



VETERANS FOR PEACE  
HUMBOLDT BAY  
CHAPTER 56

# THE FOGHORN

JANUARY  
2016

*“Cutting Through the Fog of War”*

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## Radiation Risk and the Petkau Effect How Prolonged Low Dose Exposures May Be More Harmful Than High Intensity Short Term Exposures

*Compiled by Peter Aronson, Co-Chair DU/WMD*

*Source for this report if from Nuclear Reader,  
<http://www.nuclearreader.info/chapter3.html>*

Most of us know certain kinds of radiation are harmful to all living systems. Heat from your fireplace is a safe form radiation (if you don't get too close!). Ionizing radiation (IR) on the other hand is far from safe.

Energy from IR can destabilize atoms and molecules, the basic structure of everything.

It does so by knocking off electrons from the atom resulting in changing its charge – the electrical balance – creating a positive or negative charge. The result is called an ion.

Ions are unstable and seek electrical balance by interacting with other atoms or molecules. The resulting unstable molecules are called “free radicals”.

Uncontrolled free radicals damage body cells either by breaking down the cell membrane; by attacking the internal working of the cell; or by going right to the nucleus to attack the genetic material (DNA).

The Petkau Effect demonstrates that more free radicals result from longer exposures to LOW LEVEL of IR than from quicker exposure to HIGH LEVEL IR (there are limits to this theme that include lethal exposures).

Though this concept is counterintuitive it has incredibly important consequences, since radiation safety standards don't consider this effect when setting exposure policies.

Free radicals can also cause malformed molecules that the immune system sees as foreign invaders. The immune system reacts to clear them out, eventually becoming worn down and exhausted in the process - and unable to fully combat the real enemies it faces. This allows disease to take hold. The weakest points start to go first. In one person it may be arthritis, in another it may be extreme fatigue, in another allergies and so on.

Free radical damage to cells progresses to tissues and organs and results principally in heart disease, cancer, diabetes, arthritis, and diseases of immune suppression.

Petkau found (1972) that with higher quicker exposures – always thought to be more dangerous than any lower dosage - the free radicals bind with each other resulting in less damage, than with lower doses over with longer exposures.

Here's the salient point -> lower exposures over longer duration result in more damage because the free radicals remain free (unbound) charged ions.

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For many readers, if not already asleep, the question is, “so what?”

Most are concerned with the consequences of nuclear weapons, or nuclear power plant meltdowns, as they should be! Very little attention is paid to ROUTINE lower level exposures to IR.

The Petkau Effect showed that the amounts of radiation that are legally released from nuclear power plants, combined with the leaks, spills, and accidents, are a cause of extreme damage to our health because continuous low-level exposures produce hundreds to thousands of times more free radicals than the same dose delivered at one time, as in an X ray, for example.

The entire nuclear fuel chain from uranium mines, nuclear power and weapons plants, to radioactive storage facilities and depleted uranium in military use, is hazardous to human health and to the health of the environment.

“There is no safe amount of radiation. Even small amounts do harm.”

Linus Pauling PhD – Nobel Laureate

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From: Michael Moore  
 To: donswall@suddenlink.net  
 Sent: Wednesday, December 16, 2015 8:59 PM  
 Subject: My Letter To Donald Trump

Today I went & stood in front of Trump Tower & held a sign until the police came. Then I went home & wrote Donald a letter. Here it is:

Dear Donald Trump:

You may remember (you do, after all, have a “perfect memory!”), that we met back in November of 1998 in the green room of a talk show where we were both scheduled to appear one afternoon. But just before going on, I was pulled aside by a producer from the show who said that you were “nervous” about being on the set with me. She said you didn’t want to be “ripped apart” and you wanted to be reassured I wouldn’t “go after you.”

“Does he think I’m going to tackle him and put him in a choke hold?” I asked, bewildered.

“No,” the producer replied, “he just seems all jittery about you.”

“Huh. I’ve never met the guy. There’s no reason for him to be scared,” I said. “I really don’t know much about him other than he seems to like his name on stuff. I’ll talk to him if you want me to.”

And so, as you may remember, I did. I went up and introduced myself to you. “The producer says you’re worried I might say or do something to you during the show. Hey, no offense, but I barely know who you are. I’m from Michigan. Please don’t worry -- we’re gonna get along just fine!”

You seemed relieved, then leaned in and said to me, “I just didn’t want any trouble out there and I just wanted to make sure that, you know, you and I got along. That you weren’t going to pick on me for something ridiculous.”

“Pick on” you? I thought, where are we, in 3rd grade? I was struck by how you, a self-described tough guy from Queens, seemed like such a fraidey-cat.

You and I went on to do the show. Nothing untoward happened between us. I didn’t pull on your hair, didn’t put gum on your seat. “What a wuss,” was all I remember thinking as I left the set.

And now, here we are in 2015 and, like many other angry white guys, you are frightened by a bogeyman who is out to get you. That bogeyman, in your mind, are all Muslims. Not just the ones who have killed, but ALL MUSLIMS.

Fortunately, Donald, you and your supporters no longer look like what America actually is today. We are not a country of angry white guys. Here’s a statistic that is going to make your hair spin: Eighty-one percent of the electorate who will pick the president next year are either female, people of color, or young people between the ages of 18 and 35. In other words, not you. And not the people who want you leading their country.

So, in desperation and insanity, you call for a ban on all Muslims entering this country. I was raised to believe that we are all each other’s brother and sister, regardless of race, creed or color. That means if you want to ban Muslims, you are first going to have to ban me. And everyone else.

We are all Muslim.

Just as we are all Mexican, we are all Catholic and Jewish and white and black and every shade in between. We are all children of God (or nature or whatever you believe in), part of the human family, and nothing you say or do can change that fact one iota. If you don’t like living by these American rules, then you need to go to the time-out room in any one of your Towers, sit there, and think about what you’ve said.

And then leave the rest of us alone so we can elect a real president who is both compassionate and strong -- at least strong enough not to be all whiny and scared of some guy in a ballcap from Michigan sitting next to him on a talk show couch. You’re not so tough, Donny, and I’m glad I got to see the real you up close and personal all those years ago.

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We are all Muslim. Deal with it.

All my best,  
Michael Moore

P.S. I'm asking everyone who reads this letter to go here (<http://michaelmoore.com/weareallmuslim>) and sign the following statement: "WE ARE ALL MUSLIM" -- and then post a photo of yourself holding a homemade sign saying "WE ARE ALL MUSLIM" on Twitter, Facebook, or Instagram using the hashtag #WeAreAllMuslim. I will post all the photos on my site and send them to you, Mr. Trump. Feel free to join us.

P.P.S. To sign my statement for #WeAreAllMuslim, go here on my website: <http://michaelmoore.com/weareallmuslim>

## \* proxy wars

by BAR editor and senior columnist Margaret Kimberley

The French will tell you that in November ISIS attack inflicted the biggest death toll on Paris since World War Two. They would be lying. Fifty-four years ago, French police massacred hundreds of Algerians right in the heart of the city – and then pretended it never happened. France has enslaved much of the world, and clings to its remaining semi-colonies. The government in Paris "has millions of deaths on its ledger."

"The victims of white terror are stricken from the historical record and from memory."

American corporate media and politicians have declared endless mourning for the terror attack which took place in Paris on November 13, 2015. France is a European country, that is to say run by white people, and an ally of the United States, meaning that it is protected by its criminal accessory. It is little wonder that we have been propagandized into grieving for France. The Islamic State carried out the killings of 130 people in Paris but also killed 224 Russians on a passenger plane in Egypt on October 31st. Because Russia has been demonized by the White House and the press corps no one was exhorted to put the Russian flag on social media pages.

While the individuals killed and injured were certainly victims, the government of France is nothing of the sort. France is involved in all of America's imperial adventures in the Middle East and that intervention is the direct cause of the terror in Paris. France acts along with the United States and Canada as the occupiers of Haiti. Its former African colonies are still under its financial and military control. France has been on the wrong side of humanity many times and has millions of deaths on its ledger.

Not only is France guilty of committing great crimes, but like other white-governed countries, it has succeeded in hiding them from the world. That is what happened in the aftermath of October 17, 1961 when French police killed as many as 200 people in one night.

"France is involved in all of America's imperial adventures in the Middle East and that intervention is the direct cause of the terror in Paris."

After the defeated French were somehow given credit for victory in World War II, they immediately resumed imperial control of their colonies. In Vietnam and in Algeria the French redoubled efforts to maintain their hold, despite resistance from these colonized peoples. The Algerian war lasted from 1954 until independence was achieved in 1962. This war for liberation took place in France and Algeria with the French doing the typical dirty work of torture and imprisonment.

Maurice Papon had been an administrator in Algeria where his experience detaining and torturing freedom fighters made him the perfect candidate for the job of Paris police chief. Papon climbed the political ladder despite having ties to the collaborationist Vichy regime. Algerians were subject to brutality, imprisonment, theft and murder by Parisian police. The killings had already begun on a smaller scale before the fateful night.

After French police died in the ongoing conflict Papon instituted a curfew for "French Muslims of Algeria." Protest demonstrations were called for October 17th but the police knew when and where the actions were to take place. They immediately began rounding up Algerians. When those who evaded arrest gathered in major public squares they were shot on the spot, others were

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Next VFP56 meeting will be held on Thursday, January 7th at 7:00 PM. Meeting will be held at 24 Unitarian Fellowship Way, Bayside, Jacoby Creek Road. Veterans and non-veterans are more than welcome to come and help us dialogue about what we together can do to bring about peace in this complex world.



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beaten and still more were thrown into the Seine river, some already dead and some while still alive.

The cover up began immediately. The press reported only two deaths, even though several police officers admitted to the newspaper France Observateur that they killed 50 people. At least 100 bodies were pulled from the Seine. No one knows for certain how many died but estimates range up to 200 victims.

“Algerians were subject to brutality, imprisonment, theft and murder by Parisian police.”

The French government did not publicly acknowledge the killings until 2012, some fifty years later. There is now a plaque which blandly states “In memory of the numerous Algerians killed during the bloody suppression of the peaceful demonstration on 17 October 1961.” It doesn’t admit government guilt nor does it establish a number of casualties.

The event is largely unknown but has received new interest ever since the glorification of French suffering that began one week ago. The killings of 1961 took place in the middle of one of the world’s largest cities and could only have been covered up with large scale collusion between the government, the international media and the French people. Archives were destroyed or deemed classified and the lies continue until the present day.

“At least 100 bodies were pulled from the Seine.”

France is not unique in its criminality or in its ability to make it disappear. All of the so-called great countries became rich and powerful through conquest and theft and France is no exception. It was among the European nations who grew wealthy from the trade in enslaved Africans. After the Haitians successfully revolted against its rule France forced the still fragile nation to pay millions of dollars in “reparations” or risk being reinvaded. France joined in carving up Africa with other European countries at the Berlin conference in 1884 and 1885.

These facts should not be forgotten because we are instructed to make some victims more worthy than others. More than 40 people were killed by suicide bombers in Lebanon on November 13th yet they received a fraction of the news coverage. Nigerians and Kenyans have also died in mass slaughter this year without significant or lasting coverage from the international media.

The press and politicians only venerate the right white victims, those from the partner in crime nations. On the other hand, the victims of white terror are stricken from the historical record and from memory. While flags in the United States are lowered to half-staff

in honor of people in a faraway place, let’s not forget that terror victims here are ignored, dismissed and denied justice. American police have already killed more than 1,000 people in 2015 alone. Perhaps we should place the photos of those victims on our social media profiles instead of images of an outlaw nation’s flag.

*Margaret Kimberley’s Freedom Rider column appears weekly in BAR, and is widely reprinted elsewhere. She maintains a frequently updated blog as well as at <http://freedomrider.blogspot.com>. Ms. Kimberley lives in New York City, and can be reached via e-Mail at [Margaret.Kimberley\(at\)BlackAgendaReport.com](mailto:Margaret.Kimberley(at)BlackAgendaReport.com).*

## GOLDEN RULE REPORT

To All:.....

So the Rule is home at “B” dock, Eureka City Marina, way out towards the end of the dock. Last night we held a welcome home party and fund raiser and it went very well. We had planned on about 100 guests and there were that many plus, we actually ran out of chairs. Food was home made Lasagna by Maggy Herbelin perhaps one of if not the best cook on the North Coast, it was perfect. Helen Jaccard “MC’D” the slide show and introed some of the main players on the project. Music was donated by “KingFoot” and I’d speculate that at one point close to half of the attendees were up dancing at the same time. I need to say thank you so very much to all of the folks that bought tickets but were not able to attend. The support we receive is what keeps the project moving forward to continue what Captain Bigelow started back “1958”. Anyone wanting to visit the boat should probably contact me so I can make sure the boat is unlocked and someone is there to answer questions.

When weather allows us, work is on going both on the boat and out at Zerlangs boat yard and down in King Salmon by Ed Fracker. Dave Sangiovani has relocated and rewired the bilge pump and installed a new switch. Michael Gonzalez has replaced the navigation light boxes with Coast Guard designed trays and is currently redesigning the pin rails, the wooden rails that the belaying pins are mounted in. I’ve been rebuilding the radar tower and am putting the final coats of varnish on this week. There’s more than a dozen other small things that need to be finished or rebuilt according to the crew that sailed her to San Diego and back earlier this year. Work will keep us busy all winter and most of the spring so anyone that would like to put in a bit of sweat equity, just come on down...\_

Sincerely submitted by Chuck DeWitt, Restoration Coordinator, The Golden Rule Project, December 2015.....



## *An Idiot's Guide to Why They Hate Us*

*By Paul Street, CounterPunch*

In its endless, candidate-obsessed coverage and discussion of the already seemingly interminable U.S. presidential horse race (the actual presidential election is still more than ten months away), U.S. corporate media fact-checkers, reporters, and commentators have had a field day finding inaccuracies, offensiveness, and absurdities in the statements of the current Republican pack-leader Donald Trump. It's not hard to do. "The Donald's" rambling orations and constant Tweets are loaded with transparently false assertions and ridiculous comments, including:

- \* The claim that Barack Obama lacks a United States Birth Certificate

- \* The promise to build "a great, great wall on our southern border and...make Mexico pay for it."

- \* The claim that Mexico is sending "rapists" to the United States.

- \* "The concept of global warming was created by the Chinese in order to make U.S. manufacturing non-competitive."

- \* The claim that former long-term prisoner of war John McCain isn't really a "war hero" since he'd been captured by the U.S. enemy during the Vietnam War (Trump made sure to attend college with a student deferment from the Vietnam War draft).

- \* "There's nobody bigger or better at the military than I am" (repeat the same parenthetical comment at the end of the previous bullet point).

- \* "Our great African American President hasn't exactly had a positive impact on the thugs who are so happily and openly destroying Baltimore!" (just a little racist)

- \* "Arianna Huffington is unattractive both inside and out. I fully understand why her former husband left her for a man- he made a good decision (one of many examples in which Trump has insulted the looks of a prominent women).

- \* The ludicrous claim that Trump saw "thousands of people" in New Jersey cheering the terrorist attacks on Sept. 11, 2001.

The dominant ("mainstream") media has had little difficulty showing and noting how and why these and numerous other Trump ejaculations are outrageous. It's no surprise that a recent New York Times assessment of the presidential candidates' truthfulness found Trump to be grossly deficient when it comes to veracity. The media's top political fact checker, Angie Drobac Holan, notes that "Mr. Trump's record on truth and accuracy is astonishingly poor." His 76% Falsehood rating (three-fourths of the 70 Trump statements carefully examined by Holan's Politifact Website came up untrue) is exceeded

only by the wacky Republican brain surgeon Ben Carson, who is batting .840 at the inaccuracy plate (by contrast, Bernie Sanders rates 28%)

"The Hatred is Beyond Comprehension"

It's revealing, however, that the same media has nothing really to offer on the clueless stupidity of something that Trump said in the wake of the Islamic State terror attacks in Paris and a mass shooting carried out by a "radicalized" Muslim couple in San Bernardino, California. I'm referring to Trump's argument that Muslims should be barred from the United States "until the country's representatives can figure out what's going on."

"Without looking at the various polling data" Trump later elaborated, "it is obvious to anybody the hatred is beyond comprehension. Where this hatred comes from and why we will have to determine," Trump said in a statement. "Until we are able to determine and understand this problem and the dangerous threat it poses, our country cannot be the victims of horrendous attacks by people that believe only in Jihad, that have no sense of reason or respect for human life" (emphasis added).

The statement is either incredibly disingenuous or astonishingly foolish. Nobody who is reasonably knowledgeable and honest about the long and ongoing history of U.S.- and Western-imperial policy in the Middle East, Southwest Asia, and Africa has any business claiming to find the origins of anti-American and anti-Western terrorism in the Muslim world mysterious.

An "Aerial Traffic Jam" of "One-Sided Massacre" (1991)

"No sense of reason or respect for human life"? Seriously? Among the countless episodes of mass-murderous U.S. savagery in the Muslim world, one that I can never seem to forget occurred a quarter-century ago. I am referring to the epic carnage wreaked by the U.S. military on Iraq's notorious "Highway of Death," where U.S. forces massacred tens of thousands of surrendered Iraqi troops retreating from Kuwait on February 26 and 27, 1991. The Lebanese-American journalist Joyce Chediak testified that:

"U.S. planes trapped the long convoys by disabling vehicles in the front, and at the rear, and then pounded the resulting traffic jams for hours. 'It was like shooting fish in a barrel,' said one U.S. pilot. On the sixty miles of coastal highway, Iraqi military units sit in gruesome repose, scorched skeletons of vehicles and men alike, black and awful under the sun...for 60 miles every vehicle was strafed or bombed, every windshield is shattered, every tank is burned, every truck is riddled with shell fragments. No survivors are known or likely.... 'Even in Vietnam I didn't see anything like this. It's pathetic,' said Major Bob Nugent, an Army intelligence officer...U.S. pilots took whatever bombs happened to be close

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to the flight deck, from cluster bombs to 500 pound bombs...U.S. forces continued to drop bombs on the convoys until all humans were killed. So many jets swarmed over the inland road that it created an aerial traffic jam, and combat air controllers feared mid-air collisions.... The victims were not offering resistance...it was simply a one-sided massacre of tens of thousands of people who had no ability to fight back or defend.” (Ramsey Clark et al., War Crimes: A Report on United States War Crimes Against Iraq to the Commission of Inquiry for the International War Crimes Tribunal, testimony of Joyce Chediak, emphasis added).

Less than a year after his forces conducted this colossal slaughter, U.S. President George H.W. Bush proclaimed that, “A world once divided into two armed camps now recognizes one sole and pre-eminent power, the United States of America. And they regard this with no dread. For the world trusts us with power, and the world is right. They trust us to be fair and restrained. They trust us to be on the side of decency. They trust us to do what’s right” (emphasis added).

As Noam Chomsky noted in 1992, reflecting on U.S. efforts to maximize suffering in Vietnam by blocking economic and humanitarian assistance to the nation it had devastated after the Vietnam War ended: “No degree of cruelty is too great for Washington sadists. The educated classes know enough to look the other way.”

#### “A Prodigious Effort”

Uncle Sam was only getting warmed up building its Iraqi and Muslim Body Counts in early 1991. As Sheldon Richman recently noted on CounterPunch:

“It takes prodigious effort to maintain an air of innocence about San Bernardino and Paris, because no one who claims to be informed can plead ignorance of the long history of U.S. and Western imperialism in the Muslim world. This includes the CIA’s subversion of Iranian democracy in 1953, the U.S. government’s systematic support of compliant autocratic and corrupt Arab monarchies and dictatorships, it’s empowering of Iraqi Shi’ite Muslims, and its unconditional backing of Israel’s brutal anti-Palestinian policies. (The savage 2014 war on Gaza killed many noncombatants.)”

“In the 10 years before the 9/11 attacks the administrations of George H. W. Bush and Bill Clinton bombed Iraq while maintaining an embargo, most especially on equipment for the water and sanitation infrastructure the U.S. Air Force had destroyed during the Gulf War. Half a million children died. This was also when U.S. officials promised, then reneged on the promise, to remove U.S. forces from the Islamic holy sites in Saudi Arabia.”

“From the air Americans routinely kill noncombatants in Syria and Iraq, most recently this week, when ‘at least 36 civilians, in-

cluding 20 children, in a village in eastern Syria’ were reportedly killed, according to McClatchyDC.... Things like this happen all the time. The U.S. attack on the Doctors Without Borders hospital in Kunduz, Afghanistan, was especially egregious against this background of war crimes.... The U.S. government has conducted war by remote-controlled drones since 2001 in a variety of places, including Afghanistan, Yemen, Somalia, and Pakistan.”

#### “A Price Worth Paying”

Five years after “the Highway of Death,” Bill Clinton’s U.S. Secretary of State Madeline Albright told CBS News’ Leslie Stahl that the death of 500,000 Iraqi children due to U.S.-led economic sanctions imposed after the first “Persian Gulf War” (a curious term for a one-sided U.S. assault) was a “price...worth paying” for the advancement of inherently noble U.S. goals. “The United States,” Secretary Albright explained three years later, “is good. We try to do our best everywhere.”

#### In the Streets of Fallujah

In a foreign policy speech he gave to the Chicago Council of Global Affairs on the eve of announcing his candidacy for the U.S. presidency in the fall of 2006, then-U.S. Senator Barack Obama had the audacity to say the following in support of his claim that U.S. citizens supported “victory” in Iraq: “The American people have been extraordinarily resolved. They have seen their sons and daughters killed or wounded in the streets of Fallujah.” It was a spine-chilling selection of locales. In 2004, the ill-fated city was the site of colossal U.S. war atrocities, crimes including the indiscriminate murder of thousands of civilians, the targeting even of ambulances and hospitals, and the practical leveling of an entire city by the U.S. military in April and November. By one account:

“The U.S. launched two bursts of ferocious assault on the city, in April and November of 2004... [using] devastating firepower from a distance which minimizes U.S. casualties. In April...military commanders claimed to have precisely targeted...insurgent forces, yet the local hospitals reported that many or most of the casualties were civilians, often women, children, and the elderly... [reflecting an] intention to kill civilians generally.... In November... [U.S.] aerial assault destroyed the only hospital in insurgent territory to ensure that this time no one would be able to document civilian casualties. U.S. forces then went through the city, virtually destroying it. Afterwards, Fallujah looked like the city of Grozny in Chechnya after Putin’s Russian troops had razed it to the ground” (Michael Mann, *Incoherent Empire*, New York, 2005).

U.S. deployment of radioactive ordnance (depleted uranium) in Fallujah also helped create a subsequent epidemic of infant mortality, birth defects, leukemia, and cancer there. But, of course, Fallujah was just one especially graphic episode in a broader arch-criminal invasion that led to the premature deaths of at least one million Iraqi civilians and left Iraq “a disaster zone on a catastrophic scale hard to match in recent memory” (Tom Engelhardt, *Tom Dispatch*.

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com, January 17, 2008).

The Pentagon's near leveling of the city was consistent with its early computer program name for ordinary Iraqis certain to be killed in the 2003 invasion: "bug-splat" As it turned out, Uncle Sam's petro-imperial occupation led to the death of at least 1 million Iraqi "bugs" (human beings). According to the respected journalist Nir Rosen in December 2007, "Iraq has been killed...the American occupation has been more disastrous than that of the Mongols who sacked Baghdad in the thirteenth century" (Current History, December 2007).

#### The Most Extensive Terrorism Campaign of All Time

Chomsky has recently and rightly called Barack Obama's targeted drone assassination program "the most extensive global terrorism campaign the world has yet seen." The program "officially is aimed at killing people who the administration believes might someday intend to harm the U.S., and killing anyone else who happens to be nearby." As Chomsky adds, "It is also a terrorism generating campaign – that is well understood by people in high places. When you murder somebody in a Yemen village, and maybe a couple of other people who are standing there, the chances are pretty high that others will want to take revenge."

Given the remarkable geographic scope of the cowardly U.S. drone war, Obama's terrorism campaign has spread jihadism across vaster terrain than any tool or tactic to date. George W. Bush may have Obama beat on total body count in the Muslim world. But Obama takes the prize when it comes to the geographic scope of jihad-fueling U.S. terrorism – and when it comes to instilling a ubiquitous sense of fear of instant mass death from the sky across much of that world.

#### "Pure Evil": Nightmares That Remind

It isn't just about body counts and science fiction-like technologies of mass murder. The natural desire for revenge among many in the Muslim world draws heavily on the hideous and perverse humiliation and torture that racist U.S. forces have carried out in that world. A remarkable teleSur English essay by Vincent Emanuele, a former U.S. Marine veteran of America's arch-criminal Iraq invasion and occupation, is titled "I Helped Create ISIS." By Emanuele's account of his enlistment in an operation that gives him nightmares more than a decade later:

"I think about the hundreds of prisoners we took captive and tortured in makeshift detention facilities staffed by teenagers from Tennessee, New York and Oregon. I never had the misfortune of working in the detention facility, but I remember the stories. I vividly remember the marines telling me about punching, slapping, kicking, elbowing, kneeing and head-butting Iraqis. I remember the tales of sexual torture: forcing Iraqi men to perform sexual acts on each other while marines held knives against their testicles, sometimes sodomizing them with batons."

"However, before those abominations could take place, those of us in infantry units had the pleasure of rounding up Iraqis during night raids, zip-tying their hands, black-bagging their heads and throwing them in the back of HUMVEEs and trucks while their wives and kids collapsed to their knees and wailed. Sometimes, we would pick them up during the day. Most of the time they wouldn't resist. Some of them would hold hands while marines would butt-stroke the prisoners in the face. Once they arrived at the detention facility, they would be held for days, weeks, and even months at a time. Their families were never notified. And when they were released, we would drive them from the FOB (Forward Operating Base) to the middle of the desert and release them several miles from their homes."

"After we cut their zip-ties and took the black bags off their heads, several of our more deranged marines would fire rounds from their AR-15s into their air or ground, scaring the recently released captives. Always for laughs. Most Iraqis would run, still crying from their long ordeal at the detention facility, hoping some level of freedom awaited them on the outside. Who knows how long they survived. After all, no one cared. We do know of one former U.S. prisoner who survived: Abu Bakr al-Baghdadi, the leader of ISIS."

"Amazingly, the ability to dehumanize the Iraqi people reached a crescendo after the bullets and explosions concluded, as many marines spent their spare time taking pictures of the dead, often mutilating their corpses for fun or poking their bloated bodies with sticks for some cheap laughs. Because iPhones weren't available at the time, several marines came to Iraq with digital cameras. Those cameras contain an untold history of the war in Iraq, a history the West hopes the world forgets. That history and those cameras also contain footage of wanton massacres and numerous other war crimes, realities the Iraqis don't have the pleasure of forgetting."

"Unfortunately, I could recall countless horrific anecdotes from my time in Iraq. Innocent people were not only routinely rounded-up, tortured and imprisoned, they were also incinerated by the hundreds of thousands, some studies suggest by the millions...Only the Iraqis understand the pure evil that's been waged on their nation..."





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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](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.

## *Kit's Family will attend 1/7/ 16 meeting*

*We are on for the 7-8 pm social during our general meeting on 1/7/16. David and Kathleen Williams are a "yes" and Margo is a maybe at this point. I think David and Kathleen will be encouraging her to attend also. We'll see...*

*So Peter, your cake idea is a go. I'll bring a picnic basket filled with plates, utensils, etc.*

*I'll get a notice together for the listserv encouraging members to attend that suggests that folks bring a snack, finger food item of non-alcohol beverage to drink.*

*Any ideas for something you might want to do/contribute to make the gathering meaningful the the Williams family? Jane, you mentioned that you wanted to team-up with the CC in making this social gathering to honor Kit meaningful. Are you still on for that? Any ideas?*

*That's it for now, folks. I'll work on the listserv notice. Let's celebrate Kit's life well lived with her family.*

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