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# Marine Corps League

Serving Greater Springfield

# Scuttlebutt

Newsletter of Westfield River Valley Detachment 141

Westfield, Massachusetts

Volume 70 No. 6

[www.mclwrv141.com](http://www.mclwrv141.com)

June 2011

## Mobile App Helps Veterans with PTSD

The wounds of war are often invisible. For example, Post-traumatic Stress Disorder (PTSD) affects a significant number of Veterans and can last for decades after a trauma. Unfortunately, PTSD is not suffered alone or without consequence. Work and social functioning are frequently impacted, leaving Veterans and their families with challenges that go far beyond the disturbing flashbacks and memories often depicted in movies.

The good news is that there are treatments for PTSD that actually work and are offered across VA and DoD treatment facilities. The bad news is that no matter how much we reach out to offer Veterans these effective treatments, some will never seek care. The reasons for this vary, but foremost among these is that PTSD is characterized by extreme avoidance.

Teams at VA's National Center for PTSD and DoD's National Center of Telehealth and Technology have collaborated to create a mobile phone application (app) to help Veterans and Service members who have, or may have PTSD. The app, PTSD Coach, provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help with managing the stresses of daily life with PTSD.

Tools are based on evidence-based PTSD treatment and range from relaxation skills and positive self-talk to anger management and other common self-help strategies. Users can customize tools based on their preference and can integrate their own contacts, photos, and music.

The goal of this new app is to take education, skills training, and support to Veterans wherever they are, whenever they need it. Plus, Veterans who are concerned about stigma can use the tool in complete anonymity.

It is hoped that this app provides Veterans with PTSD, a new way to build skills needed to improve life for themselves and their families. For Veterans in treatment already, PTSD Coach can help with coping between sessions.

PTSD Coach can be downloaded for free from the iTunes App Store on iPhone, iPod Touch, or iPad. It will also be available for Android phones later this Spring. More apps will also be rolled out soon, including the PTSD Family Coach for family members of Veterans with PTSD. For more information on this app, please see the **National Center for PTSD website**.

Julia Hoffman is a Clinical Psychologist with VA's National Center for PTSD.

**"Marines I see as two breeds, Rottweiler's and Dobermans, because Marines come in two varieties, big and mean or skinny and mean. They are aggressive on the attack and tenacious on the defense. They've got really short hair and they always go for the throat."**

**RAdm. "Jay" R. Stark, USN; 10 November 1995**

## The Commandant's Corner

WOW! Does time fly when we are busy. Another month gone by. What a wonderful event it was to witness the hard working scholarship committee present another young adult, Adam Dunne, a gift from all of us at our May meeting. This is done because of everyone's efforts at our many different fund raising events.

One of our fund raisers is the Flag pin sales. We were very successful on Mother's Day weekend and hopefully everyone will sign up again for Father's Day. It's a lot of fun and we meet many new people including more perspective members. And speaking of that, congratulations to all the new members this year and also all those who became life members.

We ended this month with Memorial Day weekend. Members were participating in honoring our heroes throughout the state in several cities and towns. Watching the news Monday evening our red hats were everywhere.

Once again, our new year begins in June with the State Convention in Tewksbury. Frank Real put out an amazing news release on this which did make it in the local papers. Several members will be participating in this event including our fabulous photographer, Matt Knas.

Another event that will be going on soon is our yearly Pig Roast. Tickets are still on sale and limited so get yours now. The calendar cards are also on sale and will be until they are all sold (these go fast, don't miss out) this is another one of our fund raisers.

I enjoyed this past month immensely and I hope to see everyone at our meeting on the 13th of June. Come early and enjoy a meal, socialize and meet the rest of the membership.

Semper Fidelis,

Brian P. Dupee  
Commandant



**Commandant Brian P. Dupee**



### Detachment 141 Officers

Sr. Vice	Dan Bishop
Jr. Vice	Bill Penkala
Judge Advocate	Don Rivette
Paymaster	Marc Dunne
Adjutant	Mike Burke
Sgt. at Arms	Aldo Mancini
Chaplain	J.B. Stern

**Detachment 141 meets monthly on the second Monday  
at 1900 hours. Social hour at 1800 hours.**

### **Fundraisers:**

The Detachment and Auxiliary work close together in support of the principles of the Marine Corps League. We hold several annual fundraising events including: a scholarship dinner, flag pin sales on Mother's Day and Father's Day, July 4th pig roast, a baked potato and chili booth at the Westfield Fair, a motorcycle run and a July 4th and Christmas calendar raffle. The Detachment hands out 4 scholarships totaling (\$1200.00) every year. Our motorcycle run is entering its third year, and last year we donated 100% of the proceeds (\$1500.00) to the Marines Helping Marines/Wounded Warriors Fund.

### **Financial Support:**

Our organization provides financial support to the following:

- The Chapel of Four Chaplains
- Toys for Tots
- Tree of Lights
- Marines Helping Marines
- Wounded Warriors
- Holyoke Soldiers Home
- Veterans Hospital—Leeds
- Westover Young Marines
- Marine Corps League Youth Fitness Program
- Korean War Memorial
- Local Boy's and Girl's Clubs
- Westfield Veterans Council
- Americanism Program

In addition, we host a Children's Christmas Party at the barracks, along with serving breakfast for all veterans every Saturday morning from 0700-1100.

### **Community Involvement:**

Our members are actively involved in the Greater Springfield area. We provide:

- Color Guards for Memorial Day and Veterans Day services, parades and other patriotic occasions.
- Honor Guards for funerals of military veterans.
- Care packages to deployed Marines and FMF Corpsmen.
- Toys for Tots programs.
- Speakers for local and area schools for patriotic occasions.
- Certificates of Appreciation to leaders of community organizations and private citizens who demonstrate patriotism.
- Good Citizenship Awards to Boy Scouts who attain the rank of Eagle Scout.
- Flag Retirement Ceremonies.
- Marine Corps Birthday Ceremonies.
- Assistance to Marines, families and Marine Units.

The Detachment also sponsored the 2010 Department of Massachusetts Convention at Westover Air Reserve Base.

## Upcoming Detachment 141 Events

June 2-4:	Department Convention, Tewksbury, MA.
June 3:	Burger Burn, Pack Growl
June 4:	Department Banquet
June 12:	Flag Day Ceremony at Parker Park at 1100 hrs.
June 13:	Detachment 141 meeting
June 17-19:	Flag pin sales at Wal-Mart
July 3:	Detachment 141 pig roast at Westfield Fair Grounds
July 11:	Detachment 141 meeting
August 8:	Detachment 141 meeting
August 19-21:	84th Westfield Fair at Westfield Fair Grounds
September 12:	Detachment 141 meeting
September 18:	T4T Bike run, cook-out at Westfield Fair Grounds

If you changed your email address, see Fred Shannon for updates. If you know of any potential sponsors, see Dan Bishop. We are still looking for kitchen help on Fridays (preparing) or Saturdays (serving & clean up). Sign up sheets are in the back for all upcoming activities, so get your uniforms ready and participate in your Detachment. We need more bodies for the Flag pin sales in June, let's make this a success like Geissler's. The Pig Roast tickets are in as well as the Calendar Raffles, see Paymaster Dunne or they will be available on Saturday mornings at breakfast. Calendar sales are slow, everyone should sell or buy at least five calendars. The Pig Roast is our biggest fundraiser, sell or buy some tickets. Matt Knas is our official photographer, but we need more pictures from the events, Matt can't be everywhere. If you have a camera keep it close, we may need you.

Come see us every Saturday for breakfast, hours are from 0700-1000. (depending on food) For a small donation our menu includes eggs, sausage, biscuits, toast, SOS, hash, grits, juices, milk, coffee, (regular and decaf), donuts, pastry, and breakfast bars. Enjoy the company of your fellow members, watch the news on the big screen TV or mingle with the vets from the Soldiers Home or Leeds. Why watch history on TV when you can sit right next to it at the barracks.

### Scuttlebutt

Scuttlebutt is the official newsletter of the Westfield River Valley, Detachment 141, Marine Corps League, and is intended only for the information of its members. Articles and photos do not necessarily reflect the official position of the U.S. Marine Corps or the Marine Corps League. Detachment Headquarters is located at 71 North Elm Street, Westfield, MA. 01085. Items for publication should be dropped off at headquarters or by contacting the editor. For current events and up to date calendar items, go to our Web Site at [www.mclwrv141.com](http://www.mclwrv141.com). The Detachment phone number is 413-562-4850

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## Upcoming Dues: June Dues

Richard Adams, Ella Balchunas, Wayne Cartwright, Javish Garcia, Richard Greene, Robert Hertz, Alphonse Piela, John Kern, Steven Sklarski, Stanley Strempek, Vincent Sulewski, Paul Tessier, James Bouchard, Robert Potito, Geoff Croteau, Bill Chandler, Robert Tessier, Jason Laverty

## July Dues

Santiago Bustos, Jr., Thomas Daly, Wayne Fisher, Jeffrey Hall, Donna Magdycz, Harry Mulliken, Karl Ozga, Ronson Sherman, Brian Tierney, Elizabeth Brewer, Bill Garen, Lou Johnson, Richard Macsisak, Vernon Morris, Michael Scheib, John Torrone

## Dues Reminder

Remember, if you are delinquent for more than 1 year, you can and will be dropped from the Detachment roster. You will need to pay ALL dues in arrears in order to be considered a member in good standing, or you can become a NEW member again and pay the initiation fee.

### 2010

Jeffrey Hall, Donna Magdycz, Ronson Sherman, Joseph Wise, Isabel Paulsen, John Godfrey, Lisa Smith, Harry Mifflin

### 2011

Barry Szymojko, Thomas DelNegro

## Life Membership Dues

Members age 35 and younger.....\$500  
 Members age 36-50.....\$400  
 Members age 51-60.....\$300  
 Members age 61 and over.....\$150

## June Birthdays

1st	Lorelei Kaiser
5th	Steve Christenson, Shirley Seip
6th	Lorraine Dupee
8th	Richard Montagna
10th	Joseph Danek, Tom Johnson, Steven Jones
13th	John Foley
14th	Rocky Snow
16th	Joseph Tatro
18th	James Berrelli
20th	Stanley Strempek
27th	John Haley



## Associate Spotlight Bill Chandler

Where were you born?	Westfield, MA
Graduated from? (High School)	Westfield Voke, Class of 57
Married? Children?	Jane, 2 sons, 1 daughter
Graduated from? (Boot Camp)	Bainbridge, MD
MOS	EM2
First Duty Station?	USS Lake Champlain
Last Duty Station?	USS Essex
What did you do after leaving the Navy?	Worked as an electrician
Favorite meal?	Corned beef & cabbage
Current occupation?	Retired Police officer, Westfield, MA
Where were you on 7 December 1941?	In a crib
Favorite President?	John F. Kennedy
Favorite movie?	From the Halls of Montezuma
Favorite actor?	John Wayne
Favorite comedian?	Bennie Hill
Favorite book?	The Verdict
Favorite vacation place?	Aruba
Favorite subject to talk about?	The Navy
Favorite quote?	"No sweat"
What do you think of today's Marines?	Great
Most memorable lifetime event?	Viewing the Grand Canyon
Did you make the Navy your career?	No
Would you do it all over again?	Yes
Should politics be kept out of the military?	Yes
All time favorite Sailor?	Bull Halsey



**The Marine Corps has just been called by the New York Times, "The elite of this country". I say "They are the elite of the world." Adm. William "Bull" Halsey, U.S. Navy**

## This Month In History....

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**2 June 1918:** At dawn on this date, the crack German 28th Division attacked along the axis of the Paris-Metz road hitting the American 2nd Division, including the 4th Marine Brigade. The Marines opened with deadly rifle fire and helped hand the German troops a setback which set the stage for Marine victory at Belleau Wood which would soon follow, although at great cost.

**8 June 1995:** A Marine tactical recovery team from the 24th Marine Expeditionary Unit stationed on board the USS Kearsarge rescued a downed U.S. pilot, Captain Scott O'Grady, USAF, from Bosnian-Serb territory in Bosnia.

**10 June 1898:** The First Marine Battalion, commanded by LtCol. Robert W. Huntington, landed on the eastern side of Guantanamo Bay, Cuba. The next day, Lt. Herbert L. Draper hoisted the American flag on a flag pole at Camp McCalla where it flew during the next 11 days. LtCol. Huntington later sent the flag with an accompanying letter to Col. Commandant Charles Heywood noting that "when bullets were flying....the sight of the flag upon the midnight sky has thrilled our hearts."

**12 June 1961:** President John F. Kennedy signed a Presidential Proclamation calling for the American flag to be flown at the Marine Corps War Memorial in Arlington, VA, "at all times during the day and night." Discussions between the Attorney General's office and the Marine Corps officials earlier in 1961 led to the proposal to fly the Flag continuously, which by law could only be done by Congressional legislation or by Presidential proclamation.

**15 June 1944:** Preceded by naval gunfire and carrier air strikes, the V Amphibious Corps assaulted the west coast of Saipan, Marianas Islands. By nightfall, the 2nd and 4th Marine Divisions, moving against heavy opposition, has established a beachhead 10,000 yards wide and 1,500 yards deep.

**20 June 1993:** The 24th Marine Expeditionary Unit returned to Mogadishu, Somalia, to stand ready to assist United Nations forces in maintaining peace in the war-torn country. Earlier that month, the 24th MEU had been ordered to cut short Exercise Eager Mace 93-2 in Kuwait to respond to possible contingency operations in Somalia.

**25 June 1950:** Shortly before dawn, eight divisions of the North Korean People's Army crossed the 38th Parallel and invaded the Republic of Korea. Within three days, the South Korean capital city of Seoul had been captured. On 30 June, President Harry S. Truman ordered a naval blockade, and two days later, Gen. Douglas MacArthur, the Commander in Chief Far East, formally requested that a Marine regimental combat team be deployed to the Far East.

**25 June 1966:** In Vietnam, Operation Jay began about 30 kilometers northwest of Hue, and lasted nine days. The 2nd Battalion, 4th Marines landed north of the North Vietnamese 812th Main Force Battalion, and the 2nd Battalion, 1st Marines landed south of the enemy's position. Caught in between the two Marine units, the enemy suffered over 80 dead in nine days of fighting.

**26 June 1918:** BGen. James G. Harbord, the Commander of the 4th Marine Brigade, notified American Expeditionary Force Headquarters that Belleau Wood was "now U.S. Marine Corps entirely." After 20 days of combat, and at a cost of over 4,000 casualties, the 4th Marines had proven it's fighting heart. The grateful Commander of the French Sixth Army would soon decree that in all correspondence, Belleau Wood would henceforth bear the name, "Bois de la Brigade de Marine."



On Thursday, 14 April, Paul Barabani was sworn in as the new Superintendent of the Holyoke Soldiers' Home, pictured from left are Edwin Orwat, Fred Shannon, Paul Barabani, Donald Rivette, and Coleman Nee, Marine Veteran and Secretary of Massachusetts Department of Veterans' Services. Below J.R. Rutovich hands a customer a red rose for donations made to the MCL Detachment 141 annual Mother's Day fundraiser.





On Friday, 6 May, Flag Service Officer J.R. Rutovich presented new American flags for the Agawam Fire Department apparatus. From left J.R. Rutovich, Deputy Chief Alan Sirois, Sgt. at Arms Aldo Mancini, and photographer Matt Knas. Below, Adam Dunne receives his scholarship at the MCL Detachment 141 meeting. Pictured from left to right, scholarship committee members Thomas Pirnie, John Knapik, Adam and Nancy Butler whose scholarship is named in honor of Carl Butler.



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Detachment 141 would like to thank all our sponsors for their continued dedication and support of this monthly newsletter.

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