



VETERANS FOR PEACE
HUMBOLDT BAY
CHAPTER 56

THE FOGHORN

VOL 32, ISSUE 30

FEBRUARY
2011

“Cutting Through the Fog of War”

With great sorrow we inform you of the death of long time VFP56 member WW II veteran Fred Hummel. Fred was a staunch believer in peace and worked tirelessly within VFP and his personal life to carry that message forward. Fred will be greatly missed by his many friends and his family. To honor Fred an article written for the October 2006 issue of the Foghorn by Becky Luening profiling his life is printed below. Fred is gone but will be remembered for all he accomplished within VFP and for his great sacrifices during WW II and as a special friend.



VFP Member Profile: Fred’s Path

By Becky Luening, October 1966

Fred Hummel was born in 1926 and raised in a town that bordered on Newark, New Jersey. He had two sisters, one older and one younger. World War II was raging during his high school years and many of the older kids from his school—some enlisted, some drafted—were already fighting in Europe. Fred couldn’t wait to join the action.

He enlisted in the Naval Reserve at age 17, waiting until after graduation only because parents wouldn’t sign until he graduated. (Only later did he realize could have easily forged his papers, as many other young servicemen had.)

Wartime propaganda painted Japan as an evil empire and portrayed Japanese as vermin. After enlisting, Naval training films continued to drive home the threat of the “Yellow Peril,” and Fred learned well this lesson of hating the enemy. Gung ho, he was set to kill every Jap he saw.

But he never got a chance. It was the end of 1943 by the time he signed up. His technical training lasted until August of

1944, after which he shipped out to California where he was assigned to a Carrier Aircraft Service Unit. At this time the Navy was active mostly in the Pacific Theater and this is where the big carrier task forces operated. A task force was typically one or more carriers supported by tankers carrying aviation fuel, along with destroyers to protect it and other supply ships as well. Each carrier task force was a fleet unto itself. Very few battleships were seen after Pearl Harbor.

Fred’s unit in California took carrier air groups from the Pacific Theater that were all shot up, gave them new planes, new crew, and trained them until they were ready to go out to sea again.

Soon after getting the hang of this job, Fred volunteered for sea duty. He was told nothing was available, but he was persistent, and about once a month he would attempt to volunteer again.

After being in the Navy for a year and a half, one day he asked for leave. With a line lifted right out of Catch 22, the commander told him, “We can’t give you leave unless you volunteer for sea duty.”

Finally, after returning from leave, Fred shipped out to sea aboard the USS Hornet, CV12, an Essex class carrier, destined for the “Battle of Japan.” But the first atomic bomb was dropped on Hiroshima before they shipped out, and the second bomb was dropped on Nagasaki right afterward, so there was no battle. Instead, the ship was redirected to Oahu, Hawaii to pick up soldiers and bring them back to California. Consequently, Fred was on board with some of the first troops to return to San Francisco after the war ended. It was quite an experience for a young sailor.

They were all lined up on the flight deck when they passed under the Golden Gate Bridge, and when the ship reached the port there was a big sensation, Helldivers, VF19 flew the first FBF Bearcats fighter planes, VT19 flew the awkward, slow TBM torpedo bombers.

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After the war ended, these squadrons didn't fly much as a group, so there wasn't a lot of work to do. But if the need arose the ground crew flew for the fun of it, and Fred got a thrill from some of those experiences.

Meanwhile, VB19 managed to throw a beer party every week on a secluded beach. Another once-a-week ritual was going out to a local restaurant where they could get filet mignon and a plate of island veg gies for \$2.50 along with a big glass of Planters Punch (a strong alcoholic drink) for \$1.00.

Fred and the others in his squadron were issued liberty card that let them get off base anytime. "The locals hated us," he commented. The islands had been inundated with military servicemen for the duration of the war—young men who liked to drink and carouse on their days off. Now, with the war over, their welcome was wearing thin.

Finally, after what felt like a long vacation, Fred was discharged in May of 1946 at the ripe age of 19. He returned to Newark, and within a month he was hired by New Jersey Bell—a career job that would last for 33 years.

Forest just east of Brookings, a young redwood tree was planted by the Japanese pilot, Nobuo Fujita (since deceased) and Fred, representing the City of Brookings, as a memorial in 1991. There is an informational gazebo there too. This memorial stands to remind people of what happens during wars and as a gesture of reconciliation from the Japanese. As someone who was in military service during the same era, Fred could not help but think that, had he been a little younger, he might have met this pilot face-to-face in battle. He is thankful to have met him face-to-face in a meaningful ceremony of peace instead.

Three years after he was diagnosed with leukemia in 1998, Fred moved to Humboldt County to be closer to a provider of specialized medical care. He chose Arcata over Medford or Eugene, Oregon because of the town's progressive politics and its coastal location. He had met Bill Thompson when VFPChapter 56 came to march in one of Brookings' big festival parades and had actually joined Veterans For Peace in 1992 before moving here. Upon relocating, he embraced the Humboldt Bay chapter and soon became one its active members. Although the leukemia is starting to catch up with him and chemo sessions sometimes hamper his activity level, Fred remains active in Veterans For Peace, most notably on the VEOP and DU/WMD committees, continuing to walk with other veterans the long path of peace.

As was stated earlier this article was written in 2006. References to Fred in present tense were part of the article at that time. We chose to leave the article as much in it's original format as possible.



Should We End Military Recruiting in High Schools as a Matter of Child Protection and Public Health?

Amy Hagopian, PhD, Kathy Barker, PhD

US armed Recruiters for the various forces have free access to our nation's high schools, as mandated by the No Child Left Behind Act. Military recruiter behaviors are disturbingly similar to predatory grooming.

Adults in the active military service are reported to experience increased mental health risks, including stress, substance abuse, and suicide, and the youngest soldiers consistently show the worst health effects, suggesting military service is associated with disproportionately poor health for this population.

We describe the actions of a high school parent teacher student association in Seattle, Washington, which sought to limit the aggressive recruitment of children younger than 18 years into the military. (Am J Public Health. Published online ahead of print November 18, 2010: e6–e10. doi:10.

2105/AJPH.2009.183418)

SINCE ITS ADOPTION IN 1989, the United Nations Convention on the Rights of the Child has been ratified more quickly and by more governments than any other human rights instrument There are only two United Nations (UN) members who have yet to ratify the convention: Somalia and the United States. Opponents of ratification object to giving away US sovereignty to the UN (a general objection applying to most treaties), but they also claim the treaty undermines parental rights.

But those are not the only objections. An optional protocol to the convention promises, "Persons who have not attained the age of 18 years are not compulsorily recruited into their armed forces" and ensures safeguards for children subjected to voluntary recruitment. The United States would be out of compliance with this protocol because our federal government currently mandates that military recruiters have full access to the nation's public high schools for purposes of aggressively recruiting youngsters. (The laws governing military recruiters in high schools are Section 544 of the National Defense Authorization Act [FY 2002; PL No. 107–107] and Section 9528 of the No Child Left Behind Act of 2001 [PL No. 107– 110].)

In every public high school across the country, including the one our children attend in central Seattle, recruiters from all branches of the military work to enlist children, aged 14 through 18 years, for assignments ranging from pushing paper to bombing Afghan villages. Underage adolescents often enlist in what is called the "Future Soldier Program," which encourages them to attend boot camp during the summer between their junior and senior years.

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PUBLIC HEALTH ISSUES FOR YOUNG RECRUITS

There are public health reasons for concern regarding military recruitment in public schools. The bulk of newly enlisted military personnel are developmentally in late adolescence—a time of relatively robust physical health but not necessarily complete brain development or a wise time to introduce high levels of stress. One pediatric researcher has noted,

“Joining the military service entails absolute obedience, uniform appearance, disengagement from the family, and a potential threat for physical injury and mental stress, as well as requirement for responsibility beyond the personal needs of the individual”.

Although adults in the active military service are reported to experience increased mental health risk, including stress, substance abuse, and suicide, the youngest soldiers consistently show the worst health effects, suggesting military service is associated with disproportionately poor health for this population. A study of mental disorders in the US military found the highest rates of all disorders, including alcohol abuse, anxiety syndromes, depression, and post traumatic stress disorder, among the youngest cohort, those aged 17 through 24 years. Another study found that younger soldiers had 30% to 60% more substance abuse disorders than did older soldiers. And younger women in particular had the highest incidence of attempted suicide or self inflicted injuries. The youngest group of veterans also recently experienced a 26% increase in suicides from 2005 to 2007. A review of hospitalizations among military personnel in the 1990s showed the highest rates among the youngest recruits. We also know that the youngest active duty military personnel engage in the riskiest sexual behaviors and that almost one third of first births to active duty females are to women younger than 21 years.

Much has been written lately about adolescent brain development to explain why adolescents make decisions differently than do adults. One recent review in *Nature* explains,

Even before you add raging hormones and peer group driven rebelliousness without a cause to the mixture, adolescents may simply be unable consistently to make decisions the same way adults do. This could well be one of the reasons that, although most people are healthier during their adolescence than at any other time in their lives, adolescents are three or four times more likely to die than children past infancy: they take risks, have accidents and pay the prices

Auto insurance companies certainly understand this concept and age adjust their rates accordingly.

ENTER THE PARENT TEACHER ASSOCIATION

Four years ago, the official, nationally affiliated parent organization at the Seattle, Washington Garfield High School (the Par-

ent— Teacher Student Association, or as it is known at the state and national level, PTA) took a stand opposing school based military recruiting. In taking that stand, we exposed ourselves to international media attention and scrutiny, generated contention within the state and national PTA organizations, and, we believe, created changes in attitudes toward school based military recruiting in ways that may protect young people from predatory recruiting.

Garfield High School enrolls 1700 students, of whom 42% are White, 27% Black (including direct African immigrants), and 24% Asian. During the first years of school integration efforts in Seattle, Garfield was a math and science magnet school that attempted to attract north end White students to a predominantly African American community. The school community now boasts of its broad diversity, both racially and economically. Its musical prowess is legend, with a jazz band that four times has won the Essentially Ellington National Jazz Band Competition at Lincoln Center. It counts among its alumni such musical figures as Ernestine Anderson, Jimi Hendrix, and Quincy Jones. Martin Luther King chose to speak at Garfield when he made his only visit to Seattle in 1961, and Barack Obama spoke at Garfield in 2006. The swimming pool is named after Medgar Evers. It’s a school with a history and a lot of soul.

Garfield’s PTA is a school booster organization in many traditional ways. We have a large working board of directors (about 45 members) that raises significant fund (approximately \$300 000) through an annual direct appeal and a spring auction. We spend tens of thousands of dollars annually to support a reading literacy program for the many students who arrive from middle school functionally illiterate. We support a college access program employing several AmeriCorps members to help first generation immigrant students apply to colleges. We buy sports uniforms. We host teacher appreciation breakfasts. We are represented on the school’s governing council with faculty and administration. We organize meetings with the community to discuss gang violence and student safety. We pay for field trips, lab fees, and art supplies

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Next VFP56 meeting will be held on Thursday, February 3rd at 7:00 PM. Meeting will be held in the Commons Room at 550 Union Street in Arcata. Veterans and non-veterans are more than welcome to join and help us dialogue about what we together can do to bring about peace in this complex world



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and give small grants to faculty to purchase projectors and books. One year, during budget cuts, we even supported an entire math faculty position.

While engaging in these traditional parent organization activities, we do not shy away from controversy. Our PTA passed a resolution in fall 2002 opposing the anticipated US invasion of Iraq.

The lives of the young people we graduate from this institution are valuable and precious to us. The financial costs of fighting a new war will come directly from the public's resources that would be better spent improving the quality of education for our children and advancing their opportunities for higher education.

The United States invaded Iraq in March 2003. Sustaining a war with an all volunteer army is difficult, and military recruiters fell behind. If you're a military recruiter, where do you go to find prospects? Where do you find the most likely to enlist young people—those who may have limited incomes and are worried about affording college? In Seattle, recruiters head to the cafeterias at the lower income central and south-end high schools (where young people on free and reduced lunch go to get a meal).

Our PTA noticed the aggressive recruitment and objected, as its mission is "to advocate and act for the health, education and general well being of students at Gafield High School and beyond." The PTA held a forum on military recruitment, during which speakers reviewed the military's "Don't Ask, Don't Tell" policy, which prohibits openly gay and lesbian people from being in military service. We also talked about increasingly deceptive and aggressive recruiting practices and discussed an Associated Press report of hundreds of rapes of young women by their military recruiters. The PTA board subsequently recommended a resolution opposing military recruitment in public schools, and the general membership took a favorable vote on that motion May 9, 2005.

THE PRESS RESPONSE

A reporter from the *Christian Science Monitor* attended our meeting on May 9 and wrote an account of the vote. Within the week, the story received over 75 000 hits on the paper's Web site, well above the usual 10 000 hit rate for a lead story. From there, the story spread.

The next recruitment date at Garfield was May 18, the same day as our faculty appreciation lunch. The PTA co-chair (author A. H.) delivered notice to the military recruiters that, although they had a legal right to be at Gafield, they were no longer welcome. Two local television stations heard about the recruitment appearance and hurried over to set up cameras in the lunchroom. *Seattle Post Intelligencer* reporter Mary Lynn Lyke published a front page story

with a photo above the fold.

Local talk radio was abuzz. For the next several days, PTA members appeared on two dozen local, national, and international radio and television talk and news shows and were interviewed for several newspapers, including news services that were picked up by local outlets all over the country. Next came the *New York Times*, the *London Times*, the *Wall Street Journal*, German public television, National Public Radio, Canadian radio, a Swiss daily paper, the Japanese press, and another round of local stations.

The press attention was overwhelming partly because the PTA is a mainstream organization whose only mission is to protect and support children; when the PTA takes a stand on an issue like this, the issue itself becomes newsworthy. Our efforts also gave a boost to antiwar groups, whose efforts to raise public opposition after the US invasion had to that date been lackluster.

Some pundits attached the lack of public opposition to the war to the absence of a military draft but noted that the aggressive military recruitment among vulnerable student populations was, in effect, a back door draft. Young recruits in general tend to be from lower income households and have fewer prospects than do their fellow high school students, a demographic profile that further exacerbates the health effects of military exposure.

POLICY ISSUES AT CITY, STATE, AND FEDERAL LEVELS

The Seattle school board took up the issue over the summer of 2005, and members of the board worked with us and with veteran and student activist groups to revise citywide rules on recruitment. There were two rounds of changes, during which several policies were modified. Recruiter visits were limited to one per semester, visits were to be announced in advance, and military recruiters were no longer free to roam through the school building. Counterrecruiters were to be invited when the military was on site to provide information on the enlistment contract, the realities of military life, and alternatives to the military for funding college.

Although these new policies represented some of the most restrictive recruitment policies on record in the United States, their effect was limited to the Seattle public school district. We took the project to the state PTA, hoping to raise statewide interest. Recruitment practices are far more aggressive in rural and low income suburban areas than they are in liberal Seattle. We had two unsuccessful attempts to persuade the state PTA to engage on this issue. Finally, on October 6 at the 2007 Washington State PTA Legislative Assembly, the body voted (153 to 78) to amend its platform to limit military access to high school students by encouraging the state office of superintendent of public instruction to help schools conduct better parent education on how the military may contact children.

HOW TO RECRUIT CHILDREN INTO THE MILITARY

The US Army's School Recruiting Program (SRP) handbook
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offers wide ranging advice to its personnel seeking to enlist high school students. It declares, “Recruiters—like infantrymen must move, shoot, and communicate.” Another recruiter handbook states it more clearly: “The objective of the SRP is to assist recruiters with programs and services so they can effectively penetrate the school market.” Advice includes various ways for recruiters to insinuate themselves into the school community to gain access to children:

Be so helpful and so much a part of the school scene that you are in constant demand. Attend athletic events at the HS [high school]. Deliver donuts and coffee for the faculty once a month. Offer to be a timekeeper at football games. [And, in a particularly cynical gesture, given Martin Luther King’s views on war and militarism] Martin Luther King, Jr.’s birthday is in January. Wear your dress blues and participate in school events commemorating this holiday.

The behaviors are remarkably similar to those psychologists characterize as predatory grooming, defined as

...the process by which a child is befriended by a would-be abuser in an attempt to gain the child’s confidence and trust, enabling them to get the child to acquiesce to abusive activity. It is frequently a prerequisite for an abuser to gain access to a child.

Another definition of predatory grooming notes the importance of being “exceptionally charming and/or helpful” while “failing to honor clear boundaries.”

In Seattle, recruiters chaperone dances, tutor kids, coach football teams, and ride buses to and from school all in an effort to get near kids. In other parts of the state, they volunteer to teach gym classes, sponsor climbing walls, bring large armored vehicles to campuses to create a sensation, and infuse counseling offices with the AS-VAB—the Armed Services Vocational Aptitude Battery test to assist young people in making career choices (with scores forwarded to recruiters). Nothing in the manual advises recruiters to reveal the risks their prospects face—neither the physical hazards on the battlefield nor the psychological trauma and its aftereffects. These grooming behaviors (called “prospecting” in the handbook) are only varyingly successful. During the height of the Iraq War, recruitment goals were modestly low; even so, the goals were not met for many months. The recent collapse of the US economy, however, has been just the boon the recruiters needed.

STUDENT PRIVACY PROTECTIONS

The Bush Administration’s No Child Left Behind Act, Section 9528, requires public schools to give military recruiters access to students at school and access to students’ contact information. It does allow students and their families to opt out of this wholesale release of private information to the military. The privacy of underage students is also ensured under the Family Education Rights and Privacy Act.

Despite these privacy protections, the army’s manual instructs high school recruiters to intentionally circumvent the law: Lead generation is what makes prospecting possible. Asking a school official for a student directory is one example of lead generation. Be creative if the school doesn’t release a list. Consider, for example, contacting the company that produces senior photos. If necessary, have your Future Soldiers review your school’s yearbook(s). Have them identify their friends and acquaintances with a phone number, an email address, or any other information they can provide. Use the phone book to identify phone numbers. Think! This kind of information gathering can establish contact with an otherwise hard to find lead. Establishing strong relationships with COIs [centers of influence]— such as yearbook photographers, school officials, and Future Soldiers—ensures you have a constant, reliable source of leads.)

Many school districts do not inform families of their privacy rights, subjecting some students to aggressive military recruiting at home as well as at school. Our Garfield PTA works with a group of Seattle based peace groups to alert families to the opt-out opportunity, primarily through tabling at open house events each fall.

SHOULD THE PTA AND OTHER AGENCIES LIMIT MILITARY RECRUITMENT?

The army’s own recruitment manual mentions the importance of the PTA to the military in recruiting in schools:

You’ll not succeed in the schools network if you’ve ignored the influencers in this segment. Teachers, principals, counselors, and even parent-teacher organization members hold great sway in this market.

Our PTA vote was taken to demonstrate our principled stand on an issue that directly affects our students. PTAs everywhere often show leadership on issues they don’t have full control over, including district budgets, student assignment plans, and curriculum. That this issue was and is controversial should not preclude its consideration by PTAs and other organizations. For example, California’s Humboldt County voted to prohibit the military recruitment of children younger than 18 years in the cities of Eureka and Arcata on November 4, 2004, with the support of 56% and 73%, respectively, of the voters for a youth protection act. A federal judge subsequently struck down the measure, a decision both cities appealed.

Public health programs worldwide rely on the UN Convention on the Rights of the Child to ensure the protection of children in harm’s way. We suggest public health advocates in the United States monitor and, where necessary, rein in the behaviors of military recruiters in our schools as a matter of protecting child health and welfare and as a step toward bringing the United States into the family of nations that has ratified the treaty on the Rights of the Child. As a first step, the No Child Left Behind Act should remove the mandate that public high schools admit military recruiters



GOLDEN RULE PROJECT

Update

by Fredy Champagne

The Golden Rule Ketch is being restored as we speak in Leroy Zerlang's shipyard in Fairhaven, just across the bay from the Eureka Wharf. This particular little 30 foot boat is the very ketch that once challenged the US Navy, Coast Guard and the Atomic Energy Commission in an attempt to sail into the Marshall Islands to stop atmospheric atomic bomb testing in 1958. This ketch has been salvaged and is under repair today with the intention to sail once again, in the tradition of those who sailed her in 1958.

Many of our friends and supporters have asked us about this project lately. We wish to periodically update our followers in these pages of the Foghorn.

Our crew has been busy removing damaged planking from the starboard side so that two large holes in the hull may be repaired. We are working to replace nine broken ribs (frames), and will soon be replacing the plank-
tion Coordinator (L) and Mac McCormick
ing. When we have our planking finished, we could use helpers for calking, scraping, sanding and painting of the entire hull.

Our Golden Rule committee has been busy since September working to build an organization capable of the restoration of this boat. We have members of several Northern California chapters working together on this project. Involved in this committee are members from VFP chapters 022 Garberville, 056 Humboldt Bay, 069 San Francisco, 071 Santa Rosa, and 116 of Mendocino County. We are receiving substantial cooperation from our National Veterans For Peace office and staff in St Louis, and we are grateful and sincerely appreciate all help from the different corners of the Veterans For Peace community.

In addition to the actual boat building crew working now, we have members working on fundraising, networking, banking and bookkeeping, publicity and media, website design and monitoring, brochure design and printing, and equipment inventory and

procurement. There is always room for more help.

We would like to find a historian with time to track this boat's history from 1958 until it was brought to Humboldt Bay in 2004. We could use a media specialist to help out with publicity and interviews, keeping print, TV and radio media updated and informed of this project. We would be interested in speaking with any documentary film makers that perhaps would like to get in on the ground floor of this restoration project.

We are often asked by friends, supporters and sometimes by our detractors, "What are you going to do with the Golden Rule ketch?" "Are you giving the boat to a museum, somewhere?"

Many have asked how they can get involved in this project.

Of course, as always, monetary donations are needed. We also would like help with the wood working and general labor on the boat if there are persons wanting to help and have some spare time this spring and summer. We expect to have several week-end work parties when the weather breaks, and will be able to use your help. Maybe one day you would like to tell your grandchildren, "Yeah, I helped save that little boat back in the day".

For more information and the latest photos and progress reports, please log on to our website at www.vfpgoldenruleproject.org. There is also a page for visitor input if you have comments, or constructive criticisms.



VFP56 members Chuck Dewitt, Restoration Coordinator (L) and Mac McCormick



VFP56 member Jim Sorter removing damaged wood



Happy Chinese New Year of the Rabbit!!! Peaceful Prognostications, Observations and Advice by Jeffrey Haloff, Licensed Acupuncturist

Happy Chinese New Year of the Rabbit!!! Peaceful Prognostications and Observations by Jeffrey Haloff, Licensed Acupuncturist and co-founder of Humboldt Veterans Acupuncture Project

Yes, indeed, the Chinese New Year begins Feb. 3, 2011. The wild ride of the Tiger has ended, and we welcome the new ruler of the year, the Yin Metal Rabbit! We welcome the peaceful Rabbit's non-aggressive nature, as we bid farewell to the Yang Metal Tiger energetic cycle that has often been associated with aggression and war. The Rabbit year is traditionally a peaceful break from the turbulent turmoil of the Tiger, a time when we can rest, recover and cultivate peace. Rabbits tend to avoid unpleasant conflict, employing clever diplomacy and agility to prevent physical harm. Rabbits are one of the fortunate and luckiest of the Chinese zodiacal signs, whose peaceful priorities are care of family and the enjoyment of life. May you share the peace-loving wisdom of the Rabbit during her year.

There are 12 animals in the Chinese zodiac, and there are 5 elements, creating a 60-year cycle. When someone turns 60, you have completed a full cycle, and should celebrate, as the Chinese traditionally revere and respect the wisdom of our elders. So, the last Metal Rabbit year was 60 years ago. We can certainly learn from the cyclical energetic of this Chinese system, which was put in place 4708 years ago. For instance, the Metal Snake year of 1941 brought us the surprise attack on Pearl Harbor, and, 60 years later, again in the Metal Snake year, we saw the 9/11 attack on the World Trade Center. 60 years prior to the Metal Tiger year of 2010 was the Metal Tiger of 1950 and the start of the Korean War. And 2010 certainly saw the United States continuing down a path of war, a path that began in the Metal Snake year 2001. 2010 was the deadliest year yet in Afghanistan. So, will the peace-loving Rabbit diverge from the path of war?

A Chinese legend connects Rabbit with the moon and Moon Goddess. Any Chinese person will tell you that when looking at the moon, you see, not the Man-in-the-Moon, but a Rabbit holding the nectar of life under a Cassia tree, next to the Moon Goddess. And this year is a Yin Metal Rabbit year, Yin being receptive, just as the moon receives the light of the sun. Yin Metal may manifest, not as the Yang Metal sword of the Tiger, but as a cauldron or bronze ritual wine vessel. Yin Metal can also be evident as a bell, indicative of the wisdom of emptiness, in addition to the creation of beautiful music. Acupuncture is an example of Yin Metal, giving one a sense of peaceful balance within. Historically and traditionally in the culture of China, however, the Metal element has been associated with war, and the Yin year can be indicative of surprise attacks, as we have seen in the case of the Snake. Though, the Rabbit has a truly peaceful nature, and I like to think that the Metal

element gives the Rabbit some backbone and toughness in the diplomacy needed to create peace in our world. But the rabbit does need to be on guard, (as many animals like to eat rabbit.) So, perhaps, then we need be on guard for surprise attack, (JFK was assassinated in a Rabbit year), and we are, after all, at war with the culture from which the term "assassin" was originated. We can expect a guarded peace.

Rabbits do prioritize security for their family. The old Chinese proverb says, "A swift hare has three holes," which means she has three potential escape routes. Her cunning provides for the survival of herself and family. And after the clever rabbit has secured the family home, she then looks toward aesthetics and beautification. So, this Rabbit year is indeed a good year for such domestic pursuits. Focus on caring for, and creating harmony within one's family and community-at-hand, and try not to worry too much about our national or statewide "family". The Tiger year was indeed like a roller-coaster ride, replete with contentious elections, economic upheaval, and mad intensity. The Rabbit mends fences that were blown down by the Tiger. In this tail end of the Tiger year, we see our national "family" in a state of utter dysfunction. President Obama, born in the year of the conservative Ox, is trying to serve many interests that are antithetical to the actual peace and security that we need. We hope that energetics of the Rabbit can give us a fresh start in re-assessing our goal of peace.

In this Rabbit year, we do well to emulate the Rabbit, who has cultivated the wisdom to avoid conflict and strive for peace. The motto of the Rabbit can be, "Let there be peace, and let it begin with me." It is important that we cultivate peace as our foundation. Take time for rejuvenation, to avoid getting burnt out. Give yourself good food, ample sleep, exercise, and time in nature to recharge yourself. Rabbits love salad and carrots, which are so good for the eyes. The sharp eyesight and keen hearing of the Rabbit makes this a good year to enjoy art and music. The clever and garrulous Rabbit enjoys social events. Economically, we should see continuing improvement, as Rabbits are clever and lucky. Money can be made, and easily spent. Rabbits can be attracted by a lavish lifestyle, so beware of greed and get-rich-quick schemes, as success favors patience and determination. Use caution and read the fine print. Things slow down slightly after the Tiger year, moving more gently, with more emphasis on quality rather than quantity. Also, Rabbit has a reputation for lustiness, and this is a romantic year. Certainly, the relationship of the Metal Rabbit with one's own zodiacal animal and element will determine accord or discord, but, in general, luck and pleasure are in the air. And, if we are aspected in an inauspicious way, we can overcome obstacles with generosity, by being charitable, for there is always someone who needs our help.

May you thrive this year of the Rabbit, and experience the graciousness, kindness and agility that the Rabbit epitomizes. And may the Metal Rabbit bring us clever diplomacy to create lasting peace and security.





Veterans For Peace
Chapter 56

Phone 707-826-7124
Email: VFP56@aol.com
WE'RE ON THE WEB:
<http://www.vfp56.org>

COORDINATING COMMITTEE

Rob Hepburn, Steve Stamnes
Sreve Suttong, Jim Sorter
John Mulloy, John Schaefer
Mashaw McGuinnis, Ernie Behm

EDITOR OF FOGHORN
Jim Sorter

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LET US HEAR FROM YOU!

If you would like to submit an article, opinion, comment or response to anything you have read which might interest the members of VFP-56, please e-mail it to turtldnccer@aol.com, in word format, or mail to Jim Sorter at 1762 Buttermilk Lane, Arcata, CA 95521. Submissions will be included on a first come basis until the newsletter is full. Late arriving submissions will be archived for future issues.

ACUPUNCTURE SCHEDULE

By John Mulloy

For the foreseeable future, acupuncture treatments will be offered by JESSICA BAKER and/or JEFF HALOFF at 6:00 p.m. prior to each monthly meeting. Ernie Behm and I will have the room set up for them. It's possible they may bring in some younger vets. We can let these folks know that they are welcome to stay for the meetings. Let us show them our mission is one of peace, that we treat each other with loving kindness.

Jeffrey Haloff is a licensed acupuncturist and co-founder of Humboldt Veterans Acupuncture Project (HVAP). HVAP provides free and "by donation" acupuncture to veterans and their families. Acupuncture will be given on Chinese New Year, Feb. 3, 2011 at 6PM, before the monthly VFP meeting at 550 Union, Arcata. Jeffrey also operates Humboldt Acupuncture in Old Town, Eureka. Call him at 707-268-8007 with any questions.

Camping gear, men's winter clothing, and non-perishable food, drink and condiments, etc are needed. Bring stuff to our monthly meeting or to my apartment B-7, in same building. If I am not at home leave it at the door.

Submitted by: Jon Mulloy

Veterans For Peace
Chapter 56
P.O. Box 532
Bayside, CA
95524