post commander and one additional Post member.
- All-State Requirement: nominate at least one awardee at both Post and District Levels (Due to me NLT 01 May) DPA Awards Page.
- Also remember the **Community Service Award Due to me NLT 01 Apr** Community Service Award.

Let's make sure every deserving member gets the recognition they've earned.

Post and District commanders, please ensure that you have a plan in place to grade your programs and awards so that there is time to get them to me a little early to provide time to fix any potential issues.

Buddy Poppy: The **All-American requirement** is to order **500** Buddy Poppies. If you have any questions, please contact DPA QM George Beck at qmd-pa@vfwpacific.org. Buddy Poppy Guide

Let's continue building a strong, sustainable Department by **mentoring future leaders** – have a backup for every position to ensure continuity and growth. As always, I am here to serve you; please do not hesitate to reach out if you need anything.

RECRUIT - MENTOR - RETAIN

David B. Gley Jr. Junior Vice Commander jvcdpa@vfwpacific.org dbgley@gmail.com

"Teamwork. Together Everyone Achieves More."







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David B. Gley Jr.



COMMUNITY SERVICE BEST PRACTICES



JUNIOR VICE COMMANDER



DPA COMMUNITY SERVICE MONTHLY REPORTING MAY-JUL 2025-2026



	POST#	# of Projects	Hours Worked	Miles Driven	Volunteers	Total Expended	Left for Quota
D2							
	1054	13	152.00	838	53	\$3,795.00	0
	9555	28	96.00	605	49	\$624.00	0
	9612	18	46.00	94	104	\$3,403.00	0
D3							
	8180	15	119.00	4,304	28	\$206.30	0
	9985	15	76.00	924	16	\$325.00	0
	10033	16	109.50	935	39	\$415.00	0
	10223	67	208.50	435	114	\$1,596.60	0
D4							
	9723	44	438.00	0	74	\$2,530.00	0
	9957	21	33.00	795	35	\$810.00	0
	10249	10	141.00	513	56	\$703.00	0
	11575	12	30.00	436	17	\$576.00	0
	12146	40	392.00	2,323	280	\$11,889.00	0
D5							
	9876	57	644.00	729	223	\$9,523.00	0
	9951	49	330.00	480	52	\$4,218.00	0
	10217	48	474.00	981	100	\$4,808.76	0
	12074	34	83.50	1,396	69	\$3,044.23	0
	12163	53	267.00	1,768	70	\$5,554.00	0
D6							
	1509	0	0.00	0	0	\$0.00	8
	2917	1	20.00	267	13	\$0.00	7
	3457	21	315.00	1,040	197	\$1,000.00	0
D7							
	124	27	361.00	2,199	70	\$4,575.65	0
	2485	75	459.00	1,829	324	\$3,928.00	0
	9892	40	94.00	1,047	67	\$5,055.60	0
	11447	28	162.00	2,429	118	\$100.00	0
	12130	21	76.25	862	52	\$1,367.43	0
	12224	11	41.00	709	26	\$520.35	0
	12231	42	394.00	2,286	166	\$3,838.00	0
	Total	806	5,561.75	30,224	2,412	\$74,405.92	15

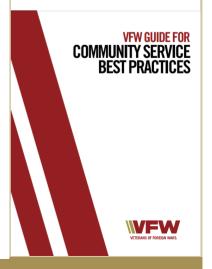




Junior Vice Commander

David B. Gley Jr.





In the SPOTLIGHT

In the VFW, we know our veterans are #StillServing and rising to meet the challenges of this uncertain time. We want you to share your stories and maybe even inspire others across our Department to do the same. Click here to tell us your story. pacifictimes@vfwpacific.org

District III, Korea

Korea Round Robin Recruiting Drive 12 September to 2 October 2025
Camp Humphreys, Kunsan Air Force Base, Osan Air Force Base
Yongsan Dragon Hill Lodge, Camp Casey and K16
Camp Walker to be rescheduled due to Korean Chuseok (Thanksgiving).
New Annual Members, 104 New 2 Year Annual Members, 1 Annual Reinsta

20 New Annual Members, 104 New 2 Year Annual Members, 1 Annual Reinstated Member, 16 New Life Members, 1 Life Member Reinstated Member, 6

Installment Life Members, 1 Life Transfer.



In the SPOTLIGHT

Comrades Steve Tharp and Mike Napsey attending the Bonifas-Barrett Ceremony on 18 August. They were brutally killed by North Korean soldiers as they attempted to trim a Yellow Poplar tree that obstructed the view between two JSA checkpoints. The atrocity occurred 18 Aug 1976 and became known worldwide as the Panmunjom Axe Murder Incident.



Something I have been doing for several years. It started with my big van (Toyota HiAce) I had posters made for the rear windows so it became a driving bill board. I recently sold it after 20 years and downsized to my Suzuki so I had new signs made for rear windows. Since it goes where I go it gets around and is parked in various parking lots on and off base. Over the years I have had people check it out and picked up some recruits so I consider it worth the "out of pocket expense".—John Bowers

Your feedback is important to us. Please submit your Letters to the Editor or Suggestions by clicking <u>pacifictimes@vfwpacific.org</u>

In the SPOTLIGHT

On the opening day of the Team Kadena 24 Hour POW/MIA run both myself and Curt Kozlowsky were present at the ceremony. Curt read from the list of names for about an hour that morning. On the closing day (Friday) Curt could not make it but I was there to meet and greet our adopted unit the 320th Special Tactics who gear up and "Ruck March" from their squadron some 7~8 miles from the track to carry the flag on its last few laps around the track. While I did not get an actual count my guess there was some 70~80 of their unit participating.— John Bowers MSGT USAF, Ret. Life Member VFW Post 9723.



320th STS at the closing of the 24 hour POW/MIA event. They do push ups at their events to honor their members who have passed.

OUT AND ABOUT POST 9892 LA UNION, PHILIPPINES

Col B. J. Smith Post 9892 out of Bauang, La Union donated and delivered a meal, gifts and candy to 40 young ladies at the Home for Girls in Agoo, La Union, Philippines.

The Home for Girls of the Department of Social Welfare and Development (DSWD) is primarily a residential treatment facility for children aged 7 to 17 years old who have been removed from their families due to sexual abuse or exploitation and have been taken into custody by the state.

VFW Post 9892 donates and visits the Home for Girls twice a year. Each visit is impactful to the girls living there but also to the Comrades who share their time with them.

The Post Commander, Garrett "Gib" Bridges, shared his thoughts on how important these donations are. "We at Post 9892 want each and everyone of these young ladies to know that they are special and valuable and important. We want them understand that they are not alone and they are in our hearts and prayers. Our donations are just a small way for us to show we care".

Past Post Commander Tim Aukshun said, "It is the highlight of the year when we come to the Home for Girls. The smiles on their faces really brightens our day."

The staff at the Home for Girls are dedicated to the safety and wellbeing of each of the residence. "It is heart breaking to know that there are situations like these that cause children to be removed from their families but thank goodness the Home for Girls is there for them and thank goodness the staff has the passion to support them" states Commander Bridges.

The next planned donation and visit will be in December and the Post is coordinating with Santa Claus to make an early visit to the Philippines. Good Ole' Saint Nick hasn't let us or the Girls down yet. It will be his third such visit.



OUT AND ABOUT POST 12231 MANILLA, PHILIPPINES



VFW Manila-Jose C Calugas Sr Post 12231 is energized even more after a successful first year. For VFW Year 2025-2026, the post continues its support and participation in community service activities. A combined effort of support from VFW Manila, individual Post members contribution and friends, pitched in to help those affected by the recent earthquake in Cebu, Philippines and Project Pearls.

VFW Manila members were very proud in organizing and participating in the 78th United States Air Force Birthday, and the 250th Year Celebration of the United States Navy, both held at and in tandem with the Manila Elks Lodge 761. Members of the Veterans of Foreign Wars of the United States in the Philippines from District VII were also in attendance in support of these important events and anniversaries.



COMMANDER'S CHALLENGE



COMMANDER'S CHALLENGE

CONGRATULATIONS ON A SUCCESSFUL FIRST QUARTER!



The first quarter of the 2025-2026 membership year has been a great success! We are ahead of where we were at this point last year, and we want to keep that momentum going into the second quarter!

The following Posts led their Divisions in the Q1 Commander's Challenge:

Division 1: Post 2224 (WA)

Division 7: Post 4713 (OH)

Division 2: Post 3219 (VA)

Division 8: Post 6908 (TN)

Division 9: Post 2602 (IL)

Division 4: Post 11038 (WI)

Division 10: Post 12231 (Pacific)

Division 5: Post 12202 (VA) Division 11: Post 12235 (TX)

Division 6: Post 3174 (MO)

Every quarter, we will award points to our Posts as follows:

Recruit a New Annual Member into the Post: 1 point An Annual or Lapsed Member converts to Life: 5 points Recruit a New Life Member into the Post: 10 points



For the second quarter challenge, the Post that leads each Division at the end of the quarter will receive a pair of 8" table drapes for use at recruiting events and Post functions

As we start this new year, lets get out there and show everyone how NO ONE DOES MORE FOR VETERANS!

This contest will run from October 1, 2025 through December 31, 2025. Allow 3-4 weeks for delivery. Applications and payments processed online before close of business will be credited that day, payments and applications made through the mail will be processed when received. Questions about this or other membership programs can be sent to membership@vfw.org.

DPA QUARTERMASTER

All bonds have been processed and delivered to the posts and districts. If during the term you find yourself in need of increasing the amount of your current bond, contact me and I will send you the form required to complete this action.

Several posts have already ordered Buddy Poppies. The requirement is for each post to order 500, or a donation in lieu of the actual purchase. The order form, for either poppies or donation in lieu, can be found on the DPA web page under the PRO-GRAMS tab, look for "BUDDY POPPY". Click the link and scroll down below the graphic and click on Order Form "HERE". Please fill out the form fully, send it to me at qmdpa@vfwpacific.org, and transfer the appropriate funds to the DPA NFCU account. Orders will be processed by me once application and funds have been received. Verify that the delivery address is not a restricted address as this will delay your order while I attempt to contact you for valid delivery address.

Reminder, quarterly audits are due by the following dates, no exceptions. If you miss the due date, you are still required to submit it to be in compliance with National By-Laws. Put the following required dates on your calendar:

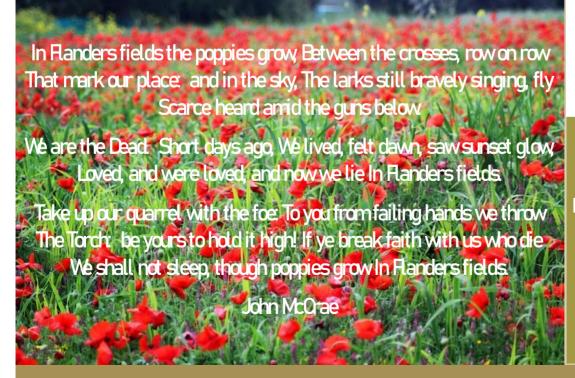
Jul-Sep 2025 audit due to me by Posts: 31 Oct 25, Districts: 31 Dec 25 Oct-Dec 2025 audit due to me by Posts: 31 Jan 26, Districts: 31Mar 26 Jan-Mar 2026 audit due to me by Posts: 31 Apr 26, Districts: 30 Jun 26

For all things quartermaster related, please use the qmdpa@vfwpacific.org email address. I do my best to respond quickly with acknowledgement of receipt and status, if needed.

If you have any questions on any aspect of the quartermaster duties, please reach out to me. I am here to help.

George E. Beck Jr. DPA Quartermaster

"Teamwork. Together Everyone Achieves More."







Quartermaster

George E. Beck Jr.



INTRODUCTION



DPA ADJUTANT

Greetings Comrades,

I looked around the corner and what did I see? The Mid-Winter Conference... HA!!! Since it will be held from 12-14 December in Phnom Penh, Cambodia, do not forget to bring your winter jackets!!! 11 and 15 December is Travel days.

By the time the Pacific Times is published, registration will be on our website at www.vfwpacific.org, click on "About" and you will see "DPA Mid-Winter Conference." Then you may register for the Conference. Many of you know the layout of the Cambodiana Hotel from our last Mid-Winter there about 2023. So, I can inform you that we will be using the same Meeting Rooms, registration, etc. PCIC Duane Sarmiento will be the National Representative and Bridgette Walker, Charge d'Affaires.

The Department is doing very well at this point, which is not surprising when we are one of the top Departments/States in the VFW!!! Many Posts are in range for All State right now and we should have plenty of Posts make All American. Currently our Department is number three in National for Membership and as mentioned we are performing well in all categories.

A final note concerning the Mid-Winter Conference; I am hoping the Council will send me their Reports by email either before or after the Conference.

In closing, this is the last Pacific Times for 2025. Let's continue to make it the envy of other Departments/States! I would like to wish the Department a happy Veteran's Day on November 11th! Thank you for your service!! Let's continue to take care of ourselves, families, and our communities. I wish everyone all the very best!! May god bless our Department and the USA!!

Yours in Comradeship and Service,

Kevin E. Mitchell Adjutant Department of Pacific Areas "Teamwork. Together Everyone Achieves More."



Department of Pacific Mid-Winter Conference Grand of Pacific Mid-Winter Scratch



Mid-Winter Registration
Hotel Registration
Event Schedule
Attendee List
Hotel Cambodiana Website





Kevin Mitchell



NATIONAL COUNCIL MEMBER

My Comrades,

The VFW is fighting back against a narrative published by a couple of publications as well as a report from the Congressional Budget office. The false and harmful narrative they are telling is that veterans are exploiting the VA disability system.

The VFW will not allow that narrative to go unanswered, we have a active and aggressive program entitled "Honor the Contract".

The Core Message is Veterans kept their promise. Now America must keep hers. This isn't charity — it's a contract.

Hashtags:

#HonorTheContract; #VFWAdvocacy; #VFW #Veterans; #KeepThePromise.

In addition to the Honor the Contract program, the VFW continues to defend its position in ongoing litigation brought by Veterans Guardian, a for-profit claims consulting company. Our Director of National Veterans Service, Michael Figlioli, will be deposed in Maine as part of the discovery process. Preparation for this deposition is underway to ensure that our testimony is clear, accurate and consistent with the VFW's longstanding position that protecting veterans from predatory "Claims Sharks" is a core part of our mission. This case has the potential to affect how aggressively the VFW can continue to speak out on these issues in the future.

As part of our campaign to advocate for veterans the VFW filed an *amicus curiae* (Friend of the Court) brief in *Hencely v. Fluor*, a case arising from injuries sustained by a service member at Bagram Airfield allegedly due to contractor negligence. The case presents critical issues concerning the scope of the *Boyle* government-contractor defense and the "political question" doctrine. Our brief emphasizes that these doctrines should not be expanded to bar state-law tort claims where contractors act outside the scope of precise military directives. Oral arguments before the U.S. Supreme Court are scheduled for Nov. 3, 2025.

We will keep you updated on the above and other initiatives your National Organization advocates for in support of veterans.

In comradeship and service to Veterans,

Han

Kenneth A. Stein National Council Member 2022-2028 Department of Pacific Areas

"Teamwork. Together Everyone Achieves More."





Ken Stein





CERTIFIED NATIONAL RECRUITER

Good Morning, Pacific Areas,

Today is 7 Octobers as I write this input for the Pacific Times, thus the numbers reflected are as of 7 October. This past month has been busy for me with our Round Robin Recruiting drive here in Korea. From 12 September till 2 October our Recruiting Drive lead me to Camp Humphreys, Kunsan Air Force Base, Osan Air Force Base, Yongsan Dragon Hill Lodge, Camp Casey and K16.

All in all we recruited the following numbers for Post 8180 at Songtan, Post 9985 at Camp Casey and Post 10223 at Camp Humphreys: 20 New Annual Members, 104 New 2 Year Annual Members, 1 Annual Reinstated Member, 16 New Life Members, 1 Life Member Reinstated Member, 6 Installment Life Members, 1 Life Transfer.

Looking at the numbers at National we here in the Pacific are at 94.39%. A little bit less then last year. However if we work as a TEAM we can make it. Last year we were 100% by the Mid Term Convention. We can still make that happen this year.

We currently have 58 Recruiters doing their best. As I tell my recruits every member is a vote for us and every member recruited gets us closer to 100%. To put things in more prospective last year we ended up with 142 Recruiters in the Pacific Areas.

Leaving me out of the picture the following are our Top Recruiters in the Pacific that have made the National weekly report. David Gley of Post 8180, 19 members, Scott Ellinger of Post 9957 8 members, Engardo Onas of Post 12231 8 members, Caleb Whitaker Jr. of Post 9555 8 members Terrance Hebron of Post 12146 6 members, Don Kelley of Post 10223 5 members and Cortez Pree of Post 9723 5 members.

I would like to thank not only these members but all the members recruiting out there. Every Member Counts!

In closing I am only an email away let me know how I can help you. <u>PDCLyons935@gmail.com</u>

Yours Always in Comradeship,

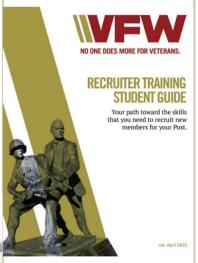
Larry Lyons
Certified National Recruiter
Past Department Commander 08/09
Department of Pacific Areas

"Teamwork. Together Everyone Achieves More."









MEDAL OF HONOR RECIPIENTS

Raymond G. Davis once crawled through enemy fire in the Korean mountains — not to win a battle, but to save 700 Marines trapped in the snow.

It was December 1950, during the Battle of Chosin Reservoir — one of the most brutal moments in U.S. military history. Temperatures dropped to forty degrees below zero. Marines were surrounded by tens of thousands of Chinese soldiers, cut off from escape routes and freezing to death in the mountains. Lieutenant Colonel Raymond G. Davis, commanding the 1st Battalion, 7th Marines, received an impossible order: reach the trapped men — at night, through enemy lines, in a blizzard.

He didn't hesitate.

For two days and nights, Davis led his battalion up an uncharted mountain trail, moving silently through waist-deep snow. They carried wounded men on sleds, wrapped in ponchos stiff with ice. Davis crawled beside them, sometimes ahead of them, scouting paths himself when maps failed. His men begged him to rest. He refused. "If we stop," he told them, "they die."

By dawn on December 2, Davis's unit broke through the encirclement, catching the Chinese forces off guard. The 700 trapped Marines — the 1st Battalion, 5th Marines — were rescued. That breakout changed the course of the battle and allowed thousands of Allied troops to escape to safety.



But Davis didn't talk about heroics. He talked about duty. "We weren't trying to win glory," he later said. "We were trying to get our people home."

For that mission, he received the Medal of Honor — though it took him years to even tell his family why. To him, the medal didn't belong to him; it belonged to the men who froze, fought, and fell on that mountain. "I was lucky," he said. "Others weren't."

The hidden story, though, is that Davis wasn't just a war hero — he was one of the quiet architects of modern Marine leadership. In Vietnam, he became Assistant Commandant of the Marine Corps, preaching a philosophy of humility: "Officers eat last. Always." He believed courage wasn't just running toward fire; it was staying human when the world turns to chaos.

Even in retirement, he refused to mythologize himself. When asked what he remembered most from Chosin, he didn't talk about medals or tactics. He said, "The sound of boots crunching on ice — and the silence after a man falls."

Raymond G. Davis didn't fight for fame or politics. He fought for the man next to him — and somehow led them all out of hell.

In a war remembered for cold and chaos, he proved something simple and eternal: Heroism isn't loud. It's one man whispering, "Follow me," and never looking back.

Read more **HERE**.

Read full MoH citation HERE.

CHAPLAINS CORNER / TAPS REPORT

Comrades, I pray and hope this letter finds you, your families, and friends well, in good spirits and able to continue our most important advocacy work, advancing towards achieving Department, District / Post goals throughout the year. Continue to take care of Veterans, their families, our Active-duty service members and the less fortunate in our communities. Again, as I stated in my last correspondence, I reiterate the use of "Buddy checks" which are important to our mission and necessary task which can be accomplished with a simple phone call, email, or text to ensure we stay in touch and connected to our Comrades. I would like to say that "Buddy checks" are not helpful to our comrades if we are not paying attention to their critical needs if they are unable to conduct their business or affairs appropriately. Meaning if we know of those in crisis (i.e., passports or medical-Tricare/Medicare) let's do and say something by taking the necessary steps to assist and aid them in correcting the issues.

If there is a Veteran in "CRISIS" please call the Veterans Crisis Line at 1-800-273-8255 or your country Emergency designated number. If you are eligible file your PACT Act claim-or submit your intent to file for your benefits.

November and December are followed with Commemorative and Memorial events: Veterans Day (or Armistice Day). Join me as we "Salute the men and women who served and sacrificed to keep America free" ...marking the anniversary of the end of "World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect." Pearl Harbor Remembrance Day is observed annually on December 7, to remember and honor the 2,403 Americans who were killed in the Japanese surprise attack on Pearl Harbor in Hawaii on December 7, 1941, which led to the United States declaring war on Japan the next day and thus entering World War II. And, Christmas, an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25th (also observed by Christians, and many non-Christians on different dates), as we prepare to close out the year while celebrating the incoming of a "New Year". These significant days hold a special place in our hearts as they not only commemorate the tragic events of sacrifice but days of celebration.

Let us Always remember, "Recruiting", is our number one priority! "Strength in Numbers"!

VFW Final Roll Call for our Departed Comrades this issue from the Pacific Areas

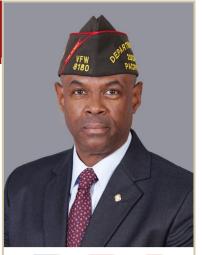
Comrade	Post	Comrade	Post	Comrade	Post
Duncan, Charles	10249	Garofalo, Frank	9951	McManus, Michael	10033
Moreno, Miguel Angel	2485	Moss, Robert L.	2485	Geisler, Larry E.	2485
Chamblis, Ralph Lee	2485	Clark, Larry M.	12146		

Robert S. Chatman DPA Chaplain

"Teamwork. Together Everyone Achieves More."

Let us Pray,

As comrade after comrade departs, we march on with our ranks growing thinner. Help us to be faithful to Thee and to one another. Look in mercy on the surviving spouses and children of our departed Comrades, we beseech Thee, and with Thine own tenderness console and comfort those who are bereaved." Amen





Robert Chatman







Resources for Chaplains

The Chaplain's Corner - by State of Missouri Chaplain and National Chaplain 2021 - 2023 Debb Halter

Good introduction to chaplain's duties.

https://movfw.org/di/vfw/v2/default.asp?pid=76106

Or the easier to remember link: https://movfw.org/chaplainscorner

CHAPLAIN'S GUIDE - by State of Pennsylvania Chaplain and Past National Chaplain Peter Hook

Great resource guide for things you will need along the way.

https://vfwpa.org/di/vfw/v2/default.asp?pid=88797

CHAPLAIN'S RESOURCES - by Chaplain (Sky Pilot) Dale A. Iannello, the Military Order of the Cootie

VFW Chaplain material has been consolidated in one location at the national level at: https://lotcs.org/vfw_chaplain.html There you will find a tabbed panel containing information on *Forms, Handbook, Duties, Ethics, Memorial, Prayer, Links and Training.*

Find a Mentor:

Find a mentor who you are comfortable calling and working with to improve your skills and to learn from. In fact, have more than one of them. Everyone has something they are good at so you can learn something from everyone. **ASK QUESTIONS!**

I recommend you print the newest *Chaplain's handbook* and read it, highlight it, and share it with fellow Chaplains. The latest version can be found at: https://lotes.org/Forms/Chaplain/Manuals/VFW%20Chaplain%20Handbook%202023%20May%20VFW%20Standard.pdf. Chaplain Peter Hook worked hard to expand it this year. It is a work that grows with us.

For updates and information on Chaplain items and Zoom training links, email *Chaplain Peter Hook* at: PeterHook@verizon.net and ask him to put you on the newsletter email distribution list. Good information comes though this email.

It is highly recommended that chaplains attend **ZOOM** training which is held online on the third **Wednesday** of each month at **7:30 p.m. CST** starting in **September 2023.** The Zoom link comes though the Chaplain's newsletter, so get signed up! Also Chaplains can obtain the link under the "Training" tab at: https://lotcs.org/vfw_chaplain.html. This gives you an opportunity to get to know other Chaplains and discuss things that are important to our work. **Good ideas are shared!**

DEPARTMENT SURGEON

Well, it is that time of year when weather is changing and making things feel rough for each of us living in a foreign country. As well as the everyday things that make you feel "out of sorts" during this time of year. Bottom Line is "Be Prepared".

There are things each of us can do to minimize the headaches and frustrations associated with this annual migration. Most of the advice I have is for those of us who have the benefit of living in a country that has four seasons. We are halfway through the Fall season, and it keeps us guessing as to what the weather might do for each day. Best thing to do is anticipate from history, and even as early as the day before, to be prepared. We wake up early for work and it's cool/to brisk on your way to work so you wear a coat, then by noon it is too warm for a coat and then by end of duty day it is already sunset, and the temperature is dropping again and you are glad you had the coat. This is repetitive process until we get either a first snow or heavy frost.

This is also the time of year that the annual migration of FLU virus and multiple "Nit-Noy" cold symptoms make themselves known. The classic itchy, watery eyes, nagging cough, sore throat, and stuffy nose and sinuses and the constant runny nose. If you have no allergies to "over the counter (OTC)" medications and your doctor has no problems, you can make a "Cold Kit" to help stave off the viruses that make you feel miserable. Things to do/get:

- Talk with your Primary Care Manager (PCM) and get a flu shot if they suggest
- Get over the counter medications such as Chloraseptic, Diphenhydramine or Acetaminophen and buy a thermometer.
- Drink plenty of water (more than 64oz) per day
- Get plenty of rest (more than 6 hrs) per day
- Most Important is to wash your hands, don't pick your nose (Or your friends nose), and don't rub your eyes.

This seems to take care of our brothers and sisters in our "Northern Tier" bases. For those living in the warmer more Southerly climates I am less knowledgeable. Suggest talk with your PCM and build a Cold Kit. Do what you can to minimize mosquito breeding in standing water.

Well, that about does it for this edition and next edition will target Hypertension and Diabetes. That's all for now. If I don't see you before, have a Happy Thanksgiving

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Patrick "Doc" Higgins DPA Surgeon "Teamwork. Together Everyone Achieves More."

Col	d vs. Flu	1
Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common





Patrick "Doc" Higgins



LITTLE BIT OF HISTORY

In 1995, a puzzling bank robbery in Pittsburgh caught the attention of psychologists David Dunning and Justin Kruger. The robber, McArthur Wheeler, made no attempt to hide his identity, believing that rubbing lemon juice on his skin would make him invisible to cameras—a starkly mistaken belief that sparked an intriguing psychological inquiry.

Wheeler's case led Dunning and Kruger to explore an "illusion of confidence," where people overestimate their abilities. This cognitive bias, now known as the "Dunning-Kruger effect," was investigated through clever experiments. In one study, undergraduate students were asked questions about grammar, logic, and jokes. Students who scored the lowest dramatically overestimated their performance, with the bottom quartile believing they outperformed two-thirds of their peers.

This phenomenon extends beyond academics. A follow-up study at a gun range showed that individuals with the least knowledge about gun safety greatly overestimated their understanding. The Dunning-Kruger effect is also evident in talent shows, where contestants often display shock when rejected, genuinely unaware of their lack of skill.

Overestimating abilities is common. A study found that 80% of drivers rate themselves as above average, a statistical impossibility. The real danger lies in the incompetent's inability to recognize their mistakes. Unlike high-performing students who adjust their self-assessment based on feedback, incompetent individuals remain convinced of their correctness despite contradictory evidence. As Charles Darwin noted, "Ignorance more frequently begets confidence than does knowledge."

Interestingly, highly skilled individuals also struggle with self-assessment. In Dunning and Kruger's study, top performers underestimated their competence, presuming that tasks easy for them were equally easy for others. This "imposter syndrome" is like an inverse Dunning-Kruger effect but differs because competent people can adjust their self-perception with appropriate feedback, while incompetent individuals cannot.

To avoid the pitfalls of the Dunning-Kruger effect, it's crucial to recognize potential self-deception and actively reevaluate competence. Confucius' wisdom holds true: real knowledge is knowing the extent of one's ignorance. This awareness helps in making informed decisions, learning from mistakes, and continuously improving.



CHIEF OF STAFF

Fellow DPA Comrades,

We are heading towards the mid-way point of our 2025-2026 term and looking good to meet our goals and objectives.

As always we are one of the leaders in national membership, currently in 3rd place at 94.63%, We will ultimately exceed the goal of 101% set by our National Commander.

Our Posts continue to actively support our communities as evidenced by our community service reports. We are fully engaged in the VOD/PP program and expect to submit outstanding candidates,

Our Mid-Winter Conference is 11-14 December in the beautiful city of Phnom Penh in the Kingdom of Cambodia. To register go to the DPA website, click ABOUT and then click on Mid-Winter conference and follow the directions to register. Hope to see you all there, it will be informative and enjoyable.

Let's continue to support CDR Jack Farrell and his "Teamwork. Together Everyone Achieves More" team and together we will have a super successful term.

All the best,

Xen_

Kenneth A. Stein Chief of Staff 2025-2026 Term Department of Pacific Areas

"Teamwork. Together Everyone Achieves More."







Ken Stein



A LITTLE BIT OF HISTORY

In the shadows of Afghanistan's rugged mountains, where danger lived in every valley and mission success often hinged on trust, one American soldier was quietly redefining what it meant to serve. Her name is Samantha Juan—once a cook, later a signals intelligence analyst, and eventually a member of one of the most groundbreaking teams in modern U.S. military history: the Cultural Support Team.

The Cultural Support Teams, or CSTs, were created in response to a challenge faced by Special Operations Forces. In Afghanistan's conservative society, male soldiers could not engage directly with local women and



children—an enormous gap in both intelligence gathering and humanitarian outreach. The answer was to train and embed female soldiers with elite units like the Navy SEALs and Army Rangers. These women would enter homes, speak with families, and build bonds of trust, opening doors that would otherwise remain closed.

Samantha Juan was among the first chosen. Her journey to that role was anything but ordinary. She enlisted in the Army as a cook—an unglamorous but vital job in the rhythm of military life. Yet Sam's ambitions didn't end there. With grit and determination, she retrained as a signals intelligence analyst, mastering the complex world of intercepts and data that shape the battlefield. From there, she seized the opportunity to join the CST program, stepping into a role that would put her shoulder-to-shoulder with some of America's most elite warriors.

Her combat deployment in eastern Afghanistan demanded everything she had. Sam joined Navy SEALs on night operations, moving through villages under cover of darkness, tasked not only with intelligence work but with bridging the cultural divide. By engaging with Afghan women and children, she unearthed vital information that often proved critical to mission success. These interactions, though quiet and unseen by most, were as valuable as any piece of equipment the SEALs carried into the field.

But CSTs did more than gather intelligence. They humanized the American presence. By sitting with mothers, listening to stories, and offering compassion in places ravaged by conflict, women like Sam built trust that outlasted any single mission. They showed that strength in war could come not just from force, but from connection.

When her deployment ended, Samantha Juan carried those lessons forward. She became a Pat Tillman Foundation Scholar, an honor given to veterans and military spouses committed to leadership and service beyond the uniform. True to form, she pursued her education with the same drive she brought to Afghanistan. She earned a Bachelor of Fine Arts in Drawing & Design from Old Dominion University, channeling her creativity as another form of expression and resilience. Later, she completed a Master's degree from Johns Hopkins, further expanding her impact and leadership.

Sam's story is one of transformation—from the heat of a military kitchen to the darkness of combat raids, from soldier to scholar, from intelligence analyst to cultural bridge. It is also a story of courage. Few Americans will ever know the intensity of embedding with a SEAL team, stepping into the unknown night after night, relying on training, trust, and instinct. Fewer still will carry that experience into classrooms, communities, and advocacy as she has done.

Today, Samantha Juan stands as a symbol of what service looks like in the 21st century: adaptive, resilient, and deeply human. She reminds us that heroism is not only about the battles fought but about the barriers broken, the lives touched, and the legacies built.

Special Ops Cultural Support Teams (CST) | Sam Juan | Ep. 139

Read more about the Pat Tillman Foundation HERE

DEPARTMENT INSPECTOR

Greetings Comrades,

Inspections commenced 1 October 2025. As of this writing, eight Posts (30%) have successfully completed and submitted their inspections. To ensure a satisfactory inspection, please prepare all necessary documents to facilitate a smooth inspection process for the inspector.

Post Commanders, Quartermasters, and Adjutants should be prepared and familiar with the inspection forms. The District Inspectors should ensure that the forms are completed accurately and signed. If there are any discrepancies, please note them in the Comments and Recommendation block.

Email scanned copies of the completed inspections forms to inspdpa@gmail.com and cc your Post and District Commanders.

The Department's objective is to ensure that all inspections are completed prior to the Mid Winter Conference in December 2025. A big thanks goes out to all District Commanders and Inspectors for getting the job done and adhering to the National and Department By-laws.

Yours in Comradeship and Service,

Janet Alford DPA Inspector

"Teamwork. Together Everyone Achieves More."







Department Inspector

Janet Alford



To view the 2025-2026 Inspections Procedure, or to Download the current forms, click HERE.



JUDGE ADVOCATE

Comrades,

Below are the new guidelines for the NEW baseball style cap allowed to be worn during meetings.

As with the other caps and shirts, the only authorized cap is the OFFICIAL cap made by, and soon be sold in, the VFW online store.

PLEASE do not get them made by your local sweatshop providers.

The VFW has recently authorized a new black, baseball-style cap. It is an alternative for meetings only, not a replacement for the standard green overseas cap worn at formal events. It must bear VFW initials, Post numerals, state, rank (if applicable), and the Cross of Malta in gold lettering, The bill's trim can be gold, green, red, or silver depending on the echelon of office.

Key Details of the New Baseball Cap

Purpose: An alternative to the traditional green overseas cap for members to wear during Post and District meetings.

Not for: Formal ceremonies, events where business attire is required, or any situation calling for the regulation overseas cap.

Appearance:

- Color: Black.
- Lettering: VFW initials, Post numerals, state, rank (if applicable), and "Veterans of Foreign Wars" all in gold.
- Emblem: The Cross of Malta on the cap.
- Trim: The front of the bill has trim in gold, green, red, or silver, matching the official braid colors for the different organizational levels.

Availability: Expected to be available for purchase from the VFW Store (potentially around December).

What This Means for You

Check with your Post: Always confirm with your specific VFW Post Commander or Quartermaster, as rules can slightly vary and local interpretations are important.

Keep Your Overseas Cap: The green overseas cap remains the standard and is required for official functions and formal events.

Understand the Context: The new baseball cap is for casual meeting wear, not a substitute for the formal uniform cap at parades or official ceremonies.

Yours in Comradeship,

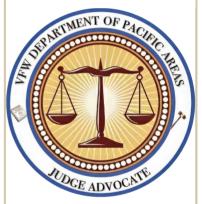
Warren "Max" Maxson
Judge Advocate
Department of Pacific Areas
"Teamwork. Together Everyone
Achieves More."







Warren "Max" Maxson



Official VFW Cover



New Ball Cap Style



CHAIN OF COMMAND PROTOCOL

The Commander is the arbitrator of arguments and the judge in disputes. As a general rule, their decisions are considered correct until over-ruled by the Post meeting, the District, Department Commander or Commander-in-Chief. That being said, it is important to resolve issues at the lowest level possible. However, there are certain times when it is necessary to elevate your concerns to the next level.

- Local issues are not the responsibility of the District or Department Commander.
 - Try to resolve them in-house.
- Never bypass anyone in the chain of command.
- If the alleged allegations involve the Commander, immediately notify the Commander next in the chain.
- Should there be irregular identified during a routine audit, any noted discrepancies must be reported immediately to the Post/District membership.
- If you believe that the problem cannot be resolved at your level or may result in a more serious situation by all means elevate your concerns to the next appropriate level (District and/or Department) Commander so they are not blindsided.
- A written report shall be generated for every investigation.
 - The investigator or investigating committee will present their findings to the post membership,
 District Governing Body or Department Council as applicable.
- Record relevant issues in your minutes. Include the motion and the approval or disapproval as applicable.
- If the Post or District fails to act to correct noted deficiencies, immediately inform the Department Commander for further guidance.
- Issues brought before the Department Commander for action, shall be supported by all relevant documents. i.e., Investigation Report (with supporting documents), Copy of the Minutes showing approved action(s), and the Commanders recommendations.
- Educate yourself on the procedures for removing an elected officer of their duties.
 - Post Level, MOP Article II, Sec. 220
 - District Level, MOP Article IV, Sec. 420
- Educate yourself on the procedures for initiating disciplinary action and the members right to appeal.
 There is a fine line that separates the need for a simple corrective action and the need to initiate
 disciplinary action under Article IX. As an example: Misappropriation of funds is one of the offenses
 punishable by Article IX, Discipline. Do you simply remove the accused from office or Initiate
 Disciplinary action under Article IX? If initiated, it is imperative that proper procedures be followed.
 - MOP -Article IX, Sec. 902 Provides a list of offenses recognized by the VFW that may be subject to Disciplinary Action.
 - MOP Article IX, Sec. 907 Provides a list of Penalties that may be imposed for those offenses.
 - No member shall be subject to the penalties authorized in Section 907 unless such member has been advised in writing of the Charges and Specifications.
- Ensure any action taken is properly documented and withing the timelines specified in the MOP. Maintain
 a file copy of all correspondence to include receipts for certified mail (if applicable).
- Control Posts to Social-Media. Once it's posted the whole world knows. (Don't air your dirty laundry)

All Commanders are welcome to seek advice and guidance from the Department. If additional information is required or clarification is required, Department will reach out to National for assistance. We too have a Chain of Command.

IMMEDIATE PAST DPA COMMANDER

Greetings Comrades,

Hooyah DPA! I hope everyone is in ready for All Hallows Eve and you are all in good spirits (see what I did there?). Did you know that All Hallows' Eve is the night before All Saints' Day, observed on October 31st, and is the origin of the modern holiday of Halloween? The name means "holy" or "sanctified," and the holiday began as a Christian vigil with prayers and fasting to prepare for the feast of All Saints. Its traditions blended with those of the ancient Celtic festival of Samhain, and it marks the start of All Hallowtide, a three-day season that concludes with All Souls Day. So, if you didn't know that, well, now you do.

Tis' the season and holidays abound. Veterans Day will be upon us soon, and we should mindful that this is a day of celebration for those who currently wear the cloth of our Nation and those who already have and did so honorably. Then during Thanksgiving, we gather with family and friends to offer thanks for the blessings of the past year, particularly the harvest, and for the gifts of life, including health, family, friends, and community. The Midterm Convention will happen in mid-December in Cambodia, and while not a holiday, it is a time of Comradeship. It is also a chance to celebrate OUR leadership and family in the Department of Pacific Areas and to celebrate OUR progress in meeting program objectives and other department and national goals. While the Mid-Term Convention in Cambodia might be Christmas for some, the actual Christmas holiday will happen shortly after. Given the events of this year, I hope Santa is squawking all the correct modes and codes as he navigates the not so friendly skies.

Speaking of scary (as in scary good), the DPA is once again out in front (#3) in the National Membership standings and putting the other departments on notice. With at least one District over 100%, and 6 posts over 100% (with all posts showing increasing recruiting numbers), the DPA should be on track for a record All State / All American term.

In case you haven't noticed, CDR Farrell and his "Together, Everyone Achieves More" team are aggressively tracking the All State requirements. You MUST be aware of the due dates, and you MUST meet them if you have any intention of making All State Post or District. This is nothing new aside from CDR Farrell's requirements in his All State program. Fortune favors the bold and the bold get after it sooner than later. In some cases, there is no later. You meet the requirement, or you don't. Much like walking the plank, there is only oblivion after the end of the plank.

In closing, I hope you and yours are happy, safe, and healthy. Enjoy the holidays and I look forward to seeing you all in Cambodia. Please continue to check on each other and I appreciate all you do in assisting fellow Comrades and our communities. Do continue being the BOOtiful people that you are. Perhaps enjoying a fine vintage from the Cask of Amontillado or even a late night conversation with a Raven, sitting on the pallid bust of Pallas just above your chamber door. After all, it is

TRICK or TREAT. Sometimes in having one, you get both! It's a THRILLER!

Aaahhhhhh.....HAHAHAHAHAHA!

All the best (I don't say Blah, blah blah),

Michael D. Lutman
Immediate Past Department Commander
Department of Pacific Areas

"Teamwork. Together Everyone Achieves More."







Michael D. Lutman



VFW DAY 126 YEARS OF THE VFW

KANSAS CITY, Mo. – September 29, 2025, the Veterans of Foreign Wars (VFW) proudly commemorates VFW Day, marking 126 years of unwavering service to America's veterans, service members, their families and communities. Established on Sept. 29, 1899, the VFW has stood as the nation's most established major war veterans' service organization, built upon the dedication of veterans who understood the importance of advocacy, camaraderie and support long after leaving the battlefield.

What began with a small group of Spanish-American War and Philippine Insurrection veterans has grown into a powerful network of more than 1.4 million members of the VFW and its Auxiliary. Together, they remain steadfast in their mission to foster community, preserve patriotism and ensure every veteran receives the care, benefits and recognition they have earned.

"For 126 years, the VFW has been a voice for veterans and a force for good in communities across America," said VFW National Commander Carol Whitmore. "From advocating for quality health care and stronger benefits to offering direct support through our programs and services, the VFW continues to live out its founding promise: to honor and serve those who have served."

Over the decades, the VFW has made historic contributions to veterans' legislation, including the creation of the Veterans Administration, the GI Bill and expanded VA health care benefits. Today, the organization remains committed to ensuring veterans transition successfully into civilian life, receive timely access to VA care, and are never left behind.

As the VFW celebrates this milestone, Posts and auxiliaries across the country are honoring VFW Day with ceremonies, open houses and community service projects — reminding all Americans of the enduring sacrifice and resilience of those who served in uniform.

"The VFW is more than just an organization — it's a family bound together by service, sacrifice and a commitment to one another," said Whitmore. "On this VFW Day, we celebrate our legacy, but more importantly, we reaffirm our mission to stand shoulder-to-shoulder with every generation of veterans for the next 126 years and beyond."

For more information about the Veterans of Foreign Wars and how you can get involved, visit vfw.org.



DEPARTMENT SERVICE OFFICER (DSO)

Greetings and Good Day to All,

I'm proud to report that during our 1st Quarter (July-September 2025), the DPA Post Benefits Advisors (PBAs) team served over 984 veterans and family members. I believe the actual number is even higher, as we have not yet received reports from all DPA PBAs at the time of this writing.

We continue to expand our support network by seeking additional Assistant Department Service Officers (ADSOs) in Japan, Korea, Thailand, Guam, Australia, and the Philippines. If you - or someone you know - is willing to dedicate 24 hours per week assisting veterans and their dependents, please have them contact me directly.

With that said, I would like to address the excellent work being provided by Post Benefits Advisor Ricki A. Rice (COLONEL LEWIS L. MILLETT HILL 8180 MEMORIAL POST 8180) demonstrated exceptional commitment in August-September 2025. In August, he processed death reports for four veterans and escalated two complex cases for VA review (noted as non-VFW Agent work under his Department of the Air Force Retiree Representative role). September saw him secure VA spousal benefits for one widow via VBA 21-536, optimize Social Security payouts for two widows, arrange medical transport for two retired E-9 veterans, file disability claims (VBA 21-526) for three recent retirees, and attend DPA training on September 8. His multifaceted efforts exemplify frontline impact in veteran advocacy. Bravo Zulu to you Ricki.

Upcoming Training - Final Session for 2025

We will host one more DPA PBA Training in November. If your Post (there are 7 Posts) has not yet attended, I strongly encourage you to make every effort to participate. This training is open to all PBAs, and anyone may attend - the information provided can greatly assist any veteran seeking guidance on their benefits.

Final Scheduled Training: Saturday, November 15, 2025

2:00 p.m. (UTC+07:00) - Thailand, Cambodia 3:00 p.m. (UTC+08:00) - Philippines, Western Australia 4:00 p.m. (UTC+09:00) - Japan, Korea 5:00 p.m. (UTC+10:00) - Guam

Final Scheduled Training: Saturday, November 15, 2025

As a reminder, all Post Benefits Advisors are required to attend at least one session, but are encouraged to attend all, as each will include important updates. All ADSOs and I remain available to assist in any capacity. A Zoom meeting request will be sent out for each session.

Thank you all for your continued efforts - without you, so much would go undone. Until my next report,

Vernon C. Lask
Department Service Officer
Department of Pacific Areas
dsodpa@vfwpacific.org
"Teamwork. Together Everyone Achieves More."

Click the Post Benefits Advisor Guide to download the latest version.





DSO Pacific Areas

Vernon Lask





2025

Post Benefits

Advisor Guide



WOMEN'S VETERAN CHAIRPERSON

In August 2025, Carol Whitmore of Iowa shattered two glass ceilings, becoming the first woman and first Iowan elected as VFW Commander-in-Chief. A 36-year Army retiree and Iraq War veteran, Whitmore emphasizes that her tenure should focus not on gender but on the VFW's core mission: serving veterans. "I am a veteran who happens to be female," she asserts, framing her leadership around merit and the slogan "For Veterans, By Veterans."

Whitmore's journey began unexpectedly in 1977. Facing financial hurdles during college, she walked into an Army recruiter's office, seeking to avoid debt. What started as a pragmatic decision evolved

into a 36-year career driven by camaraderie and patriotism. Inspired by her WWII-veteran father and nurse mother, she served stateside and in Central America but yearned for deployment. At age 55, she finally deployed to Balad Air Base, Iraq, in 2010 with the 103rd Expeditionary Sustainment Command. Though her role involved logistical medical reporting rather than frontline care, she called it a defining duty: "I felt I hadn't truly served until then."

Despite her husband Brad's longtime VFW membership, Whitmore only joined Post 9127 in Des Moines after her Iraq deployment. The welcoming environment—where "no one questioned my veteran status"—sparked her dedication. Rising from trustee to adjutant, she became Iowa's first female VFW Department Commander in 2018, later serving on national committees, including the Legislative Committee and National Council of Administration.

Priorities as Commander-in-Chief

Advocacy Over Programs: Whitmore stresses a return to the VFW's roots: lobbying for veterans' rights. She highlights combating "claim sharks" (unethical benefit brokers) and pushing the Major Richard Star Act to aid medically retired veterans with under 20 years of service.

POW/MIA Accountability: After visiting Vietnam to observe POW/MIA recovery efforts, she vowed to prioritize bringing home the 83,000 missing Americans: "These families deserve closure."

Inclusive Leadership: While downplaying gender, she hopes her role inspires more women to join: "Women need to feel they belong here if they're eligible."

Whitmore believes her leadership reflects the VFW's evolution. "The founders would see this as a good change—not about gender, but a new perspective," she says. Her focus remains on ensuring veterans receive promised benefits and respect, stating, "We were founded on advocacy, and that's how we'll keep making a difference."

Golda Russell
Women's Veteran Chairperson
Department of Pacific Areas
"Teamwork. Together Everyone Achieves More."







Woman's Veteran Chairperson **Golda Russell**



SOMETHING TO PONDER

If your kid doesn't make their bed, wash their dishes, do their laundry, or keep their backpack organized, this isn't "just a phase." These behaviors signal a critical gap: the absence of foundational responsibility habits. Your child isn't lazy—they've internalized that someone else will always intervene. Many teens today avoid chores and neglect personal spaces because they've been excused, overprotected, or overlooked. By shielding them from these tasks, we inadvertently teach them to expect others to handle life's basics. This isn't just about tidiness; it's about equipping them for adulthood.

One mother confessed her 17-year-old son had never made his bed. She rationalized it: "Poor guy, he's in school all day—he's tired when he gets home." When left alone for a weekend, his bed became a disheveled "nest," meals were skipped, hygiene neglected, and chaos reigned. Upon her return, his defeated admission—"I didn't know where to start"—revealed the truth. The issue wasn't inability, but a lifetime of never being required to try.

Glance at your child's unmade bed today. Instead of frustration, ask:

Am I prioritizing short-term comfort over lifelong capability?

What essential lessons am I delaying that adulthood will ruthlessly enforce?

Start micro: Begin with a non-negotiable daily bed-making ritual before leaving home.

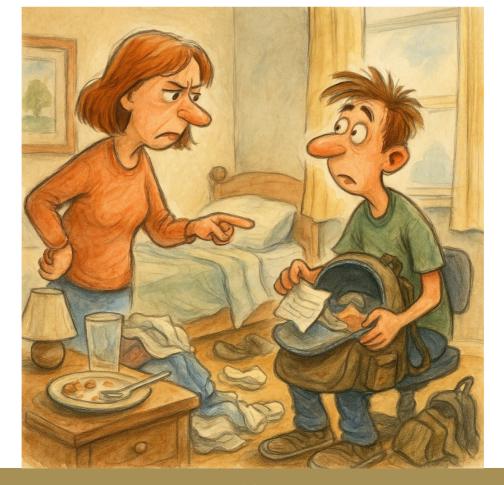
Reframe rewards: Position self-care as intrinsic self-respect, not a transaction.

Hold the line: Resistance is inevitable—your unwavering consistency builds their resilience.

Break the rescue cycle: Never complete their tasks again, even "just this once."

A child who can't manage a bed today may struggle to navigate adult crises tomorrow. Every neglected habit becomes future deadweight—potentially catastrophic. Our role isn't to cushion existence, but to forge humans prepared to thrive independently. The alternative? Letting life's harsh curriculum teach what we failed to instill gen-

tly.



VOD/PP/TA CHAIRMAN

Comrades,

We are in the second year of using the ScholarsApp website for submission and processing of entries for the Patriot's Pen (PP), Voice of Democracy (VoD), and Teachers Award (TA), programs. Overall this is a great tool, website engineers are always very responsive to questions and technical malfunctions. Next generation Americans are far more computer savvy than we were, website provided flyers, list contests rules, essay themes, and essential details along with QR quick links. One scan can initiate the journey for the next competition winner.

Department Of Pacific Areas (DPA), Membership Program 2025 – 2026 states, each Post must participate and submit, one VoD & one PP or a \$125 donation for each program in order to qualify For All-American. Donations must be submitted using the VMS Donation link from the VFW All American Dashboard. Donations will not be accepted by any other means. After donating, forward a copy of the email receipt to the DPA VoD/PP Chairman's org box.

Deadlines: The submission deadline for Scholar's App website has passed, (31 October). Post winners for each program, (VoD and PP) will be selected and forwarded to District. One winner from each District must be submitted NLT 23 November to the Department. Department Judges will select/forward the Pacific winners NLT 6 December. If there is any doubt if a submission may not be valid, please get with me ASAP so we can check and give a youth plenty of time to fix it before it is too late. The last thing we want to do is invalidate an entry.

Yours in comradeship and service,

Robert Madison VoD/PP/TA Chairman Department of Pacific Areas vodppdpa@vfwpacific.org

"Teamwork. Together Everyone Achieves More."

VOICE OF DEMOCRACY

VETERANS OF FOREIGN WARS.

2025-2026 Theme

"How Are You Showing Patriotism and Support for Our Country?"

Student Entry Deadline: PAST DUE

Patriotic Audio Essay Competition Grand Prize: \$35,000 Award

PATRIOT'S PEN



2025-2026 Theme

"How Are You Showing Patriotism And Support For Our Country?"

Student Entry Deadline: PAST DUE

Patriotic Written Essay Competition Grand Prize: \$5,000 Award





Robert Madison







LIFE & LEGACY LIFE CHAIRMAN

Comrades,

Recruiting members for life membership is a vital component of our membership program. The Department of Pacific Areas (DPA) strongly encourages everyone to consider becoming a Life Member. This commitment not only secures future membership but also reduces the need for annual renewals or recruiting new members. The strength of the VFW lies in its membership.

Since the early 20th century, the VFW has played a crucial role in nearly every piece of legislation aimed at supporting veterans. A robust membership ensures that our voice on Capitol Hill is heard and taken seriously. The DPA must make certain that all new and prospective life members recognize the VFW's unwavering support for them, their fellow veterans, and the local communities we serve.

In addition, we must continue to grow our Legacy Life membership to support the Posts and Department of Pacific Areas into the future. Currently, the Department of Pacific has 563 <u>Legacy Life Members</u>: 190 Bronze, 38 Silver, and 335 Gold.

2025 -2026 Membership Goals:

The VFW National membership goal for Posts, Districts, and Departments is set at a minimum of 101% by June 30, 2026, based on adjusted totals from the previous year. For the Department of Pacific Areas, the membership goal is to reach over 100% and add two more members.

As we prepare for the DPA Mid-Winter Conference, our membership numbers are looking good, but we still need to focus on recruiting more members. The Department of Pacific Areas requires a total of 812 members to meet the All-American requirement of 101%.

Yours in Comradeship,

James (Jim) Collins

Life & Legacy Life Membership Chairman

"Teamwork. Together Everyone Achieves More."

Post	District	Current	Prior	%	Required for All State	Required for All American	Divison	Division Ranking
1054	2	856	873	98.05%	19	26	2	3
9555	2	357	355	100.56%	0	2	4	10
9612	2	568	571	99.47%	5	9	3	15
8180	3	2084	2350	88.68%	268	291	1	27
9985	3	288	359	80.22%	73	75	3	282
10033	3	490	579	84.62%	91	95	3	259
10223	3	534	519	102.89%	0	0	3	5
9723	4	697	746	93.43%	51	58	3	125
9957	4	303	339	89.38%	38	40	4	199
10249	4	247	252	98.01%	7	8	4	31
11575	4	116	129	89.92%	15	15	7	248
12146	4	312	311	100.32%	1	4	4	15
9876	5	401	418	95.93%	19	22	3	59
9951	5	243	251	96.81%	10	11	4	46
10217	5	152	153	99.34%	1	3	6	24
12074	5	107	113	94.69%	8	8	7	115
12163	5	83	91	91.20%	8	9	8	255
1509	6	241	252	95.63%	13	14	4	62
2917	6	224	253	88.53%	31	32	4	222
3457	6	361	366	98.63%	7	9	3	21
124	7	330	331	99.69%	3	5	4	16
2485	7	1683	1676	100.41%	0	10	1	2
9892	7	225	225	100.00%	2	3	5	22
11447	7	460	477	96.43%	19	22	3	44
12130	7	90	88	102.27%	0	0	8	13
12224	7	35	37	94.59%	2	3	11	378
12231	7	89	58	153.44%	0	0	10	1





Life & Legacy Life

James "Jim" Collins



A LITTLE BIT OF HISTORY

Born May 25, 1889, in Kiev (then part of Russia, now Ukraine), Igor Sikorsky revolutionized aviation through helicopter innovation and pioneering aircraft design. Educated at the Petrograd Naval College and Parisian engineering schools, he developed an early fascination with flight, inspired by the Wright Brothers and Ferdinand von Zeppelin. After completing studies at Kyiv Polytechnic Institute (now bearing his name), he embarked on a career marked by resilience and ingenuity.

Sikorsky initially pursued helicopter design but shifted focus after early failures. His 1910 S-2 biplane succeeded where earlier models faltered, earning recognition across Russia. By 1912, the S-6-A won top honors at Moscow's Aviation Exhibition and a military competition, securing his leadership at the Russian Baltic Railroad Car Works' avia-



tion division. There, he engineered groundbreaking multi-engine aircraft like "The Grand" (1913), the world's first four-engine plane, and the Ilya Muromets bomber—a WWI workhorse adapted into 70+ variants.

The 1917 Russian Revolution disrupted Sikorsky's career. After brief work in France, he immigrated to the U.S. in 1919, teaching mathematics while fundraising. By 1923, he established Sikorsky Aero Engineering Corporation in Long Island. Early successes included the all-metal S-29-A (1924) and the S-38 amphibian (1929), used by Pan Am for Central/South American routes. His "flying boats," notably the S-40 "American Clipper," dominated transoceanic travel until the late 1930s, with the S-44 remaining the fastest trans-Atlantic aircraft for years.

Despite fixed-wing success, Sikorsky never abandoned his helicopter vision. In 1939, he achieved aviation history with the VS-300—the U.S.'s first functional helicopter. Piloting its maiden flight, he demonstrated a revolutionary single-rotor design paired with a tail rotor to counteract torque, eliminating the need for dual rotors. This innovation simplified control and reduced weight, setting the standard for 95% of modern helicopters. By 1940, the design was standardized, and WWII military contracts—starting with the XR-4—led to mass production. Over 400 Sikorsky helicopters served in wartime rescue and logistics roles.

Sikorsky's accolades included the 1968 National Medal of Science and the Wright Brothers Memorial Trophy. A philosopher-engineer, he authored spiritual works like The Message of the Lord's Prayer and The Invisible Encounter. Retiring in 1957, he consulted until his death in 1972. His company, now a Lockheed Martin subsidiary, remains the world's oldest helicopter manufacturer.

Key Innovations and Impact

- Multi-Engine Aircraft: Enabled long-distance air travel and heavy payloads.
- Amphibious Aviation: Expanded commercial routes to remote regions.
- Tail Rotor System: Solved torque control, making helicopters practical.
- Military Applications: Transformed search/rescue and troop deployment.

Sikorsky's journey—from Kyiv workshops to Connecticut factories—exemplifies perseverance. His designs bridged eras: propellers to rotors, wood-and-fabric to metal engineering. By balancing technical mastery with philosophical reflection, he shaped not just machines, but humanity's relationship with the skies.

Read more about the man HERE.

VMS/MAP CHAIRMAN

As the Department VMS and MAP Chairman for this term, I'd like to remind everyone of a few important requirements and opportunities.

I'm pleased to report that 19 of our 27 Posts have already completed the Veterans and Military Support (VMS) donation requirement—thank you for your dedication and support.

For those that haven't yet done so, please remember that each Post must donate a minimum of \$125 to the VMS Program. This donation must be made via the VMS Donation link on the VFW All-American Dashboard. This is an All-State requirement.

To donate to any VFW programs, please visit the <u>VFW Programs Donations</u> page. This requires a login to https://www.vfw.org/ and then Login. Under Membership Quick Links select Program Dashboard Tools. On the next screen click on VMS Donation on the upper right hand menu right below your login name.

For Posts located near active-duty military installations or have active service members traveling through your area, the Military Assistance Program (MAP) offers an outstanding opportunity to engage directly with service members. Hosting MAP events allows them to experience firsthand the work we do for veterans and our communities—and it can greatly enhance your recruitment efforts.

If you're planning a MAP event, remember to apply for a MAP grant in advance.

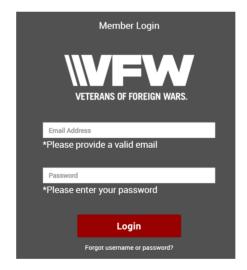
Grants are awarded on a first-come, first-served basis, and funds are often exhausted before the end of the year.

Thank you all for your continued commitment to serving veterans, service members, and their families.

VMS/MAP Chairman
Department of Pacific Areas
mapdpa@vfwpacific.org
"Teamwork. Together Everyone Achieves
More."

Patrick S. Brooks





Membership Quick Links

- Online Membership System (OMS)
- MemStats Report
- Programs Dashboard Tool



IFW BIAS



Patrick S. Brooks



MILITARY ASSISTANCE PROGRAM

MAP Grant Application Information HERE



KPI Tools Dashboard Reports VMS Donation

POW/MIA CHAIRMAN

Greetings DPA Comrades,

Below is the latest information from the Defense POW/MIA Accounting Agency (DPAA) concerning our POW/MIA's. Our continued prayers that each of them will be found and return to their families. May God bless each of them.

The DPAA is conducting recovery missions in Papua New Guinea in 2025 to find Americans missing from WWII, <u>according to the U.S. Embassy in Papua New Guinea</u>.

In July 2025, a joint U.S.-Vietnamese team conducted a recovery mission in Vietnam, returning possible remains to the DPAA laboratory for identification.

In July 2025, DPAA Director Kelly McKeague met with Vietnamese officials to reaffirm commitment and discuss enhancing cooperation and technology use, <u>notes</u> the U.S. Embassy in Vietnam.

The agency signed a Memorandum of Understanding with the Republic of Korea's MAKRI in August 2025 to improve the recovery and identification of missing Korean War service members, according to a DPAA news story.

A new Single-Nucleotide Polymorphism (SNP) assay was implemented in January 2024 to help identify remains by evaluating DNA for ancestry, <u>reports the U.S. Department of War.</u>

The DPAA conducted a large family member update in Sacramento, California, in February 2025, which included unveiling the 2025 POW/MIA Recognition Day poster.

The agency hosted another family member update in April 2025, providing updates on specific cases, per DPAA news.

- There are still more than 80,000 American service members unaccounted for, with an estimated 38,000 of them potentially recoverable, states the U.S. Department of War.
- Recent identifications include the 750th Korean War service member and the 100th service member from remains provided by North Korea in 2018, according to a DPAA news story.
- The DPAA has identified nearly 600 MIAs from the Vietnam

Caleb Whitaker Jr.
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"Teamwork. Together Everyone Achieves More."

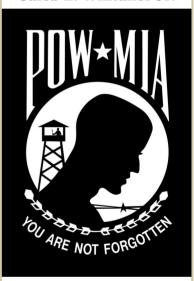






10W/1-III1 Ghairman

Caleb L. Whitaker Jr.



TRANSFORMING THE TERRIBLE SECRET OF SUICIDE

I wrote this article some years ago and have rewritten it today in memory of my Brother, Friend, and fellow SOCOM Care Coalition co-worker, former U.S. Navy SEAL, Mike Day. Mike, severely wounded in 2007 during a raid, took his own life earlier this year. After recovering physically from his gunshot wounds he began working on the behavioral health side of the coin and became an amazing SOCOM Care Coalition case manager and advocate. In 2020, his book *Perfectly Wounded* was published and became an instant success. Somewhere along the way Mike's life again began to slip into the dark spiral of suicidal ideation and self- despair. His passing shocked our shared communities to their core. Mike's book, his story, is important and more relevant today in lieu of his passing. His death reminds us to be constantly vigilant regarding our own mental health and that of our Brothers and Sisters, our families, and our friends.



This paragraph from Mike's book reveals how his inner anguish and pain re- surfaced three years later but this time fatally. "...I fully believed I was thinking rationally, I know now that I was not. My irrational thoughts had started repeating themselves: the world would be better off without me. I don't care anymore, I just want out of here. I'm a horrible person. My future will just be filled with more of the same stress."

I have re-written and updated this article because Mike, this past March, was wrong. He was an amazing person; and we are not better off without him here. And his life and his story as recounted in *Perfectly Wounded* is now more than ever a "must read" for us all.

Because the darkness can resettle in.

Lest we forget — https://www.youtube.com/watch?v=ZX3F2hvFhIc

By Greg Walker (ret) USA Special Forces

In 1962, my grandfather on my father's side took his own life. This after murdering his estranged wife. His murder-suicide shook our immediate and extended families to the core. I was just eight years old and loved both deeply.

The aftershocks and ripples of that singular act were catastrophic for many, many years. My father, his oldest son, changed entirely as he grew older. His anger, fear, remorse, and self-hatred that came from the event consumed him. He isolated

- ⇒ never explored counseling at any time although he could have afforded the best
- ⇒ and died without meaningful resolution.

Twelve years ago, given the incredible training and real-world experience I had working with the U.S. Special Operations Command's Care Coalition as a Warrior Care provider and in lieu of nearly ten years on the street as a police officer with experience investigating suicides and attempted suicides...I investigated my grandfather's most terrible act.

I discovered no one else in the family had — to include my dad and his two brothers. And I discovered what we all thought was an accurate account was not. We had all lived our lives believing bad information, trauma generated recollections, and the masking of the event even having occurred (The Terrible Secret).

I learned the facts from reading the reports and asking questions, lots of questions, of those of our families still alive and willing to talk. I then shared the true story with everyone to include my father in a three-page letter.

The healing process began...for those who wanted to heal.

I was blessed to spend ten years working with our most seriously wounded, injured, ill, and suicidal. I was well educated along the way —and well trained. I was privileged to participate with equally skilled (many much more

TRANSFORMING THE TERRIBLE SECRET OF SUICIDE

so) advocates and clinicians, police officers and hospital staffs, and family members of great courage, to successfully intervene in active suicidal situations.

We continue to lose between 35-40 Active Duty/National Guard/Reservists and Veterans a day to suicide. That is a body count we should be ashamed of. Too many trans-generational war fighters over the past 20 years of ongoing armed conflict. Fathers, sons, mothers, daughters, husbands, wives, grandchildren, friends, family...deceased by their own hands.

There are no memorial walls for those who take their own lives. The stigma of suicide ensures silence, shame, and secrecy. However, this cultural branding is changing. We know more about what takes our loved ones to the precipice of death by their own hands. And we are learning more to care for those left behind and to break the chain that suicide in a family or in a military unit can create unless challenged.

To kill the Most Terrible Secret you must expose it to the light of Love, Truth, and Self-Care. You must band together with like-minded warriors and fight the good fight.

And if the suicide is successful you then turn to those left behind, as I have, and self-educate, self-care, and seek professional counseling. Breaking the chain is possible – and important – as is re-learning to love the ones we have lost.

Because suicide is not painless.

MSG (ret) Leroy Petry, Medal of Honor, on the challenges of adversity and embracing one's life because "we only get one go-around here on earth and if we don't take care of it...it's not going to last." https://www.youtube.com/watch?v=ZMXSr8S-nVQ

Here are some of the exceptional resources in the war on military service-connected suicide that I have professionally worked for or with and with great success.

"No Fallen Comrade Left Behind"

Lines for Life Military Helpline https://www.linesforlife.org/mhl/

Military One Source Confidential Counseling https://www.militaryonesource.mil/confidential-help

The Mighty Oaks Veterans Warriors Programs https://www.mightyoaksprograms.org/

The Green Beret Foundation https://www.greenberetfoundation.org/

The Cedar Hills Hospital Military Program

https://cedarhillshospital.com/treatment-services/the-military-program/

Wounded Warrior Project Veteran PTSD Treatment Support Resources https://www.woundedwarriorproject.org/programs/mental-wellness/veteran-ptsd-treatment-support-resources

VA Military Crisis Line

https://www.veteranscrisisline.net/



ABOUT THE AUTHOR — Greg Walker is an honorably retired "Green Beret" and wounded warrior. Today he lives and writes from his home in Sisters, Oregon, with his service pup Tommy.

Since 2001, the U.S. has lost more than

120,000 veterans to suicide



The suicide rate among women veterans is 92% higher than that of non-veteran women.

For **male veterans**, the rate is almost **60%** higher.

LEGISLATIVE CHAIRMAN

Comrades, here are important updates from the VFW Action Corps Weekly. To stay informed about critical veterans' issues, sign up for the VFW newsletter by clicking this link: https://votervoice.net/VFW/register. This will send you regular updates on VFW Priority Bills straight to your email.

The federal government is currently shut down due to budget issues, impacting various services. However, VFW Accredited Service Officers and Pre-Discharge Representatives remain accessible via remote access to assist veterans and families. Separating service members can reach out to bdd@vfw.org for VA claims assistance. Contact your representative before canceling any appointments.

- VA Health Care: Medical centers, outpatient clinics, and Vet Centers remain
- VA Benefits Processing and Payments: These will continue as usual.
- Veterans Crisis Line (Dial 988, Press 1) and MyVA411 (1-800-698-2411): Both remain operational.

VA Secretary Doug Collins noted that while most VA health care services are maintained, about 30,000 VA employees are furloughed, affecting services like vocational training and employment assistance for transitioning veterans[1][2].

The VFW is opposing VA directives that contradict the Supreme Court's ruling in Rudisill v. McDonough. The ruling allows veterans to receive full benefits under both the Montgomery and Post-9/11 GI Bills up to a combined 48-month cap. Despite this, the VA's guidance continues to impose restrictions, denying veterans their earned benefits.

VFW National Commander Carol Whitmore emphasized that these restrictions contradict the Court's decision and said, "These new rules directly contradict the Supreme Court's decision on what veterans have earned through honorable service." The VFW has joined a lawsuit to ensure veterans receive full benefits and invites affected members to share their stories at legal@vfw.org.

The Major Richard Star Act (S.1032), aimed at authorizing full concurrent receipt of military retirement pay and VA disability compensation for medically retired veterans under Chapter 61, has faced a setback. Senator Roger Wicker objected, citing cost concerns, though Senator Richard Blumenthal emphasized these are separate earned benefits. The bill enjoys broad bipartisan support with 76 Senate and 304 House cosponsors and remains a key VFW legislative priority.

VFW National Commander Carol Whitmore criticized The Washington Post's recent article portraying veterans as abusers of VA programs. Whitmore argued that the article ignores the realities of military service and unfairly targets veterans as scapegoats. She emphasized that questioning veterans' integrity is more convenient than addressing the true costs of extended military conflicts.

The VFW remains committed to advocating for veterans' rights and benefits. Stay informed and engaged by joining the Action Corps Weekly and supporting our efforts to ensure veterans receive the dignity and support they have earned.

Randell E Himes DPA Legislative Chairman legdpa@vfwpacific.org National Legislative Committee rehimes@gmail.com 1-815-408-2454 "Teamwork. Together Everyone Achieves More."





VETERANS OF FOREIGN WARS

VFW ACTION ALERT

Sign up today!

If you are interested in keeping track of these bills. Signing up for the ACTION CORP newsletter. Click this link: https:// votervoice.net/VFW/ register.

DPA HISTORIAN

The Provisional Department of Pacific Areas was formally instituted on 3 December 1966 at VFW Post 9467 in Yokohama, Japan. The formation of the Department was a direct result of the continued cooperation of VFW Posts in the Far East Area over many, many years starting in 1948. Following the end of WWII and with the surge of occupational U.S. Forces throughout the Far East it seemed only natural that the VFW would establish itself and become an active stalwart in the support of U.S. Forces and veterans throughout the Pacific basin.

The first Posts organized were in Yokohama (Post 9467) and Tokyo (Post 9450) during the summer of 1947. Posts in Nagoya (Post 9794), Osaka (Post 9876), and Yokohama (Post 9612) were established during 1948. In October 1948, an "All Japan Muster" involving these five Posts was held. They petitioned National Head-quarters for a Department Charter. However, due to the constant shifting and reduction of occupational troops, resulting in the relocation and reorganization of many Posts, the petition was held in abeyance until activities in the Far East settled down. Then the Korean War started.

Once again the influx began with changes and moves being made everywhere. Post 9794, originally chartered at Nagoya, was moved to Tachikawa Air Force Base, Japan and re-chartered in October 1952. Post 9612, which was chartered in Yokohama, lost its charter but was re-chartered at the Naval Air Station Atsugi, Japan in February 1952. Post 9876 in Osaka was moved in 1958 to Yokota AFB, Japan and re-chartered in November of 1958.

In October 1953, the first Far East VFW Convention (Encampment) was held in Tokyo, Japan. The object of this meeting was to discuss and set forth ideas for accomplishing the many VFW programs necessary for the good of our organization, and also to achieve that one ultimate goal – to establish the Department of the Pacific Areas. The first step in this process was accomplished in 1960 when a quasi-official liaison unit, The Far East Provisional District, was organized and was the direct forbearer of the Provisional Department of the Pacific Areas formed in October 1966. Its jurisdiction encompassed the areas 160 degrees longitude to 90 degrees longitude, and from 50 degrees north latitude to 50 degrees south latitude, but not to include the Hawaiian Islands.

During this period membership and new Posts began expanding due mainly to the buildup of U.S. Forces and logistical support for the war in Vietnam. In addition to the Posts previously mentioned, Post 9689 at Itazuke Air Base Fukuoka, Japan was chartered in 1955 and became part of the Provisional District in August 1960. Post 9681 Misawa Air Base Japan was chartered and became part of the Provisional District on 30 November 1961. Post 9555 Johnson Family Housing Annex, Japan (located near Yokota AFB) was chartered 9 May 1962. Post 9985 Seoul, Korea and Post 9951 Bangkok, Thailand were also chartered during this time frame. And in 1966, a significant first for the VFW occurred. Bien Hoa Post 3883, Bien Hoa, Vietnam became the first Post in the history of the VFW to be chartered and installed in an active combat Zone. It would not be the last.

In 1967, prior to the first Department Convention, George W. Molter, Chief of Staff for the Provisional Department of Pacific areas wrote: "As realized this is our first charter as a Provisional Department and whether we receive a full Department Charter at the next National Convention or we continue as a Provisional Department will be predicated on how well we conduct and transact pertinent V.F.W. business matters during this convention We were pre-warned that many eyes would be focused on us from the hierarchy of our National Organization." And







DPA HISTORIAN

work hard they did, but it would be another three long years before their goal was attained. On 8 January 1970, the Department of Pacific Areas was formally chartered. Two days later, in an impressive ceremony at Post 9794, Tachikawa AFB, Comrade Robert L. Williams was installed as Department Commander by Senior Vice Commander-in-Chief Herbert R. (Chief) Rainwater under the permanent new Charter.

Currently the Department of Pacific Areas has twenty-six Posts representing Japan, Korea, Taiwan, Thailand, Cambodia, Philippines, Guam, Saipan and Australia. Throughout the years the number of Posts and membership has fluctuated due mainly to the changing tides of America's military commitments, but the mission has always remained the same: To insure the national security through maximum military Strength To speed the rehabilitation of the nation's disabled and needy veterans To assist the widows and orphans, and the dependents of disabled and needy veterans To promote Americanism through education in patriotism and constructive service to the communities in which we live.

If you have anything to add to the History of the Department of Pacific Areas, either to the Department, Districts or Posts, Please Email it to rhett-webber@yahoo.com with the information in Document format.

Rhett Webber DPA Historian Department of Pacific Areas histdpa@vfwpacific.org

"Teamwork. Together Everyone Achieves More."







DPA Historian

Rhett Webber

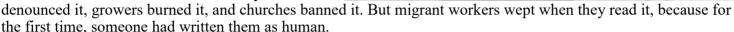
A LITTLE BIT OF HISTORY

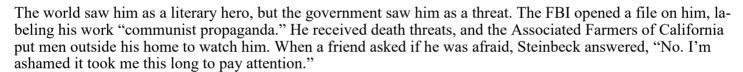
John Steinbeck once hid in a migrant camp under a fake name — just to see if America would treat him like one of its own. It didn't.

It was 1936, the middle of the Great Depression. Steinbeck had been hearing whispers about thousands of Dust Bowl families flooding into California — farmers turned refugees, sleeping in ditches, working for pennies. Newspapers called them "Okies." Politicians called them a nuisance. Steinbeck wanted to see for himself. So he borrowed an old car, dressed in worn clothes, and disappeared into the San Joaquin Valley.

For weeks, he lived among the workers — sleeping in tents, eating scraps, listening to mothers sing lullabies beside dying campfires. He watched children pick rotten fruit from the ground and men beg for jobs that paid five cents an hour. "You have no idea how terrifying hunger sounds when it cries," he later wrote in his notebook. "It changes the shape of a man's face."

He kept his identity secret. To the people around him, he was just another drifter. But every night, he scribbled pages by lantern light — sketches of families, dialogue, fragments of rage and grace. Those notes became The Grapes of Wrath. When the book came out in 1939, it shocked the country. Politicians





He won the Pulitzer, then the Nobel, but he never forgot the camps. "I am not a writer of escape," he said. "I am a writer of the people who cannot escape."

John Steinbeck didn't just write about the American Dream — he went looking for it in the dirt, and what he found was both its cruelty and its courage.

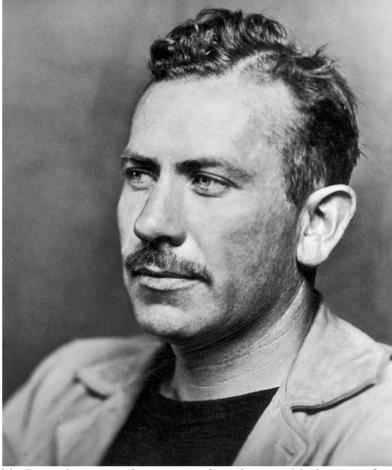
Notable Facts:

Birth and Death: Born in Salinas, California, on February 27, 1902; died in New York City on December 20, 1968.

Major Works: His most famous novels include Of Mice and Men (1937), The Grapes of Wrath (1939), and East of Eden (1952).

Awards: He was awarded the Pulitzer Prize for Fiction in 1940 for The Grapes of Wrath and the Nobel Prize in Literature in 1962 for his entire body of work. He also received the U.S. Presidential Medal of Freedom in 1964.

Themes and Style: Much of his work is set in his native central California and focuses on the lives of migrant workers, the disenfranchised, and ordinary people facing economic hardship. His writing style combined gritty realism with a strong sense of human empathy and often incorporated biblical and Arthurian mythic parallels.



AMERICANISM & LOYALTY CHAIRMAN

The relationship between the Veterans of Foreign Wars (VFW) and American Gold Star Mothers, Inc. (AGSM) is a foundational pillar of mutual respect and dedication to honoring the ultimate sacrifice of service members. The VFW, one of the nation's largest veteran service organizations, consistently stands with Gold Star Mothers—women who have lost a son or daughter while serving in the U.S. Armed Forces—recognizing their profound loss and enduring patriotism.

The term "Gold Star" originated during World War I, as families of servicemen displayed flags with blue stars representing those serving. When a service member died, a gold star was stitched over the blue star, transforming the symbol into one of honor, pride, and sorrow.

This powerful emblem led to the formation of the American Gold Star Mothers, Inc. in 1928, an organization committed to supporting each other and performing volunteer work, particularly in veteran hospitals.

The VFW's commitment to Gold Star Mothers stems from its core mission: to "honor the dead by helping the living." The VFW and its Auxiliary units frequently partner with AGSM chapters across the country in various ways:

Gold Star Mothers are often found volunteering in Veterans Affairs (VA) hospitals and other veteran care facilities—a mission that aligns perfectly with the VFW's widespread community service programs. The VFW frequently supports these volunteer efforts with resources and joint initiatives.

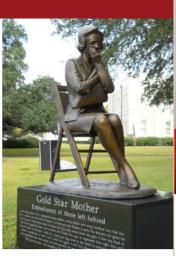
The VFW is a powerful advocate in Washington, D.C., fighting for policies and benefits that assist all veterans and their families, including Gold Star Families. They can assist survivors in navigating the complex federal benefits system and, in some cases, provide financial aid for unmet needs through their programs like the VFW's Unmet Needs program.

Both organizations work tirelessly to ensure the memory of fallen heroes is never forgotten. They collaborate on memorial services, patriotic events, and the annual observance of Gold Star Mother's and Family's Day, officially designated as the last Sunday in September. VFW posts often host or participate in ceremonies that recognize the sacrifices of Gold Star Families in their local communities.

The relationship often involves local-level support, with VFW and American Legion posts providing direct funding through generous donations to local Gold Star Mother chapters. This financial assistance helps the AGSM fulfill its mission of offering emotional and social support to its members and serving the wider military community.

In essence, the VFW provides a strong institutional structure and a network of committed veterans who understand the gravity of military loss. By upholding the dignity of the Gold Star and working alongside AGSM, the VFW helps to ensure that these families continue to receive the respect and support they've earned through immeasurable sacrifice.

James Snowden Americanism/Loyalty Chairman Department of Pacific Areas "Teamwork. Together Everyone Achieves More."







Americanism/Loyalty Day Chair

James Snowden

DPA MID-WINTER CONFERENCE



Department of Pacific Mid-Winter Conference Grand of Pacific Mid-Winter Scratch

The Cambodiana Hotel in Phnom Penh 11-15 December 2025 Phnom Penh, Cambodia

The DPA 2025 Mid-Winter Conference will be hosted by Mayaguez Memorial VFW Post 11575 and held from Dec 11th through the 15th at the <u>Cambodiana Hotel</u> in Phnom Penh, Cambodia. Members will remember the Cambodiana as being the venue for both the 2019 Council of Administration and 2023 DPA convention. The historic hotel is located along the Mekong River in the center of Phnom Penh. The hotel has excellent meeting facilities which will allow the DPA leadership to efficiently conduct VFW business.

Past Commander-in-Chief Duane Sarmiento will be representing the national organization at the conference. Rooms can be reserved by visiting the DPA website, filling the online form and returning it to reserva-tion@hotelcambodiana.com.kh. Put "VFW Conference" in the subject line.

Members are reminded that the US dollar is legal tender in Cambodia and accepted throughout the country. However, US bills that are torn or stained will not be accepted by local businesses. While larger businesses will accept credit cards, smaller ones will not.

Phnom Penh is now served by the recently opened <u>Techo International Airport (KTI)</u>, much larger and with more amenities than the airport it replaced. A taxi from the airport to the hotel is a flat fare of \$20 and takes approximately 45 minutes during non-rush hour traffic.

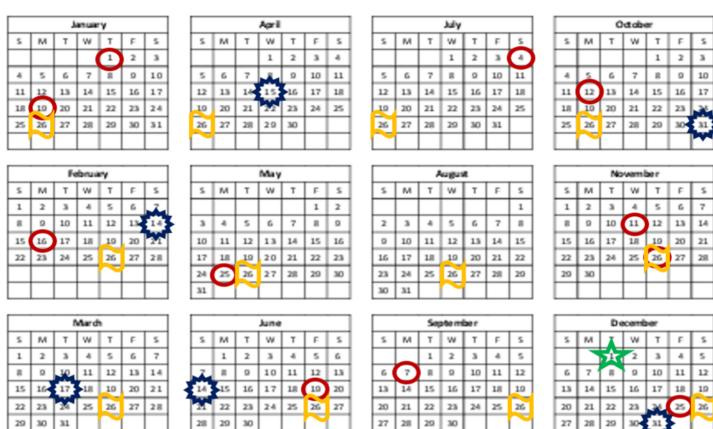
Members should be advised that rides during rush hours could take considerably longer. U.S. citizens require a visa to enter Cambodia. While a visa on arrival is possible, members are strongly advised to go to https://www.evisa.gov.kh and apply for a tourist visa there. The cost of a visa is \$30 and takes three business days to process. Non-US citizens can check on the website if a visa is required for a visit to Cambodia.

Cambodia has an electronic arrival card that must be completed prior to arrival. The website for the e-arrival form is https://arrival.gov.kh. The form can be filled out within seven days prior to arrival. There is also an app available in the major app stores. Members are encouraged to book early as December is the high season for tourism in Cambodia. For questions or comments contact 2025 Mid-Winter Conference co-chairs Paul Baker at pppaulie9@gmail.com or Lou Holub at holublouis@gmail.com.

SHAWN WATSON'S NATIONAL JVC FUND RAISER

Shawn Watson's

2026 Cash Calendar National JVC Fund Raiser



PAYOUTS

51 Fridays \$50.00 = \$2,550.00, (11) \$300.00 = \$3,300.00, (12) \$26.00 = \$312.00, (12) \$500.00 = \$3,000.00, (12) \$1,000.00

Donations are \$10.00 each or 3 for \$20.00

Email

Scan tickets to Larry at PDCLyons935@gmail.com and coordinate funds transfer with George at gbeckjr@gmail.com. Email all to both.

Your tickets are good for all 81 drawings for a total of \$10,162.00!

Thank You for Shawn's Support

Name	Phone Number	

Only need to scan bottom portion of this ticket and email to Larry as per above. One for each ticket desired.

Help Support Shawn on his bid for VFW National JVC 2028

PAID ADVERTISEMENT



DR. NITI NAVANIMITKUL

MEN'S HEALTH THAILAND

Dr. Niti Navanimitkul stands as a leading authority in men's health in Thailand, combining advanced medical expertise with a patient-centered philosophy. His career reflects a commitment to innovation, education, and holistic care, positioning him as a trusted figure in urology and male wellness.

Qualifications & Specialized Training

Dr. Niti's journey began at a top Thai university, where he earned his medical degree and discovered his passion for urology. He pursued advanced training in men's health, focusing on reproductive, urinary, and sexual health. His fellowships at renowned institutions equipped him with cutting-edge techniques, particularly in minimally invasive procedures.

Professional Excellence

As a full-time physician at Bangkok Hospital Pattaya, Dr. Niti collaborates with multidisciplinary teams to address complex cases. His practice emphasizes:

- Penile Prosthesis Surgery: Thailand's foremost specialist, with over 70 successful cases and a 99.99% success rate.
- UroLift for BPH: Performed 50+ cases (Oct 2024–Jan 2025) with a 99.99% success rate, offering rapid recovery.
- ED Solutions: Stem cell therapy, shockwave treatment, and medication.
- Male Infertility: Diagnostic testing and advanced fertility procedures.
- Prostate Care: Screening, BPH management, and cancer prevention.

Awards & Recognition

Dr. Niti's contributions have earned accolades for patient care, research, and medical education. He actively shares insights at international conferences, driving advancements in men's health across Southeast Asia.

Holistic Patient Care

Beyond physical treatment, Dr. Niti prioritizes emotional well-being. His approach includes:

- Personalized consultations to address psychological impacts of conditions like ED or infertility.
- Empowering patients through education on preventive health and lifestyle changes.
- Collaborative care models at Bangkok Hospital Pattaya, ensuring comprehensive support.

Community Advocacy

Dr. Niti champions men's health awareness through public seminars.



UPCOMING COMMEMORATIVE DATES*



January 27 - Signing of Vietnam Peace Accords* were a series of agreements signed in 1973 to officially end the involvement of the United States in the Vietnam War. These accords were negotiated in Paris, France, and involved the United States, North Vietnam, South Vietnam, and the Viet Cong (the communist forces in South Vietnam). However, the Paris Peace Accords did not lead to a lasting peace in Vietnam. After the U.S. withdrawal, the conflict between North and South Vietnam resumed, ultimately resulting in the reunification of Vietnam under communist control in 1975. The accords remain an important historical milestone in the context of the Vietnam War.

15 February 1898 U.S.S. *Maine** was a United States Navy ship that sank in Havana Harbor in February 1898, contributing to the outbreak of the Spanish–American War in April. American newspapers, engaging in yellow journalism to boost circulation, claimed that the Spanish were responsible for the ship's destruction. The phrase, "Remember the *Maine!* To hell with Spain!" became a rallying cry for action. Although the *Maine* explosion was not a direct cause, it served as a catalyst that accelerated the events leading up to the war.



February 28 - Liberation of Kuwait—Operation Desert Storm* On February 28, 1991, a U.S.-led operation liberated Kuwait from Iraq following a significant air campaign from February 24 to 28. Upon entry, U.S. and Coalition forces encountered mass surrenders by Iraqi troops. Despite this, pockets of resistance, especially at Kuwait International Airport, led to intense battles as some Iraqi troops were unaware of their retreat order. Most of the fighting occurred in Iraq, not Kuwait, and this operation is a part of the Gulf War.

Other Important Dates

1st Tuesday of November – Election Day

November 10 - U.S. Marine Corps Established (1775)

November 21 - Grenada Campaign Ended (1983)

December 13 - National Guard Established (1636)

December 15 - Iraq War Ended (2011)

December 20 – U.S. Space Force Established (2019)

December 31 - Official End of WWII (1946); Kosovo Campaign Ended (2013)

3rd Monday in January - Martin Luther King, Jr. Day

January 31 - Panama Campaign Ended (1990)

3rd Monday of February - Presidents' Day

*Posts should arrange special ceremonies and all commanders shall alert comrades to their obligations for the appropriate commemoration date.

DPA WEBSITE SPONSORS









Notice

Districts, to offset the costs of our website and newsletter please find at least one Sponsor of \$100 for a year. Congratulations to District 5 for going above and beyond!!

We ask each District to submit at least one DPA Website Sponsor. Each Sponsor must donate a minimum of \$100. The term is one year and their Logo will be included on our Sponsor Website page and here in our Bi-Monthly newsletter. Contact the Webmaster at webdpa@vfwpacific.org or The Pacific Times Editor at pacifictimes@vfwpacific.org for information on how to submit your Sponsors.