



VETERANS FOR PEACE  
HUMBOLDT BAY  
CHAPTER 56

# THE FOGHORN

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JULY  
2010

*“Cutting Through the Fog of War”*

## Effective Treatment for Post Traumatic Stress Syndrome for a Vietnam Veteran.

by: Gary Woodings EFT-Adv / TCH-NLP  
[www.garywoodings.com](http://www.garywoodings.com)

*This detailed account of one of my treatment cases for PTSD for a Vietnam Veteran was reviewed and approved by my client as a testimonial. Kenneth Upton Four Day Intensive*

### *One Man's Freedom from the emotions of War Memories and PTSD after 38 Years My Four Day EFT Intensive Work with a Kenneth Upton Vietnam Veteran*

In early March of 2008 I was contacted by Bryan, who is the son of a Vietnam Veteran by the name of Kenneth Upton. Bryan described his father's condition and extremely debilitated due to PTSD. Bryan said his dad has participated in nearly every type of program the Veterans Administration has to offer and has not recovered enough to function. The family was desperate for Kenneth to receive the help he needed, as was Kenneth. Despite Kenneth's skepticism about yet another program, he agreed to work with me.

The family flew me from Fort Lauderdale FL to Houston TX for a four day intensive EFT treatment. Upon Arrival Kenneth expressed his doubt that anything would help him. With 38 years of treatment that has created little if any change for him, his skepticism is understandable.

It should be noted that Kenneth had completed a three week program at a VA hospital in Waco TX, only two weeks before my arrival. The program was supposed to be the "Cutting Edge Treatment" for PTSD. Kenneth's account of the results was "I felt like I had a nervous breakdown and they convinced me to stay, even though I felt like I was 20 years old again and totally raw with all they had dug up from my memory."

#### ***Friday 06/06/2008 Day One With Kenneth;***

A good portion of this four hour day was dedicated to building rapport with Kenneth as well as building an outline of what we would be focusing on during our four days of intensive work. We planned to focus on a list of Kenneth's most intense war memories and to clear the constant feelings of impending doom and anxiety he had been suffering for 38 years. The most recent ten years has been debilitating.

We decided to work in four to five hour increments of time, for four consecutive days, for the duration of our intensive treatment schedule. This allowed us approximately sixteen to twenty hours of total therapy to completely clear Kenneth's PTSD.

Kenneth had recently returned from a PTSD Intensive Program in the VA Hospital in Waco TX. The program was three weeks long and required hospitalization for the entire program, with the ability to return home on weekends. This program is supposed to be the newest and best treatment currently available through the VA for the treatment of PTSD.

Kenneth described the experience as, "The program was terribly re-traumatizing to the point I felt I had a nervous breakdown or was very close to it".

Kenneth said "They dug up many of the old memories I had managed to bury for the past 38 years and it left me feeling as raw and full of debilitating anxiety equal to when I first returned from the war".

Ken told the Psychiatrists "I don't feel like I am able to finish this program. I feel terrible."

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Kenneth was told "This is normal. Stick it out."

Kenneth did what he was told and left Waco feeling, as he described it, "I felt worse than I had ever since I returned from the war! It left me unable to function. I felt as if I were twenty years old again and just returning home from Nam."

Kenneth had explained he has been unable to function to the point that he has lost his career as a manager of a business in Fort Worth Texas. Kenneth has been unable to work or even leave the house for much other than to go help care for his aging parents. This disabling condition has controlled his life for the past ten years. Kenneth described his condition as an extremely high level of anxiety as soon as he woke up almost every morning. He knew when it was going to be a "Bad Day" and he had them much more often than not. When Kenneth tried to supervise work on some of his properties he would seize up with anxiety and have to leave immediately for home.

Kenneth's PTSD was due to flying hundreds of missions in Vietnam as a "Door Gunner" in a helicopter. The constant adrenalin and extremely close calls that nearly cost him his life on many occasions, as well as the many kills, had left Kenneth with a constant feeling of "Impending Doom" and the anxiety that "Something Bad" is going to happen. To help relax Kenneth from the anxieties of yet another treatment program, I instructed and guided him through one round of TAT (Tapus Acupressure Technique) to release some of the anxieties of facing his war memories for the next four days. They had climbed rather high due to his unfamiliarity with EFT and the Tearless Trauma Technique. Kenneth has become accustomed to traditional talk therapy and was dreading the recital of the painful memories. At the end of the TAT round Kenneth was relaxed enough to begin with EFT.

Important note; The Tearless Trauma Technique was used with all of Kenneth's War Memories. This means, for those unfamiliar with EFT, that Kenneth did not tell me any of these stories until after the emotional charges were cleared with EFT and he was able to tell the stories without any negative emotions being felt, so long as the situations are confined to a short time span. If there was a sequence of events together it was treated by each segment and the different emotions that went with each part of the event.

In our work we began each piece of the following series of emotional clearings with nothing more than the title you will see in "bold print".

The "Lieutenant" memory and the "Ratliff" memory are the exceptions due to the time span of the incidents. As the understanding of the complexity of each of these memories came I used EFT to process our way through the memories. Due to the length of time involved in these incidents, they were more complex. The process was simplified and more completely treated by chunking them down into shorter segments of time and covering the different emotional aspects as well as going in chronological order. This still allowed us to clear the memories with minimal emotional dis-

comfort and in a relatively short period of time. We cleared these in minutes rather than hours, days, or years of "Talk Therapy."

### THE REAL WORK BEGAN HERE

The first war memory we cleared, Kenneth titled "The Village." Kenneth was plagued with extreme feelings of anger, guilt and shame due to this mission where a woman and infant had been among the body count when Kenneth's shooting was over. He had been the only gunner on the mission. These feelings were constant for the majority of the past thirty eight years regardless of the therapy he had undergone with the VA. You should know that this experience has emotionally haunted and troubled Kenneth every day since the war. This incident also caused a severe emotional breakdown with the birth of each of Kenneth's children after his return from the war.

Kenneth described the experience as "When I saw my newborn children in the viewing window of the hospital, I saw the Vietnamese woman and her dead infant lying on the ground." During this incident a woman and her infant were killed in a mission to eradicate South Vietnamese defectors in Cambodia. This was Kenneth's worst and most debilitating memory from his tour in Vietnam. Kenneth said a day has not passed since his return from the war where this memory has not replayed in his head.

During this part of our session Kenneth was so emotional I did the EFT tapping for him in the beginning two rounds of the work. After approximately five to eight minutes of EFT for the anger, guilt and shame of the experience Kenneth was then able to continue with his own tapping and affirmations for the rest of the clearing of this particular memory.

Kenneth told me, "This is amazing!! I find it hard to believe I don't feel any of the old feelings from this memory!"

Kenneth also said "This is the first time in thirty-eight years that I have been able to talk calmly and clearly about the entire incident without breaking down and crying." He added, "Even in all the years of therapy I have never finished telling the story."

This was after about fifteen minutes of EFT. This was the only war memory Kenneth could not keep from emotionally immersing himself in, during the entirety of our work. This, I feel was due to the familiarity he had come to understand as traditional talk therapy, as well as the intensity of the experience.

#### **Saturday 06/07/2008 Day Two With Kenneth;**

It should be noted that Kenneth's wife Teresa, chose to be present during day two and three of our work together. This was also at Kenneth's request. I felt it would be a positive experience for the both of them. This gave Teresa first hand understanding of EFT as well as her being able to tap along and also clear some of her own issues since Kenneth's return from the war. Teresa has been a supportive partner in Kenneth's life. They were high school Sweethearts and were married before Kenneth went to Vietnam.

The second war memory we cleared was titled "The Pond". Once

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again Kenneth was the only gunner on a mission to eradicate defectors from the South Vietnamese Army. The feelings Kenneth has carried for 38 years about this mission have been Guilt Anger and Shame for gunning down several unarmed men who were fishing with nets in a pond. Kenneth was following orders at the time of the assault on the deserters. This memory and all of its highly charged emotions were totally cleared with two rounds of EFT. Kenneth was able to tell me the entire story, in graphic detail without any of the extreme emotions he has carried around for the past 38 years.

The third war memory we cleared was titled "Cam Mou." This memory carried extreme feelings of fear, anger and anxiety. In this incident several helicopters had taken heavy fire and or been shot down. Pilots had been killed and Kenneth's craft barely escaped being totally disabled before returning to base. These feelings were totally cleared with only two rounds of EFT, before Kenneth was able to tell me entire story without any negative feelings.

The fourth war memory we cleared was titled "Cobras." This memory carried feelings of extreme fear and anxiety ever sense the war. Kenneth's crew had been chosen for an extraction behind enemy lines and had been nearly shot down by smaller Cobra aircraft armed with Mini Guns. This memory and its emotions were cleared in one round of EFT.

The fifth war memory we cleared was titled "C&C" Command and Control. Kenneth was new at flying (early in his time at war) and they took heavy fire and a hit to their fuel cell which could have caused the entire helicopter to blow up. The feeling attached to this memory was extreme fear. This was also released in one round of EFT.

The sixth war memory we cleared was titled "The Lieutenant." This incident had several parts to work on and is too graphic to describe in this article. In summary it was a failed rescue attempt and a retrieval of a Lieutenant's body that had taken two weeks to accomplish. The feelings accompanying this series of memories had been disgust, anger, heart-break and these had different aspects to each of them to work through.

After clearing the negative emotions Kenneth came to some new feelings he had never experienced before about this incident. Kenneth came to the place of having tears of joy with the realization that he was part of an intense team effort to bring home the body of one of their own so the family could at least have the closure of a funeral. Many of our veterans' families have not gotten that.

This was the end of our work for the second day of our intensive. This was an amazingly powerful session that was able to clear so many of these deeply rooted feelings Kenneth had carried for thirty-eight years, regardless of the psychotherapy, programs and prescription drugs offered by the VA. All this was accomplished in approximately eight or nine hours, counting both days combined.

Teresa stated, "You know I have never heard any of these stories before today. Now I am beginning to understand what Kenneth has been living with for the past thirty-eight years."

Teresa said," Now I can better understand why Kenneth sobbed

so heavily when our children were born. It was the memory of the woman and infant from 'The Village' that was haunting him."

I explained that this is very common amongst veteran's' wives to know little if any of the atrocities of war experienced by their husbands.

#### **Sunday 06/08/2008 Day Three With Kenneth;**

The seventh war memory on cleared itself without EFT being directly applied to it. On Saturday (Day Two) there had been a war memory that was on our list that we did not work on due to time. This memory carried a high level of anger for Kenneth. When we returned to the list on Day Three to continue our work, we found that this particular memory had lost all of its negative emotions and that Kenneth was able to retell the story in great detail without any negative emotions being attached. This was the beginning of the collapse of the negative impact of Kenneth's war memories and the borrowed benefits of EFT.

The eighth war memory we cleared was titled "Ratliff Rescue Attempt." This memory was another with several aspects to it due to the time line of the situation, as well as the different emotional aspects of the situation. The emotions surrounding this memory were huge amounts of guilt and extreme sadness. Other aspects were extreme fear and understanding shared by his crew, that this was likely to be their last mission, as they would likely be shot. This memory was surrounding an incident in Cambodia where a scout team of helicopters had been shot down. They were an escort for a supply ship moving up one of the rivers with troop supplies. Ratliff's craft was shot down and he was pinned down under heavy fire. Two attempts to rescue Ratliff had resulted in pilots being shot. Kenneth's crew was next for the rescue attempt. The order came just before deploying Kenneth's craft to back off the rescue mission because it was too hot (taking too much fire).

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Next VFP56 meeting will  
be held on Thursday,  
July 1st at 7:00 PM.  
Meeting will be held in the  
Commons Room at 550  
Union Street in Arcata.



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A pilot went against orders and tried to get close enough to Ratliff, in a smaller helicopter, for a pickup. As Ratliff tried to climb aboard he was shot to death and the craft was heavily damaged. The next day the air force was called in to clear the NVA with heavy fire so Ratliff's body could be recovered.

### THE COLLAPSE OF WAR RELATED PTSD HAPPENED AT THIS POINT OF OUR WORK.

After completing the clearing of the "Ratliff Rescue Attempt" memory, Kenneth's remaining hundreds of war memories all lost their emotional impact. Please remember that Kenneth flew hundreds of missions and at least one third of them were life threatening in extremely dangerous situations, each of them adding to his PTSD. After using EFT to clear the eight most emotionally charged memories from his time in Vietnam the rest became nothing more than stories and memories with no emotional impact at all. No matter how many he tried to reconnect with there was nothing he could recall that upset him in the least. This huge release and recovery from thirty-eight years of PTSD occurred in less than fifteen hours of treatment with EFT.

#### *Monday 06/09/2008 Day Four With Kenneth;*

Our remaining day of EFT work together surrounded the feelings that surrounded Kenneth's brother's death, the hatred and anger and feelings of betrayal around the loss of his career, the failure of his business, the feelings around having two heart attacks and open heart surgeries. These are all situations that have happened within the past ten years.

This was also a multi leveled process of different aspects of emotions that are directly connected to Kenneth's PTSD and his war experience. To be able to clear these many emotions in a matter of five hours of energy psychology (EFT) speaks volumes to the effectiveness of the EFT process.

After those were all cleared we cleared Kenneth's fears and phobias about being in crowded places like shopping malls, sitting in crowded restaurants or even attending church, without his back against the wall. He usually chose places and times to avoid the crowds to go out to eat. To test this we went out to dinner at a large and very popular Mexican restaurant in Huston. We sat in the middle of a crowded room that was bustling with boisterous people and Kenneth was amazed that he was at ease in this situation. He had stopped attending church all together even though his wife Teresa is a devout Christian. We discussed Kenneth's belief in God and he does have a core belief that he is now planning to reconnect with in some way.

#### *Some Common Follow Up Work needed for Kenneth as well as others.*

In the follow up work with Kenneth I have contacted him as recently as July, 8th, 2008 and he reports that none of the negative emotions are present from any of his war memories. There is still

some follow up work to be done with Kenneth due to the changes in his sleep patterns. Kenneth has become accustomed to bad dreams that have vanished after our EFT work, yet he awakes to the old patterns even without the dreams. These are still issues easily worked through with EFT. I want to express my gratitude for Kenneth's allowing me to share his process of recovery from his War Memories.

## OPEN INVITATION

*by: Gary Woodings*

This is an open invitation for all VFP members, friends, family or people you may know who are in need of positive change or relief from troubling memories, as well as current events in life that limit their ability to live in happiness and joy. This includes fears, phobias, PTSD, depression, anger management issues, resentments, or a host of issues that you might like to release. For any who have not yet seen the video of me working with Steve at Incopah there is a live link in my signature block below. Just click on it and you will get to it directly.

I have begun an ongoing EFT (Emotional Freedom Technique) Group. This is an informal gathering each Thursday evening from 7:00pm to 9:00pm. It is open to any who choose to attend, however space is limited to approximately 8 to 10 maximum, due to the meeting being in my living room. Should the group outgrow the space we can seek a larger venue.

I am interested in getting people acquainted with EFT in a real working setting where you can experience positive change and perhaps choose to go to deeper levels of emotional healing. This is just getting your feet wet so to speak before diving in head first. These group gatherings have worked well in the past to allow people to experience EFT and really see how different it is from traditional Talk Therapy and how much better it works. So I invite any who choose to attend. Please visit my web site and read my bio and testimonials page. It is [www.garywoodings.com](http://www.garywoodings.com).

I am not requiring payment for attendance, however heart felt donations will be accepted and appreciated. After all this is part of what I do to pay my way in this world. I will say this... "If you do not experience any positive change within any given session I do not want you to donate anything." I feel that... "Heart Felt Donations" come from appreciation of what has been received.

My address is 1705 S St. Eureka CA. I may be reached at 561-267-3837 for any questions or directions. I do ask that all attending be of age to be attentive and willing to fully participate in our process. It is important that we have the full focus upon our process without distractions of young children. I will work primarily in a group process, unless some volunteer to work one-on-one in front of the group.

*Sincerely, Gary Woodings*

*(Gary's contact information can be found at the bottom of page 5)*



## Glimmer of Hope Afghan School Project

by: Judi Rose

The project continues to connect school children in the U.S. and Afghanistan; teaching compassion and understanding of diverse cultures across the world. Students at a middle school in Colorado have for the third year raised funds at school events, which have been sent to the teachers in Kabul for the purchase of school supplies. The 4th grade students at Union Street Charter School in Arcata have once again created beautiful artwork; mini-murals of our local flora and fauna, to send to the students in Kabul. In September the entire USCS student body will participate in a yard sale raising funds for the project.

### A Letter from Samad:

Samad asked me to edit a letter he would send to my son congratulating him on his recent graduation from University of Washington. Because it is so positive and gives hope for peaceful possibilities I am sharing an excerpt with you.

Dear Mr. Sunny Rose,

I am writing to congratulate you on earning your Master's of Science Degree in Civil Engineering from University of Washington. I'm sure your family is very proud of you and your achievements. I too am very proud to know you.

We worked together and I remember that your team served for one year in Afghanistan from 2006 to 2007. During that time PRT soldiers did not have to fire even one bullet because of the good relationship you created with the local government and tribal elders.

When your team left Afghanistan the governor of our province said that no other PRT team would be able to replace your team. You had created such a good relationship that they could do their job without resorting to violence. When you, Lt. Rose, left Afghanistan you left great memories among the workers, contractors and local nationals, who continue to speak highly of you, your character, and your discipline.

Please know the Afghan people appreciate your service, and you will continually be in their thoughts and prayers. Thank you again for your great service to the Afghan nation. I look forward to our many years of friendship."

Sincerely, Samad



Fourth Grade students at Union Street Charter School in Arcata show off their beautiful artwork that they sent to Kabul

### Gary's contact information:

EFT-ADV / TCH/NLP / PLRT / Qigong Instructor

Cell 561-267-3837

<http://www.gaiahumanityproject.org>

<http://www.garywoodings.com>

<http://bit.ly/a2E5KO> EFT Video for PTSD

<http://www.livingtantrabliss.com>

<http://www.theunitydrumdancetour.org>

<http://www.myspace.com/healingwithspirit>

<http://www.facebook.com/GaryWoodings>

*Yesterday is History...  
Tomorrow is a Mystery...  
Today is a Gift...  
That is why it is called "The Present"... Live it fully.*



## Northern California Servas Potluck Gathering

You are invited to our Summer Servas Potluck Gathering at the home of Homer Jones and Donalyn Sjostrand. Celebrating South America is our theme. Bring your favorite South American dish to share. Be prepared to learn some Latin dance steps!

Tuesday July 6th  
6:00pm  
5469 Noe Ave. Eureka  
Phone 707-442-9868

Friends and family who are interested in learning more about Servas are welcome to join us and share a meal. For more information please call 707-825-1714 or email [info@usservas.org](mailto:info@usservas.org)

### Directions:

#### From North:

South on 101, past Pierson's Hardware, take the Herrick Ave exit, left onto Herrick (over the hwy; away from the water). Take the 3rd right (First is Elk River- Don't take that!) onto Noe Ave (if you pass the fire station, you missed it). Noe is a dead-end. We are about half way down on the left - look for the long tall hedge at 5469 Noe. Please park on the street. House is set back at end of long driveway.

#### From South:

North on 101, past Humboldt Hill exit, take next exit- Herrick Ave. Follow above directions

*Submitted by Judi Rose*

## Enter, Real Populists

*Wednesday 23 June 2010*

*by: Jim Hightower, t r u t h o u t | Op-Ed*

Few people today call themselves populists, but I think most are. I'm not talking about the recent political outbursts by confused, used and abused tea-bag ranters who've been organized by corporate front groups to spread a hatred of government.

Rather, I mean the millions of ordinary Americans in every state who're battling the real power that's running roughshod over us: out-of-control corporations. With their oceans of money and their hired armies of lobbyists and lawyers, these self-serving, autocratic entities operate from faraway executives suites and Washington backrooms to rig the economic and governmental rules so that they can capture an ever-bigger share of America's money and power.

You can yell yourself red-faced at Congress critters you don't like and demand a government so small that it'd fit in the backroom of

Billy Bob's Bait Shop and Sushi Stand, but you won't be touching the corporate and financial powers behind the throne. In fact, weak government is the political wet dream of corporate chieftains, which is why they're so ecstatic to have the tea party out front for them. But the real issue isn't small government, it's good government. (Can I get an amen from Gulf Coast fishing families on that!?)

It's necessary to restate the solid principles of populism and reassert its true spirit, because both are now being severely perverted by corporate manipulators and a careless media establishment. To these debasers of the language, any politicians or pundits who tap into any level of popular anger (toward Barack Obama, liberals, the IRS, poor people, unions, gays, immigrants, Hollywood, community organizers, environmentalists et al.) get a peel-off "populist" label slapped onto their lapels -- even when their populist pose is funded by and operates as a front for one or another corporate interest. That's not populism, it's rank hucksterism -- disguising plutocrats as champions of the people.

Now is the time for progressives to reassert their populist beliefs and bona fides, for we're living in a teachable moment in which it's possible to reach most Americans with an aggressive and positive approach to achieving a higher level of economic and political democracy. There is a spreading and deepening recognition within today's broad middle class that they've been abandoned to a plutocracy that feels free to knock them down and leave them there. The disdain that the power elites have for the rest of us is glaringly and gallingly apparent.

Wall Street billionaires crash our economy but are bailed out at our expense to continue their banksterism against us.

1. We're told to accept a "jobless recovery" and to sit still for a "new normal" of perpetually low wages, continuing losses of American jobs, and steady erosion of union and consumer power.

2. We're presented with two flagrant examples of murderous corporate greed --first, at Massey Energy's deadly coal mine, then at BP's deadly offshore oil well -- yet no corporate executive has even been arrested.

Do the Powers That Be (whether liberal or conservative) really imagine that the great majority of Americans don't see or don't care about this rank classism, this in-your-face stiffing of the middle class?

This is where populists come in. You wouldn't know it from the corporate media, but in just about every town or city in our land you can find some groups or coalitions that, instead of merely shouting at politicians, have come together to find their way around, over or through the blockages that big money has put in the way of their democratic aspirations. In the process of organizing, strategizing, and mobilizing, these groups are building relationships and community, creating something positive from a negative.

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With the rebellious spirit and sense of hope that have defined America from the start, these populists are directly challenging the plutocratic order that reigns over us. This populism is unabashedly a class movement -- one that seeks not merely to break the iron grip that centralized corporate power has on our country, but also to build cooperative democratic structures so that ordinary people, not moneyed interests, define and control our country's economic and political possibilities.

## VFP Ch 87's Action Against Video War Games at the Sacramento Library

Alerted by local veteran Susan W. that the Sacramento Library was planning a video war game tournament, the Sacramento chapter of Veterans For Peace researched the proposed video game, Modern Warfare 2, found it to be one of the worst video war games out there, and then got an appointment with the library director. While hoping for a good outcome from our meeting with the Librarian, we also made plans for a demonstration outside the library at the time of the tournament - regardless of the outcome of the meeting.

The Library's flyer for the tournament did require gamers to be over 17, but it encouraged gamers to "participate in pure domination," and "go head to head with Library Staff," in a "Hardcore Team Deathmatch."

It was our feeling that a public library was not the place to encourage war gaming.

Our goal was to find out why they were doing this, was their any connection to the military itself, and did they realize just what this game consisted of?

The meeting with the library director was cordial and informative. She assured us there was no actual military involvement. The idea had come from junior staffers as a way of getting young people into the library. A goal we could appreciate even if we faulted the method. The library director was unfamiliar with the game and shared our concerns about it, but was unable or unwilling to cancel the tournament. We informed her that we were going ahead with our protest demonstration. She understood and did not try to deter us.

During all this time leading up to the video war game tournament we were alerting anti-war activists and VFP friends about this terrible use of a public library. Many said they had voiced their opposition directly to the library; some calls came from far away.

Our media release showed up on a number of alternative news sites, and on the day of the tournament we had about eight protesters holding signs and passing out protest flyers to library patrons and passers-by.

The library director magnanimously let me (as VFP Chapter President) talk to the gamers for a few minutes after the tournament was over. I took the opportunity to urge the players not to join the military at this time, and to point out the terrible toll - both physical and mental - that these illegal occupations were causing our soldiers and the civilians in those countries. The response was polite, although one player who was a vet was very supportive of my words.

Although the library has not promised to never have war games again they are looking for non-military competitive games, and it is my belief they will be very reluctant to anything like Modern Warfare 2 again. We will be watching.

\* Update - It appears that VFP Chapter 87's comments were taken to heart. The June library game schedule features Skate 2, Rock Band and Street Fighter IV.

## Voices From War-torn Lands Join The Call For Peace

<http://www.veteransforpeace.org/>

Two Iraq War vets and an Iraqi refugee began "The People's Journey" on June 2, 2010 from San Francisco. They are speaking to groups about their experiences each day as they travel across the US and will be joined by three women from Palestine two weeks later in Washington DC. The group of six then travel to all speak in New York City, then in Detroit at the US Social Forum, reaching the Pacific Northwest by the fourth of July. Their messages is positive about the possibility of peace, and does not point a finger at a set of "wrong-doers."

Josh Stieber and Conor Curran (Iraq War veterans and VFP Members), and Salam Talib (Iraqi refugee friend) have joined forces to spread a message of peace. For them "The People's Journey," forms a continuation of a trek Stieber completed last year which he called the "Contagious Love Experiment." Stieber and Curran, who joined Josh in the middle of that first cross-country trip, met Talib during their final stop, in the San Francisco Bay area where they became friends.

"The People's Journey" was conceived by an inspiring group of youth from Afghanistan as a result of their conversations with Josh and other young people in Afghanistan, the US, Israel/Palestine and Iraq. It became very clear that when people truly listen to one another that they want to hear more and soon get to know each other. This direct communication - hearing each others voices, their stories of life during war, and everyone's yearning for peace - led to a level of caring, or love, that will no longer allow for harm. "The People's Journey" to a Peace Beyond Dismissal is posted here and is available to all who attend the tour presentations.





Veterans For Peace  
Chapter 56

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VSC: Ernie Behm, John Mulloy

# 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](mailto: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.

## FOURTH OF JULY VFP56 BOOTH

*A permit for setting up a VFP56 information booth on the Arcata Plaza has been obtained. But as of this printing of the July Foghorn we do not have enough members to properly set up, run it and take the booth down on Sunday, July 4th.*

*A sign up sheet will be passed around at the general meeting on July 1st to see if we can garner enough help to make it a successful day for VFP56. Members will be signing up for two hour blocks of time with a partner. If you don't plan on attending the meeting you can still call Jim Sorter (826-1781) to get your name on the list.*

*If anyone knows where the backboards are that we used at the last booth, please call Jim Sorter (826-1781) so that we can obtain them for the event. We also need two six foot fold up tables for our supplies. Please let us know if you can supply even one.*

*Copies of everything we have distributed, and things we are working on should be on display. Our community needs to see how active their local VFP56 Chapter has been.*

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