



VETERANS FOR PEACE  
HUMBOLDT BAY  
CHAPTER 56

# THE FOGHORN

JUNE  
2012

*“Cutting Through the Fog of War”*

## A Survey Course on Peace

*By Jon Reisdorf*

If you are like me you are always looking for something positive to keep going, to keep hope alive. In my ever-widening search I came across “Winning the War on War: The Decline of Armed Conflict Worldwide,” the subject of this book review. Old lefty Joshua S. Goldstein paradigm-altering well-researched study suggests that things are not as bleak as those on the right and left have led us to believe.

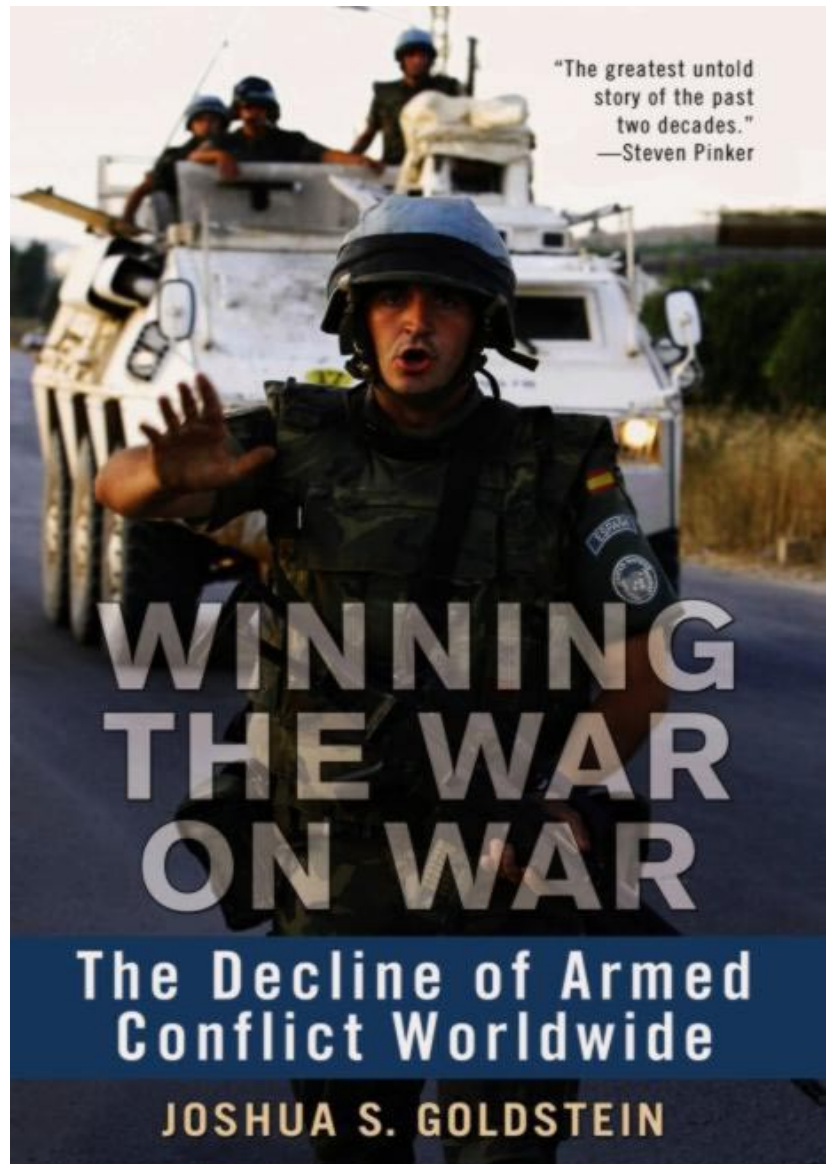
This is not a sing Kumbaya-New Age-all is unfolding as the universe intended type of book. Goldstein points out that in his opinion there is nothing particularly nonviolent in human psychology or physiology. He also believes that there is no great nonviolent evolutionary process at work. The progress toward a more peaceful world is demonstrably uneven and fragile. However, his well-written book (which works as a survey course on war and peace) points out what works and how we should strengthen those things that work. The most effective instrument of peace is the United Nations and the many dedicated individuals who navigate its flawed structures to bring peace.

As I read Goldstein’s narrative I was struck about how mainstream media, faux news, and even Democracy Now only reports peace keeping failures. “If it bleeds it leads” is the rule for local and international news. Peaceful successes don’t get noticed.

With almost no support from the United States, Goldstein argues that UN peace keeping efforts - often eviscerated and almost always inefficient - are the main cause in the effect of a more peaceful world.

His book can be heavy going. Interspersed throughout Goldstein’s book is the tragic story of rape as a weapon in war. Sadly, violence against women is as old as war itself, and rape has long been a means of destroying the social fabric of perceived enemies. Happily, Goldstein also chronicles the powerful and increasing role of women in bringing peace to war torn regions.

Two examples: For decades, in the oil rich Niger Delta armed groups of men battled the oil companies to stop their predation. Sick of the violence by both sides, women began nonviolent protests and direct negotiation. And in 2009 measurable progress began to be seen on the ground.



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In the largely nonviolent transformation of South Africa's apartheid society usually focuses on the heroic work of Nelson Mandela and Desmond Tutu. However, research shows that in community after community it was women who made the difference in affecting reconciliation.

Even if you don't buy his thesis on the United Nations, Goldstein's book should be read for its many nonviolent heroes. Among them is Ralph Bunche, a life long educator and career diplomat. Bunche was the first in his family to go to college, the first African American to earn a PhD in Political Science, and the first African American to win the Nobel Peace Prize, for his work in bringing an end to the first Israeli - Arab league war in 1950.

Another soldier for peace is USC professor Gerald (Jerry) Bender a self described "licensed lunatic". While working in Angola to bring peace Bender blew the whistle on the CIA's secret war in Angola under the Reagan administration. His report to congress led to the end of funding for the Agency's destabilizing operations, allowing the UN peace keepers to help bring peace to Angola.

Finally, there is peace's heroic martyrs: Count Bernadotte, assassinated by an Israeli fanatic in 1948 and Dag Hammarskjöld, who died in a fiery plane crash in Rhodesia in 1961, to name two of the more famous martyrs for peace.

I wholeheartedly recommend, "Winning the War on War." I also endorse Goldstein's call to embrace the UN - especially peacekeepers from some Godforsaken poor nation, under-supported, under-trained, scared out of his mind standing between warring factions. At the minimum we should educate ourselves on the many, many people who have brought peace or attempt to bring peace often at the cost of their own lives. There a lot more out there fighting the good fight than we know.

## A Victory for All of Us

*By Chris Hedges*

In January, attorneys Carl Mayer and Bruce Afran asked me to be the lead plaintiff in a lawsuit against President Barack Obama and Defense Secretary Leon Panetta that challenged the harsh provisions of the National Defense Authorization Act (NDAA). We filed the lawsuit, worked for hours on the affidavits, carried out the tedious depositions, prepared the case and went to trial because we did not want to be passive in the face of another egregious assault on basic civil liberties, because resistance is a moral imperative, and because, at the very least, we hoped we could draw attention to the injustice of the law. None of us thought we would win. But every once in a while the gods smile on the damned.



U.S. District Judge Katherine Forrest, in a 68-page opinion, ruled Wednesday that Section 1021 of the NDAA was unconstitutional. It was a stunning and monumental victory. With her ruling she returned us to a country where—as it was before Obama signed this act into law Dec. 31—the government cannot strip a U.S. citizen of due process or use the military to arrest him or her and then hold him or her in military prison indefinitely. She categorically rejected the government's claims that the plaintiffs did not have the standing to bring the case to trial because none of us had been indefinitely detained, that lack of imminent enforcement against us meant there was no need for an injunction and that the NDAA simply codified what had previously been set down in the 2001 Authorization to Use Military Force Act. The ruling was a huge victory for the protection of free speech. Judge Forrest struck down language in the law that she said gave the government the ability to incarcerate people based on what they said or wrote. Maybe the ruling won't last. Maybe it will be overturned. But we and other Americans are freer today than we were a week ago. And there is something in this.

The government lawyers, despite being asked five times by the judge to guarantee that we plaintiffs would not be charged under the law for our activities, refused to give any assurances. They did not provide assurances because under the law there were none. We could, even they tacitly admitted, be subject to these coercive measures. We too could be swept away into a black hole. And this, I think, decided the case.

"At the hearing on this motion, the government was unwilling or unable to state that these plaintiffs would not be subject to indefinite detention under [Section] 1021," Judge Forrest noted. "Plaintiffs are therefore at risk of detention, of losing their liberty, potentially for many years."

The government has 60 days to appeal. It can also, as Mayer and Afran have urged, accept the injunction that nullifies the law. If the government appeals, the case will go to a federal appellate court. The ruling, even if an appellate court upholds it, could be vanquished in the Supreme Court, especially given the composition of that court.

We had none of the resources of the government. Mayer and Afran worked for weeks on the case without compensation. All of us paid for our own expenses. And few people, including constitutional lawyers of Glenn Greenwald's caliber, thought we had a chance. But we pushed forward. We pushed forward because all effort to impede the corporate state, however quixotic, is essential. Even if we ultimately fail we will be able to say we tried.

This law was, after all, not about foreign terrorism. It was about domestic dissent. If the state could link Occupy and other legitimate protest movements with terrorist groups (US Day of Rage suffered such an attempt), then the provisions in the NDAA could, in a period of instability, be used to "disappear" U.S. citizens into

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military gulags, including the government's offshore penal colonies. And once there, stripped of due process, detainees could be held until, in the language of the law, "the end of hostilities." In an age of permanent war that would be a lifetime.

Human existence, as I witnessed in war, is precarious and often very short. The battles that must be fought may never be won in our lifetime. And there will always be new battles to define our struggle. Resistance to tyranny and evil is never ending. It is a way, rather, of defining our brief sojourn on the planet. Revolt, as Albert Camus reminded us, is the only acceptable definition of the moral life. Revolt, he wrote, is "a constant confrontation between man and his obscurity. ... It is not aspiration, for it is devoid of hope. That revolt is the certainty of a crushing fate, without the resignation that ought to accompany it."

"A living man can be enslaved and reduced to the historic condition of an object," Camus warned. "But if he dies in refusing to be enslaved, he reaffirms the existence of another kind of human nature which refuses to be classified as an object."

*Submitted by Rich Gilchrist*

## *I Woke Up One Morning and the War Was Over*

*By Mike Ferner*

America's war in Iraq is over. The last U.S. troops will leave by year's end, "with their heads held high, proud of their success and knowing that the American people stand united in our support for our troops." So sayeth President Obama.

A "sham of a mockery of a sham" is what Groucho would call Obama's announcement, and he would be right.

For several reasons Mr. Marx would be much closer to the truth than Mr. Obama.

1) Even with "all" troops pulled out . . . well . . . who knows about Special Forces since their presence in a country never seems to really equal a "troop presence." But even if all the "non-combat" combat troops leave and even if we don't count the Marine Corps' standard complement of guards at the world's largest embassy, 5,000 armed mercenaries will remain indefinitely. The State Department, not the War Department, will be responsible for them, but a killer for hire is not likely to become a diplomat at the stroke of midnight on December 31.

2) Summing up nearly a decade of butchery, Obama chooses to hide behind the worn-out "support the troops" smokescreen by saying the last troops will hold their heads high, proud of their success, and the American people will be "united in our support for our troops." How many will question nine years of war and \$800 billion, when placed in that context?

3) In truth, if the administration actually got its way, we would never have heard this news. Washington wanted to stay well beyond the

end of this year but the people of Iraq, through their parliament, forced the U.S. to get (mostly) out of Iraq, by saying, as of January 1, foreign troops will be prosecuted in Iraqi courts for crimes committed in their country. Given our lengthy criminal record in Iraq, the only viable choice for Obama was to get out.

Anybody who thinks the war will really be over has never been in one nor had a loved one in war. The American War in Iraq will never end for over 4,000 families of U.S. troops killed, tens of thousands of wounded and their families, and the hundreds -- yes, hundreds -- of thousands of young men and women who will suffer the terror of PTSD and Traumatic Brain Injury for the rest of their lives.

Here is how one Iraq War vet, Matt Southworth puts it. Matt now works for the Friends Committee on National Legislation and is on the Veterans For Peace board of directors.

I lost my first friend to the U.S. war in Iraq by an Improvised Explosive Device (IED) in February 2004. I lost my most recent friend to the U.S. war in Iraq by suicide in September 2011. This war will never end for me. I will live with its scars and traumas from now until the end of my life whether I want to or not. This battle, for me and so many others, is lifelong.

Tragic indeed, but not quite on the order of magnitude for the millions who lived under our sanctions for 12 years and our bombs for nine years after that. It is impossible to comprehend the suffering we bought in Iraq, so let's not even guess at the number

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Next VFP56 meeting will be held  
on Thursday, June 7 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 come and  
help us dialogue about what we to-  
gether can do to bring about peace  
in this complex world.





## Right To Heal, Operation Recovery, and Iraq Veterans Against the War- Right to Heal Tour..... Happening Now! No Military Commander Should Outrank A Doctor

RIGHT TO HEAL began as a way to support Iraq Veterans Against the War's project "Operation Recovery", which seeks to prevent the redeployment of traumatized troops to the battlefield. We believe that no military commander should outrank a physician's opinion, and that military personnel should have the opportunity to seek civilian medical care and advice.

If you have been redeployed when you did not feel you were fit for duty, or know someone that has been, you are invited to share your story at [RighttoHeal.org](http://RighttoHeal.org).

Aaron Hughes of Operation Recovery and the RIGHT TO HEAL Tour returned his war medals along with dozens of other Iraq and Afghanistan veterans at the NATO Summit meeting in Chicago.

AARON HUGHES, of Operation Recovery and Right To Heal, as interviewed on Democracy Now: Every day in this country 18 veterans are committing suicide. Seventeen percent of the individuals that are in combat in Afghanistan, my brothers and sisters, are on psychotropic medication. Twenty to 50 percent of the individuals that are getting deployed to Afghanistan are already diagnosed with post-traumatic stress disorder, military sexual trauma or a traumatic brain injury. Currently one-third of the women in the military are sexually assaulted.

It's clear that these policies of the global war on terror has had a profound effect on the military, my brothers and sisters, while simultaneously perpetuating a failed policy. And unfortunately, we have to live with that failed policy on a daily basis, and we don't want to be a part of that failed policy anymore. And we'd like these NATO generals that we served under to acknowledge us, to acknowledge the wrongs that have occurred, to acknowledge our human rights, our right to healthcare, and the rights of the Afghan people and the rights of all these communities, including the communities back at home that are affected by these wars.

The reality is, there's a massive disconnect that many service members return to, because our culture and our society is not at war. Less than 1 percent of our country is at war. And unfortunately, we've been carrying the burden of that war by ourselves. And we come home to poor and failing resources. Unfortunately, when service members are asking for care, they're not able to receive that care

while they're in the military. And the VA is highly under-funded, overall.

We currently have been working on a campaign called Operation Recovery, a campaign fighting for service members' and veterans' right to heal and a campaign to stop the appointment of traumatized troops. And it's really appalling that when these brothers and sisters get home and they're asking for help, that the only type of help that they can get is some type of medication like trazodone, Seroquel, Klonopin, medication that's practically paralyzing, medication that doesn't allow them to conduct themselves in any type of regular way. And that's the standard operating procedures. And yet, those are the same medications that service members are getting redeployed with and redeployed on, and conducting military operations on. And these are the same medications that we are trying to reintegrate into the world with. And the disconnect, between what's happening in Afghanistan and Iraq, with the daily lives of everyone here in the United States is just too vast to overcome.

AMY GOODMAN: You know, Aaron, you not only served in Iraq and Kuwait, you also were in the Illinois National Guard from 2000 to 2006. How did you come around to your feelings today, to this NATO summit, and returning two of your war medals? When did you change your mind?

AARON HUGHES: Well, I changed my mind in the midst of what I had seen throughout my deployment. I was deployed for 15 months, and I hauled supplies from the border of Kuwait into Iraq. And when you cross—at the time, when you cross the border into Iraq, there's a concrete barrier there. And on that concrete barrier, it said, "Beware of children in roadway," because as soon as you cross the border into Iraq, there would be kids, you know, no less than two-, three-foot tall, willing to jump on a semi truck to get food or water. And when I first crossed that border, I was like, "Hooah. These are the kids I'm going to help. These are the kids I'm here to help build a democracy for. These are the kids I'm here to help provide humanitarian relief for." And those kids were still on the side of the road six months later, and they were still on the side of the road 12 months later, and they were still on the side of the road 13 months and 14 months and 15 months later.

And on my last convoy out of Iraq, I watched my squad leader, Sergeant Holland, cry. He kept saying, "What have we been doing?" That's something that haunts me every day. What have we been doing? I ask that to everyone, seriously. What have we been doing? A decade-long war, what have we been doing? And the individuals that have to carry those mistakes on a daily basis are the communities in Afghanistan, and the service members, that then return to a society with no—with high unemployment and very little care for them when they return.

NERMEEN SHAIKH: Aaron, the NATO secretary general has written recently that NATO's role is going to shift from combat to training and mentoring 'til the drawdown of forces at the end of 2014. Could you comment on what you think will happen once NATO and U.S. forces draw down from Afghanistan?

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AARON HUGHES: You know, I can't really say what will happen when NATO forces withdraw. But what I can say is what's happening on a daily basis, is we have traumatized troops there conducting military operations, resulting in a failure. We're talking about trying to conduct a COIN, counterinsurgency doctrine, and we're trying to win the hearts and minds, when that's something that the military has never been trained to do. When I went through basic training, I never once learned about democracy. When I got deployed to Iraq, we got a 24-hour briefing on the culture of Iraq. People spend years studying democracy, studying political science, studying different cultures, in order to have a better understanding. We spend nine weeks learning how to kill people. And that's the reality. That's what you're asked to do, and that's what you're trained to do. And there's a moral disconnect—there's a real moral disconnect between the idea that our military can build a democracy, and the idea that our military is trained and designed to control, dominate and kill people.

And yet, we continue to ask it to build democracy, as if we've never read history, as if we've never looked at any other occupation throughout history, to see that occupations don't build democracies, don't extend individuals' freedoms. The movements—the Arab uprising, the Arab Spring—that was building democracy. The movements of Gandhi, the movements of the civil rights movements here in the United States, people's movements, that extends democracy, not military force.

Please contact [www.Righttoheal.org](http://www.Righttoheal.org) and Iraq Veterans Against The War at [www.ivaw.org](http://www.ivaw.org).

#### **Mission and goals of IVAW's Project Recovery:**

Because the military is desperate for warm bodies in the field, and the VA doesn't have the resources to serve all those in need, too often service members are conveniently denied care or access to quality mental health screenings. We say, service members with PTSD, TBI, MST, and combat stress have the right to high quality health care. They have the right to seek care and pursue treatments in the best interest of their health and well-being.

Service members have the right to receive medical care and advice from medical professionals.

A commander's orders always supersede the opinion of military medical professionals when it comes to the well-being of our troops. We say, no military authority shall override the advice of medical professionals regarding the health of service members.

Service members who experience PTSD, TBI, MST, and combat stress have the right to exit the traumatic situation and receive immediate support, and compensation.

Too often, service members are forced to redeploy back into dangerous combat, or train in situations that re-traumatize them. We say, individuals suffering from trauma have the right to remove themselves from the source of the trauma. Service members who are not physically or mentally healthy shall not be forced to deploy

or continue service.

- We will support service members standing up for their right to heal, and we will stand against those responsible for violating them.
- We will expose those responsible for the deployment of traumatized troops. Those responsible will do everything they can to hide the truth, but Operation Recovery will expose the truth.
- We will demand those responsible for the deployment of traumatized troops end this inhumane practice, and back our demands up with collective action.
- We will end these wars by winning our Right to Heal. We know that without the repeated use of traumatized soldiers on the battlefield the occupations in Iraq and Afghanistan could not continue.

*Submitted by Jeff Haloff*

## Paul Brailsford, 96; Activist For Peace Was Avid Sailor

*Kathleen McKenna The Boston Globe*

At 15, Paul Stuart Brailsford left his home in London to live aboard a dormitory-style training ship known for its strict treatment of boys destined for the British Navy or merchant marine. The following year, he set off for a life at sea.

He was an envoy for an oil company and a deck officer in New Zealand before joining the US merchant marine during World War II. Serving aboard ships that supplied US troops in the Philippines and Okinawa, he was near Japan when the United States dropped atomic bombs in August 1945.

That experience, coupled with the expansion of nuclear weapons, prompted him to crusade against war later in life. He was a founder and past president of the Samantha Smith chapter of Veterans for Peace, and worked with other peace and justice organizations.

"There's a stereotype that veterans are pro-war," said John Schuchardt of Ipswich, a lawyer and former Marine who belongs to Veterans for Peace. "But there are so many veterans who become antiwar, then become leaders in the peace movement. Paul was one of a wide range of vets who had a change of perspective because of the war."

Mr. Brailsford died of congestive heart failure April 28 in Beverly Hospital. He was 96 and lived in Ipswich.

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*I WOKE UP AND THE WAR WAS OVER: continued from page 3*

of suffering we bought in Iraq, so let's not even guess at the number of killed, wounded, and homeless Iraqis we've created.

Instead, let's contemplate the scale of devastation that would occur in our country if a similar war had been visited on us. What would be the comparable impact? Based on reports from UNICEF, the UN, and studies carried out by Johns Hopkins University field researchers published in the British medical journal, *Lancet*, here are the figures as of five years ago.

If you're not already sitting, you may want to take a seat.

In the former cities of Atlanta, Denver, Boston, Seattle, Milwaukee, Fort Worth, Baltimore, San Francisco, Dallas and Philadelphia every single person is dead.

In Vermont, Delaware, Hawaii, Idaho, Nebraska, Nevada, Kansas, Mississippi, Iowa, Oregon, South Carolina and Colorado every single person is wounded.

The entire populations of Ohio and New Jersey are homeless, surviving with friends, relatives or under bridges as they can.

The entire populations of Michigan, Indiana and Kentucky have fled to Canada or Mexico.

Over the past three years, one in four U.S. doctors left the country. Last year alone 3,000 doctors were kidnapped and 800 killed. In short, nobody "out there" can come to save us. We are in hell.

4) And finally, there is one way in which the U.S. peace movement must simply not allow this war to be over. It's spelled r-e-p-a-r-a-t-i-o-n-s. We have to pay a full measure of reparations to repair what we have destroyed of Iraq's agriculture and infrastructure and leave a sizable trust fund to at least partially deal with the deformities and childhood cancers caused by our depleted uranium munitions.

In so many places, like Nicaragua two decades ago for example, we terrorized whole populations, laid waste to their society, destroyed their currency . . . and then just walked away. "That war is over," we joyfully repeat after the President. Another country has been given freedom and democracy. We brush off the misery and stride forward to the next and the next and the . . . We cannot let this happen again to our brothers and sisters in Iraq.

Maybe in Obama's dreams; maybe in the minds of his spin doctors prattling on Sunday morning talk shows; maybe in the minds of pundits comfortably opining from New York and Washington. Perhaps for them the American War in Iraq is over. But not to the millions living it out in reality.

***Mike Ferner is a former Navy corpsman, acting director of Veterans For Peace and author of Inside the Red Zone: A Veteran For Peace Reports from Iraq.***

*....PAUL BRAILSFORD: continued from page 5*

"Paul was a unique individual who was committed to his values and convictions and dedicated to the causes he felt strongly about: peace and social justice," US Representative John Tierney, a Salem Democrat, said in an e-mail.

When Mr. Brailsford turned 90, Tierney sent him a letter that said in part: "Your tireless energy, enthusiasm, and commitment have worked to the benefit of many. You are always ready to fight the good fight."

In 1990, Mr. Brailsford helped form the North Shore's Veterans for Peace chapter. He named it after Samantha Smith, the Maine girl who became a celebrated peace activist at age 10 before dying in a plane crash a few years later.

When group members were not allowed to participate in the 2007 Veterans Day parade in Boston, and were relegated to the back behind the street sweepers, Mr. Brailsford was among those arrested and charged with disturbing a public assembly when they staged a silent protest at City Hall Plaza.

"It was a trauma for Paul to be handcuffed," Schuchardt said. Mr. Brailsford was 92 when he was "held in a police van, locked in a cell, and deprived of his freedom," said Schuchardt, who added that even though charges were later dismissed, the experience was "a real shock, which upset him greatly."

Mr. Brailsford was born in North London. His mother was a concert cellist, his father a dental surgeon.

His time at sea was interrupted when nautical jobs were scarce. Mr. Brailsford spent a year working for London's Metropolitan Police, and was on patrol during the 1937 coronation of King George VI.

After World War II, Mr. Brailsford worked on ships that delivered sugar from Cuba to Boston, and during that time he met his future wife, children's author Frances Wosmek.

Using a term familiar to sailors, Mr. Brailsford said he "swallowed the anchor" in 1949 to go ashore and stay ashore in Boston. He married and settled in Beverly Farms to raise a family.

The marriage ended in divorce, as did a second marriage. "He definitely loved the sea, but I think he was looking for an excuse to come ashore by then," said his daughter Robin of Dulzura, Calif.

Mr. Brailsford sold paint, cars, and real estate before starting his own company. He also sold products such as boxes to keep fish fresh and clothing that prevents hypothermia.

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Although he ended up living on land much of his life, he remained an avid sailor and fisherman, his daughter said. He also liked poetry, Greek music and dancing, tai chi, painting, and writing letters to politicians and the media.

“He was an inveterate letter writer, and he was extraordinarily related to the world,” Schuchardt said. “As a sea captain, he knew the stars, the moon, the tides. He knew it all, but he knew people as well. Right to the end he kept his connection with the universe. He had a world perspective.”

In 1953, Mr. Brailsford wrote to John F. Kennedy, then a US senator, lamenting Senator Joseph McCarthy’s investigations of alleged communists and calling for McCarthy’s ouster.

Kennedy thanked Mr. Brailsford, but wrote: “I would be reluctant to take steps against any representative or senator as in the final analysis, our intrinsic security rests in the free flow of public opinion. . . . To remove any congressman for expressing one point of view that may be repugnant may set a precedent that may return to haunt us.”

Mr. Brailsford saved responses he received to the letters he wrote to politicians including US Representative Adam Clayton Powell Jr., a New York Democrat, and US Senator Henry Cabot Lodge Jr., a Massachusetts Republican.

He wrote hundreds of letters to various publications, many of which were published, his daughter said.

Mr. Brailsford cared about local issues, too. A longtime member of the Manchester Yacht Club, he served on a local water board and was active in a host of organizations.

Schuchardt said Mr. Brailsford was particularly concerned about the environment and the fishing industry.

“Paul was a very faithful public voice,” he said.

In addition to his daughter Robin, Mr. Brailsford leaves a son, Brian of East Boothbay, Maine, and another daughter, Melanie King of Seattle.

A memorial service will be held at 10 a.m. May 12 in the North Shore Unitarian Universalist Church in Danvers.

“He was always vibrant, always moving,” his daughter said. “I’d call him a force of nature. I think he had a lot more that he wanted to do, and I think he believed he had another 10 to 15 years to do it in.”

*Kathleen McKenna may be reached at [kmck66@comcast.net](mailto:kmck66@comcast.net).*

## True Costs of War: Soldiers and Veterans

### *Lies in the Recruitment Process*

According the New York Times, nearly one of five United States Army recruiters was under investigation in 2004 for offenses varying from “threats and coercion to false promises that applicants would not be sent to Iraq.” One veteran recruiter told a reporter for the Albany Times Union, “I’ve been recruiting for years, and I don’t know one recruiter who wasn’t dishonest about it. I did it myself.”

### *PTSD*

Over two million service members have been to the wars and returned since 2001. Recovery from the trauma of military training and service is not automatic. There are estimates that 20% of veterans suffer from post-traumatic stress disorder. Child abuse has been three times higher in homes from which a parent is deployed, for example, and police and courts are dealing with skyrocketing partner abuse rates, which are up 177 percent in Army families since 2003. The Veterans Administration estimates that 300,000 veterans are homeless on any given night. Unemployment rates have been two percentage points higher among war veterans than civilians.

### *Suicides*

The VA estimates that a veteran takes his or her own life every 80 minutes — 6,500 suicides per year. That’s 20 percent of all suicides in the United States.

### *Redeployment of Traumatized Troops*

More than 600,000 Americans have served multiple tours in Iraq and Afghanistan.

### *Military Sexual Trauma*

Since before Caesar created the Roman Legions, rape and sexual assault have been part of war and the military. A 2003 study in the American Journal of Industrial Medicine found the rate of rape in the military was 30%, or twice as much as in civilian life.

One in ten men report being raped during their time in the military. Additionally, hundreds of military recruiters have been accused of sexual assault in the last decade.

***Jeff Haloff will be offering acupuncture at  
6:00 on our regular meeting date.***







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Chapter 56**

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**VSC: Ernie Behm, John Mulloy**

# LET US HEAR FROM YOU!



*VFP56 member Don Swall demonstrating at an Occupy Movement in Eureka tells it like it is!*

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