



VETERANS FOR PEACE
HUMBOLDT BAY
CHAPTER 56

THE FOGHORN

MAY
2013

“Cutting Through the Fog of War”

The following is an unedited eulogy written by Steve Stamnes and delivered at Doug Smith’s memorial on April 5, 2013. Steve’s comments touched many hearts and represented the thoughts and feelings of VFP56 admirably. Thank you Steve for so eloquently speaking for us. You made us proud of our relationships with Doug and the Veterans for Peace organization.

Prepared comments for Celebration of Doug Smith’s life-well-lived.

Greetings, everyone. My name is Steve Stamnes and I’m a member of Vets for Peace, Chapter 56 here in Humboldt County.

I would first off like to thank Ann for putting Vets for Peace on the program for our celebration of Doug’s life-well-lived.

Second, I want to say that I am extremely honored to be able to represent our Chapter of VFP and share with you all what Doug meant to us as a VFP brother.

To Ann and the extended families of Doug and Ann, the VFP membership sends our heartfelt condolences to you all.

As I’ve been reflecting this week on what I wanted to say about Doug’s place in our lives as a fellow Vet for Peace, a concept or theme that kept emerging was that of GRATITUDE. Gratitude for how Doug enriched our collective lives with his KINDNESS, HIS GENTLE AND GENEROUS SPIRIT, HIS HUMILITY, HIS UNCOMMON DECENCY AND HIS ALTRUISM. DOUG LIVED THE VALUES OF PEACE IN HIS TREATMENT OF OTHERS AND REVEALED HIS ALTRUISTIC SPIRIT BY HIS WILLINGNESS TO ALWAYS HELP OTHERS.

Ann told me the other day that Doug was, quote, “The most grounded person she has ever known.” It takes tremendous self-knowledge to be grounded and to achieve a kind, generous and humble heart, as Doug did. Doug gave everyone the gift of being present with them and he made you feel like the time he was spending with you was important to him. After talking to Ann I began to realize why I always felt calm and enriched after spending time interacting with Doug.

I’M SURE WE’VE ALL EXPERIENCED BEING WITH PEOPLE WITH SUCH AN OVER-SIZED EGO THAT THEY SEEM TO SUCK ALL THE OXYGEN OUT OF THE ROOM. DOUG WAS THE REFRESHING POLAR OPPOSITE OF THAT KIND OF PERSON, he was like an enormous Redwood tree, in that he filled the room with oxygen for you to breathe. YOU FELT LIKE YOU WERE IN THE PRESENCE OF AN ENORMOUS GENTLE SPIRIT. Spirit was the essence of who Doug was, not ego.

I’d like to return to the theme of gratitude for a moment. About 8 years ago my family, friends, close colleagues at HSU and members of our VFP community surprised me with a recognition party, that I can only describe as a life-changing experience, a love-fest. I was honored that Ann and Doug were there that day and they wrote a message in the guest book that not only touched my heart, but when I re-read it this week it took me back to the theme of gratitude. They wrote in part “VFP has been one of the things that has kept us going and given us hope during the hard times these last years” They expressed a feeling of gratitude that many of us share in VFP, how our chapter gives us support to work in a meaningful way for a more just and peaceful planet.

Lionel Hampton, the great jazz musician said that “gratitude is when memory is stored in the heart and not in the mind.” And William Arthur Ward wrote about gratitude that “Feeling gratitude and not expressing it is like wrapping a present and not giving it.” Well, Ann, members of Doug’s extended family and his close friends, I have some “PRESENTS” from members of our Chapter to offer, from our hearts to yours:

Bill Thompson, a founding member of VFP Chapter 56 said of Doug, “Doug was a true GENTLEMAN, IN A NON-ARISTOCRATIC WAY, OF COURSE.”

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Jim Sorter, a long time VFP member expressed that Doug personified “gentleness and kindness always there for support.”

Our member Rich Gilchrist shared his impressions of Doug. Rich said that Doug “was a gentle man.” Indeed, Rich. I’m noting a beautiful, recurring theme here.

Rob Hepburn, also a founding member of our chapter, said that Doug was “a gentle, kind-hearted person. He never had a bad word about anyone. He was never a Grandstander” This echoes what Ann wrote in her tribute to Doug when she described Doug as “understated and completely modest.”

John Mulloy said the word that comes to mind when he remembers Doug is “Calmness.” I agree. And he made those he interacted with feel calm and more centered as well. Grounded people like Doug can help others get to a calmer state of being.

Our member Don Maddox shared this with me: “Doug was very accepting, always friendly and he always took the time to talk to me whenever we would cross paths. He was an easy person to be around.” That is so on the money, Don! Doug always made all of us feel that he valued the time he had with each of us. That’s no doubt why so many of us in VFP felt enriched after spending time with Doug.

Our member Peter Aronson wrote this for me to share: “When I remember Doug Smith, I think of the following : Kindness. Modest and calm with silent strength beneath. Pragmatic. Easy to Service - always willing to volunteer help. Capable with almost any task. Doug preferred action to words.

He found the same attraction to our VFP 56 circle meetings as I did, that of being active with peace, justice, and tolerance.

Dry Creek Pomo’s consisted of a group of communities, a likely factor in Doug’s respect, reverence and acceptance of all, and why so many cared for him.

He was always helping with our VFP 56 work.

For example, the Reggae on the River event included lots of preparation before, during and after the event. Doug was good at it all - from construction of our wooden booth (we were so naive!); to food prep a week before; to cooking on the griddle and clean-up, Doug was there-twice.

Doug had more talents and interests than I knew. For example, golf, dancing, and the New River cabin. He was deeper than he let be known.”

And finally, I received this from Brian Willson and Becky Luen-

ing. They were vital members of VFP 56 during the years they spent in Arcata. Since they moved Brian and Becky are both very active in Vets for Peace in the Portland Chapter:

From Brian Willson & Becky Luening: “We became acquainted with Doug Smith through our mutual involvement in Veterans For Peace Humboldt Bay Chapter 56. We remember Doug as a quiet but warm man, good-humored and easy to be with. He was steady and dependable; someone who could be relied on to volunteer when there was work to be done. Because he was Native American, it seemed to us that Doug was perhaps more conscious than others of our country’s bloody founding history, and completely cognizant of the insanity that continues to fuel our foreign policy. He clearly had solid convictions. In the 2004 presidential election, when everyone we knew, it seemed (including Becky), felt compelled to vote for “the lesser of two evils,” Brian and Doug were pleased to discover that they had both voted for Leonard Peltier. After we moved to Portland in 2008, we were lucky to enjoy several visits with Doug and Ann over dinner, when Doug came to town for an annual Tango dancing convention. We are aware that he was multi-talented, and regret that we missed the chance to pick his brain on topics like fruit tree pruning and huckleberry harvesting techniques. Doug was a unique and wonderful human being, and we are glad to have had the chance to commune with him.”

Finally, Ann, we want you to know that Doug was in our hearts and with us at our monthly meeting over the past year plus. We would send positive thoughts and prayers to Doug and to you during our “moment of silent reflection” at the start of each meeting. We also are grateful to you for sending written updates for Carl to read, that would keep us informed about how Doug was doing this past year. In a very real sense Doug WAS with us this past year. And we want you to know that Doug will be walking with us in all our actions for peace as we move forward.

There is a powerful custom and expression of solidarity in the peace and social justice community, that demonstrates this feeling that Doug will always walk with us for peace. I’ll state it the first time and then repeat the call, so we can merge our voices and fill this hall in a “CALL OUT” to our beloved friend.

BROTHER VET FOR PEACE, DOUG SMITH: PRESENTE!
And again, **BROTHER VET FOR PEACE, DOUG SMITH: PRESENTE!**

Thank you. I have one final gift to share that Ann gave to me on the phone the other day. I am grateful for that gift. So, from Ann to our members: When Doug was quite ill and very limited in what he could physically do, Ann asked him what he would want to do if he could:

DOUG SAID, “THAT HE WISHED HE COULD GO TO A VETS FOR PEACE MEETING”



Golden Rule Will Sail Once Again With Your Help

Susan Gardner, Redwood Times, redwoodtimes.com

Posted: 04/16/2013 12:47:44 PM PDT

Local members of the Veterans for Peace Chapter 22 and the Golden Rule Project sailed into the Garberville Rotary Club last week.

Humboldt Bay tugboat operator and master mariner Leroy Zerlang gave the audience some background on the Golden Rule and the project to restore the 30-foot Angelman-Davies gaff ketch built in Costa Rica in 1958.

During this period in history both the U.S. and the Soviet Union were conducting aboveground tests of nuclear weapons. A crew headed by former U.S. Naval Commander Albert Bigelow, set sail on the Golden Rule out of San Pedro in Southern California bound for the nuclear test zone at Eniwetok Atoll in the Marshall Islands. Bigelow and the crew of the Golden Rule were determined to bring attention to the radiation contamination caused by the clouds of radioactive fallout from these tests. Other crewmembers were William Huntington, George Willoughby, Orion Sherwood, and James Peck. They were all committed to non-violence and promoting peace.

But the Golden Rule and her ship never made it to the Marshalls. The crew were arrested and jailed in Hawaii while on their journey to protest the testing. Fortunately, due to others and these Veterans for Peace, the Limited Test Ban Treaty was put into effect in 1963 and is still working today to abolish weapons of mass destruction.

Very little is known about what happened to the Golden Rule after returning from Hawaii. The ketch was purchased by a Eureka doctor at one point and ended up moored temporarily to Zerlang's boat dock in Fairhaven until she broke loose during a winter storm.

Zerlang said, "I walked outside in the morning and she was just gone." The ship had hit the dock and punctured a large hole in her side and sunk.

"We couldn't just leave her there at the bottom, so we pulled her out and up onto the beach," he said.

That's when he did a little bit of research on her and found out she was famous. So, he advertised her for sale all over the place. Various organizations called him asking questions. Then, Fredy and Sherry Champagne showed up to check her out.

When Fredy asked how much it might cost to restore her, Zerlang told him, "\$25,0000 and that's just to fix the hole in her side."

Fredy and Sherry said they could raise the funds.

Zerlang said, "I've heard that over and over again. Hundreds

of times, restoration projects start, but few ever finish. This one is going to be the rare exception. The Golden Rule is going to be a success."

Many, many hours have been donated to work on the Golden Rule and she is 85% complete.

He commended the hard work of all the volunteers and said it was truly amazing how many people have worked on her. Once the whiskey plank, which is the last plank to go into the hull, was in place the group celebrated with a big party. But the work was not done by any means.

When it is completed it will be 60% original, 30-feet long and with the riggings 36-37 feet long. A crew of four can live on the boat, although it will be tight quarters. There are hopes that it will be ready to sail to the America's Cup in San Francisco in October, but that is a tall order at this point and there is still quite a bit to be done.

Zerlang said, "The dirty work is done. But we need around \$20,000 to finish things off."

He described the Golden Rule as, "A very strong, very small boat. She has a deep, lead keel weighing around 8,000-10,000 pounds. She is classified as a tall ship and is one of the best built boats on the entire west coast."

The Golden Rule will belong to the Veterans for Peace Chapter 22 and will be used as an educational tool, much like the Lady Washington that has made many trips into the Humboldt Bay over the years. Plans are to take her around the United States on a peace mission to abolish war and promote peaceful diplomacy. She and her crew will travel up the coastlines and up the nation's waterways

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**Next VFP56 meeting will be held
on Thursday, May 2nd 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.**



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for people to see and learn about her history and to promote peace.

Champagne said they want to prevent any more of our kids being sent off to fight and lose their lives in a foreign country in an unnecessary war.

If you would like to make a donation to the Golden Rule Project, send your payment to Veterans for Peace, Golden Rule Project, P.O. Box 352, Redway, CA 95560. Veterans for Peace is a 501 (c)(3) non-profit organization.

APRIL PROGRESS REPORT ON GOLDEN RULE

TO ALL:.....

FIRST OFF I NEED TO DISCUSS THE MASTS AND BOOMS. MIKE AND BRECKIN HAVE BEEN WORKING ON THE BOOMS, TWO ARE SHAPED AND SANDED. THE THIRD WAS ALMOST DONE WHEN MIKE SPOTTED A SMALL SOFT SPOT AND WHEN HE DUG INTO IT HE FOUND EVEN MORE INSIDE. SO WE BOUGHT A PIECE OF GOOD STRAIGHT GRAINED FIR FROM ALMQUIST AND MIKE IS IN THE PROCESS OF SHAPING IT NOW. AS I'VE SAID BEFORE THE MIZZEN MAST THAT WE HAVE HAS BEEN DETERMINED TO BE SOUND SO WE'VE DECIDED TO USE IT RATHER THAN GOING TO THE EXPENSE OF HAVING A NEW ONE MADE. THIS HAS ALREADY SAVED THE PROJECT AROUND \$5,000.00. WE DO NOT HAVE A MAIN MAST OR ANY THING THAT COULD BE USED FOR A MAIN. TO HAVE ONE MADE FOR US IN ABERDEEN WILL COST AROUND \$3,500.00 AND THIS DOES NOT INCLUDE SHIPPING. IT'S POSSIBLE THAT BRUSCO COULD BRING IT TO US BUT EVEN THAT WOULD REQUIRE SOME MANEUVERING. THE OTHER PROBLEM IS THAT THE SPAR SHOP IS MOVING TO A NEW LOCATION AND THEY WOULDN'T BE ABLE TO DELIVER FOR PERHAPS AS MUCH AS EIGHT MONTHS FROM NOW. AFTER EXAMINING THE CONSTRUCTION OF THE MIZZEN WE'VE DECIDED THAT WE COULD BUILD ONE OUR SELVES. I ASKED FOR FEED BACK ON THIS AND HAVE GOTTEN SOME POSITIVE RESPONSE BUT I THINK MOST OF US DON'T FEEL QUALIFIED TO OFFER AN OPINION. OTHER THAN DAVID PETERSON HOW MANY OF US HAVE ACTUALLY BUILT A 36 FOOT MAST? HOPEFULLY WE WILL RESOLVE THIS ISSUE AT APRILS MEETING.

JOSH HAS OFFERED TO HELP US WITH THE WIRING AND IS GOING TO DRAW US A SET OF PLANS TO FOLLOW. HE'LL GIVE US AN IDEA OF WHAT WE NEED AND WHAT WE MIGHT WANT TO INSTALL.

BRECKIN HAS CUT OUT THE TRIM PIECES FOR THE TRANSOM BUT WE'LL NEED TO RELOCATE SOME OF THE SCREW HOLES BEFORE PUTTING IN PLACE. LEROY HAS

BEEN KEEPING HER BUSY IN THE YARD AND IN TOWN AND NEXT WEEK SHE IS LEAVING FOR NICARAGUA FOR A COUPLE OF WEEKS.

AS FOR VOLUNTEER WORK, WE NEED SOME MORE WORK DONE ON THE CABIN, INSIDE AS WELL AS OUTSIDE. SOME SCREW HOLES NEED TO BE FILLED AND THERE'S SANDING TO BE DONE INSIDE. THE LARGE FAN THAT SETH IS LETTING US USE IS A LIFE SAVER, IT BLOWS THE SANDING DUST OUT OF THE CABIN AREA AS FAST AS WE CAN MAKE IT. WE ALSO NEED TO DO A LITTLE SANDING ON THE BOTTOM AND HAVE ANOTHER COAT OF BOTTOM PAINT APPLIED. THE HULL ALSO NEEDS AT LEAST ONE MORE COAT OF PRIMER. THE LARGE PORT HOLES THAT NEZZIE HAS BEEN POLISHING NOW HAVE NEW GLASS.

BILL EASTWOOD AND I STILL NEED TO GET TOGETHER AND DRAW UP A SET OF PLANS FOR THE INTERIOR WITH THE MEASUREMENTS REQUIRED. TAB CAME BY THE OTHER DAY AND SHED SOME LIGHT ON HOW THE CABIN WAS WHEN HE FIRST SAW IT YEARS AGO. ERIC HAS BEEN EXAMINING THE SAILS AND TALKING TO A SAIL MAKER IN TOWN AND WILL GIVE US A SHORT RUN DOWN AT THE MEETING AS WHERE WE ARE WITH THEM, WHAT WE HAVE AND WHAT WE NEED.

WORK HAS BEEN SLOW LATELY. IT'S BEEN COLD, WET AND THE TARP ON THE ROOF BLEW OFF THE OTHER DAY BUT IT'S BACK ON NOW. WE ARE DOING AS MUCH AS WE CAN WITH WHAT WE HAVE BUT RESOURCES ARE RUNNING OUT. WE HAVE SOME NEW NAMES THAT WOULD LIKE TO COME AND WORK WITH US BUT WITH OUT MATERIALS WE'RE VERY LIMITED AS TO WHAT WE CAN ACTUALLY DO.

SINCERELY CHUCK DEWITT.....

Sexual Assaults in the Military: A Report on the Invisible War

By Jon Reisdorf

Carl Stancil, Johnny Caulkin and I recently returned from the national GI Hotline Network conference. The topic of sexual trauma in the military was center stage including repeated showings of the important Oscar nominated documentary, *The Invisible War*. This powerful film allows viewers inside the damaged hearts and minds of several young women and one man who courageously share the pain and horror of the violence and the military's continuing failure to protect our troops from sexual trauma or provide anything close to justice for victims.

The *Invisible War* shows how the military provides a hunting ground for sexual predators with lots of potential victims and little

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chance of detection. There are an estimated 19,000 incidents of rape or sexual assault in the military each year, however only 12.8 percent of victims report the assaults. Victims who report rapes often face career ending reprisals, risk remaining posted in close proximity to their assailants, and face the bitter truth that of the 20 percent of the rapists referred to a court martial less than 8 per cent result in convictions. Perversely, a Military Rape Crisis Center study has shown that 92 percent of those reporting a sexual assault are discharged.

In a move which underscores the military's often misogynist culture, Lieutenant General Craig Franklin, commander at Aviano Air Base recently overturned a rarity - the sexual assault conviction of an officer. A lieutenant colonel, formerly on Franklin's staff, was sentenced by a jury of his peers to a year in prison followed by dismissal. Senators Barbara Boxer and Jeanne Shaheen, D-N.H. called Franklin's decision "a travesty of justice." Sen. Claire McCaskill, D-Mo. stated in a March 5 letter that Franklin's decision "shows ignorance, at best, and malfeasance, at worst." This March, Representatives Jackie Speier (D-San Francisco/San Mateo), Bruce Braley (D-IA), and Patrick Meehan (R-PA) introduced the bipartisan Military Judicial Reform Act, HR 1079, to strip military commanders of the unilateral power to overturn convictions or lessen sentences handed down by judges and juries at courts martial. This is a reissue of a previous piece of legislation which died in the 112th Congress.

In the House of Representatives Braley, Meehan, and Speier are leaders in ameliorating the horror of sexual trauma. "The military justice system is rigged in favor of the assailant and nowhere is this more obvious than in rape and sexual assault cases," said Rep. Jackie Speier, D-Ca. Congresswoman Speier will soon reintroduce her bill - the STOP Act - which creates an impartial office within the military to handle cases of rape and sexual assault outside of the chain of command. Reintroduce is the operative word here. Several potential game changing pieces of legislation languished in the 112th Do Nothing Congress's limbo. One of these lost bills, Holley Lynn James Act, provided an exception to the Feres doctrine. Currently the Feres Doctrine bars servicemembers from collecting damages for sexual assaults.

The Holley Lynn James Act would have made it possible for victims of sexual violence in the military to later seek justice in civilian courts. In an attempt to get justice, the servicewomen featured in the Invisible War unsuccessfully challenged the Feres doctrine in Federal court. Some lawyers and advisers cite Feres as a block to even having sexual trauma cases heard.

Another important piece of legislation, H.R.671, the Ruth Moore Act of 2013 amends Title 38, United States Code, to improve the disability compensation evaluation procedure of the Secretary of Veterans Affairs for veterans with mental health conditions related to military sexual trauma, and for other purposes. This change is crucial. As The Invisible War shows not only do victims receive no justice while serving they receive little or no help from the VA after they are out. Congresswoman Chellie Pingree, who sponsored the legislation, reports that her committee "heard from many, many victims of sexual assault who have had their claims [at the VA] denied

when they should have been approved...."

Legislation is required to change the Uniform Code of Military Justice (USMJ) and the VA. In the above mentioned case of General Franklin's "malfeasance" Secretary of Defense Chuck Hagel stated that neither he nor the Secretary of the Air Force can overturn Franklin because he acted within his rights according to the UCMJ, the foundation of military law in the United States. The UCMJ was established by the United States Congress in accordance with the authority given by the United States Constitution in Article I, Section 8. Since it is part of the United States Code under Title 10, Congressional legislative action is required to amend or change the UCMJ. Similarly, the VA under Title 38 is also covered by the U.S. Code.

As a result of exposure from The Invisible War and the work of Service Women Action Network (SWAN) and Military Rape Crisis Center, congress and the Obama administration is paying more attention to the issue of sexual trauma in the military. On January 4, 2013, President Barack Obama signed the National Defense Authorization Act for Fiscal Year 2013 which included some improvement to the military's handling of sexual assault cases. The act barred individuals with felony sex abuse convictions from receiving enlistment waivers, formed special victims units to investigate and prosecute sexual assault cases, and installed new policies to prevent professional retaliation against assault survivors. Until Congress acts little more can be done.

Here is what we in Veterans For Peace can do: Write letters to the editors. Use social media to generate action. Contact our new congressman Jared Huffman and ask him to cosponsor HR 671 and 1079 and work to reintroduce legislation to amend the Feres doctrine. (Huffman: DC office number (202) 225-5161 - in Eureka Ph: (707) 407-3585) Educate your friends and relatives outside Humboldt County and ask them to do the same with their congressmembers. Support organizations such as SWAN - Service Women Action Network, Military Rape Crisis Center, the Military Law Task Force (MLTF) - (part of the National Lawyers Guild) and the GI Rights Hotline.

As a note, the Hotline is a highly successful national organization with over 25 nodes including the Arcata office. Two of the network's nodes, the Center for Conscience and War and Quaker House have over 90 per cent success on Conscientious Objection cases. Since 2005, Humboldt County Chapter 56 of Veterans For Peace has been a main financial supporter of the Arcata node. The MLTF continues to do vital work on all areas of law effecting our men and women in uniform helping Hotline counselors to find supportive civilian lawyers familiar with military law. MLTF's Executive Director Kathy Gilberd presented the workshop on Sexual Trauma in the military at the GI Rights Hotline Network conference and has written many informative articles which are crucial in my education on military matters in general and specifically on the area of sexual trauma in the military.



Hypnosis and Laughter Both Increase Pain Threshold

By Dave Berman, C.Ht.
3/12/13

For at least 200 years, doctors and dentists have performed surgery with hypnosis rather than chemical anesthesia (1). While this is sometimes still done today (2), it is less common than the quite regular use of hypnosis for relief of chronic pain (3).

A familiar old saying goes: "Laughter is the best medicine." In 1995, Indian physician Dr. Madan Kataria combined this premise with a core hypnosis concept that the body can't tell the difference between what the mind imagines or encounters for real. Today the result is more than 6000 laughter yoga clubs in over 60 countries (4) and many recognized health benefits to laughter (5), including:

- * reduced stress
- * elevated mood
- * improved circulation
- * lowered blood pressure
- * strengthened immune system
- * greater energy and stamina
- * enhanced creativity

And now, according to a recent British study published in the Proceedings of the Royal Society B (6), and reported in the New York Times (7), evidence suggests laughter, like hypnosis, can increase the threshold for pain tolerance. The research methodology focused on the most obvious mechanism, namely that laughter creates endorphins (plus serotonin, dopamine and oxytocin). Endorphins are medically recognized as a natural pain killer (8).

An interesting aspect of the study is the finding that more endorphins are created when laughter is experienced in a group rather than alone. Also, there is a direct correlation between the amount of increased endorphin production and the extent of pain threshold elevation. To be clear, nobody is suggesting using laughter instead of surgical anesthesia or in place of other qualified medical or mental health care. Like hypnosis, laughter is useful as a complementary or integrative approach.

One notably peculiar conclusion of this study is that the laughter has to be genuine. This contradicts the principle cited above that the body can't tell the difference between something real or vividly imagined. At this point, there is much more evidence supporting this mind/body connection so I would argue that rather than disproving it, the new research simply does not confirm it. Like most studies, it is said that more research is called for in this area. I will happily volunteer! In fact, in addition to being a clinical and medical hypnotist by profession, as a hobby I am also a certified laughter

yoga class leader and often combine the two when working with clients.

The culture of laughter yoga is that classes are free. They are open to all ages and fitness levels and require no prior experience or knowledge of traditional yoga. Instead of doing stretching and posing, laughter yoga classes involve childlike playfulness with endless varieties of pretexts for simulated laughter, laughing on purpose, and many different types or deliveries of laughter. Like yawning, laughter triggers mirror neurons that tend to make it contagious.

Free local laughter yoga classes are currently held Mondays, 4:45pm, at Om Shala Yoga, 858 10th Street, Arcata; and Wednesdays, 8:30am, at Church of the Joyful Healer, 1944 Central Ave, McKinleyville.

Another old saying goes: "He who laughs last, laughs best." The updated version is: "She who laughs most, feels best!"

References:

- (1) http://www.institute-shot.com/hypnosis_pain_utility.htm
- (2) http://www.youtube.com/watch?v=Xgu6vk3_ByE
- (3) <http://www.humboldthypnosis.com/chronic-pain-relief>
- (4) <http://bit.ly/lyclubs>
- (5) <http://bit.ly/lybenefits>
- (6) <http://rspb.royalsocietypublishing.org/content/279/1731/1161.abstract>
- (7) <http://well.blogs.nytimes.com/2012/10/24/laughter-as-a-form-of-exercise>
- (8) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3104618>

Bio:

Dave Berman, C.Ht. practices Clinical and Medical Hypnosis, Neuro-Linguistic Programming (NLP) and Life Coaching. He is certified by the International Medical and Dental Hypnotherapy Association and an associate member of the North Coast Association of Mental Health Professionals. Dave can be reached at (707) 845-3749 or through his website: www.HumboldtHypnosis.com.

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The 4th Annual Peace Poetry and Art Contest



**Celebration
on May 19th at
Humboldt Uni-
tarian Univer-
sualists' Fellow-
ship Hall 23
Fellowship Way
Bayside, Ca
From
3:30-5:00 p.m.**

www.vfp56.org



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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.

PHILLIP ZIMBARDO'S NEW BOOK

"THE TIME CURE"

ON THE PERSPECTIVE THERAPY FOR PTSD TREATMENT.

***GO TO TIME.CURE.COM TO READ
THE INFORMATION TO THE BOOK.***

***STEPHEN SOTTONG'S BOOK,
WRITERS OF THE FUTURE, VOLUME 29,
CAN BE PURCHASED AT BARNES & NOBLE.
COM***

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