



# FREE STATE VETERAN

Maryland Free State Post #167 Jewish War Veterans of the U.S.A.

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January - February 2009

## OFFICERS 2008-2009

**Richard S. Udoff**  
Commander  
410-356-5696  
rsudoff@comcast.net

**Stephen Mintz**  
Sr. Vice Commander  
410-833-0224  
samintz@comcast.net

**Frank Bressler**  
Jr. Vice Commander  
410-486-1707  
ireneandfrank@hotmail.com

**Erwin Burnick**  
Judge Advocate  
410-653-5577  
burnick@erols.com

**Henry Dickman**  
Adjutant  
410-653-2404  
henildick@comcast.net

**Marvin Leventon**  
Quartermaster  
410-484-6788  
murphlev@aol.com

**Gilbert Miller**  
Chaplain  
410-358-3585

**Dr. Melvin Bulmash**  
Surgeon  
410-922-5522  
mbulmash@comcast.net

**Frank Bressler**  
Editor: Free State Veteran

**Lenora Conn**  
Distribution

## Next Meeting - January 19, 2009

7:30 p.m. (Location: VFW Post 521)

## MSgt Rabinowitz Returns From 3<sup>rd</sup> Tour

MSgt Craig Rabinowitz has been a Member of the 135th Maryland Air National Guard for 28 years He returned in September 2008 from his 3rd tour of duty in the Middle East.



On this last tour, he was stationed at the Bagram Airfield. MSgt Rabinowitz's primary duties in Afghanistan included keeping six C-130J Aircraft fully mission capable.

This was no easy task as the flying schedule was 24 hours a day 7 days a

week. As the Production Supervisor he lead 35 men and women in their daily tasks to insure all aircraft related issues were taken care of in a timely manner. MSgt Rabinowitz was also the primary contact for the 455th Expeditionary Wing Commanders. His position in this important capacity was to keep them informed of any aircraft that could not make its mission.

MSgt Craig H. Rabinowitz will again return to the Middle East sometime in the near future. His wife, Ellen and their 3 children as well as Willie Rabinowitz, other members of his family and members of JWV Post #167 are thrilled to have Craig home.

**Condolences from Post #167 are extended to families of**

**Stanley Hiken**

**Merrill Levy**

## Visit Our Website

**JWV-MD.US**  
**Post Events**  
**Meetings**  
**Veterans News**

## Almanac—2009

January 20—Inauguration of 44th President of the U.S.

February 16 - Post Meeting

February 22—Geo. Washington's Birthday

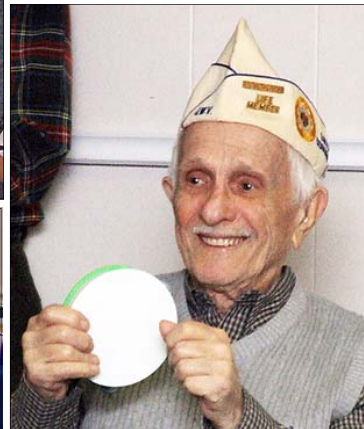
**It's Time to Pay Your Dues**—Dues notices have been mailed. Please send in your checks as soon as possible to help keep your membership current and keep our records up to date.



# CHANUKAH PARTY



One hundred fifty members and guests attended our annual Chanukah Party on Sunday, December 21<sup>st</sup> at the Post 521 VFW hall. This affair was co-sponsored by JWV Posts 167, Post 117, Post 888 and the Ladies Auxiliaries. Bagels, potato latkes, donuts and other refreshments abounded on the tables. We were entertained by *Kletzmerized*, a talented youth local band. The admission was a gift per person for a child at the Mt. Washington Pediatric Hospital. We were very pleased to present a very large assortment of gifts to the children. Everyone enjoyed the wonderful celebration.



# Combat Medic Training Evolves to Save Lives

*by Fred W. Baker III, American Forces Press Service*

Nearly 38,000 Medics are spread across Active and Reerve components. Only the Infantry Specialty has more soldiers in the force. The Department of Combat Medic Training trains 8000 new Medics a year with class sizes to nearly 500 students. Roughly 20% will not make it through the rigorous 16 week training course.

Soldiers die on the battlefield primarily from three causes. They bleed to death as a result of severe trauma, an object penetrates their chest and blocks their breathing or suffer a head wound that results in blocked airways. Medics are now trained to employ more advanced techniques to help restore and stop bleeding breathing including cricothyrotomies (trachytomy) and inserting needles into the chest to relieve pressure on the heart caused by a wound that collapsed the lung.

In previous wars, unarmed Medics often put themselves in harms way to render aid. 2000 Medics died between D- Day and VE- Day. The new policy is to be a soldier first. Now they are trained to shoot first, eliminate the enemy, and then go about their tasks as a Medic saving lives. The Medics typically are deployed at the Platoon level responsible for 40 troops (100 troops in WW II). They must prove they are part of the team before they earn the coveted title of "Doc". Today less soldiers die and more are brought home due to the new intense training.



*Army Sgt. 1st Class Greg Deleon, a two-tour Iraq War combat veteran and an instructor writer at the Department of Combat Medic Training at Fort Sam Houston, Texas, demonstrates the proper way to use a combat action tourniquet. Once taught to be used as the last resort, now the new tourniquet is many times the first item out of the medic bag. DoD photo by Fred W. Baker III*

## VETERANS ADMINISTRATION DISABILITY

If you believe you have a service-connected disability or are receiving VA compensation and believe your condition has worsened, contact Depart Commander Erwin Burtnick who serves as a Commissioner on the Maryland Veterans Commission. His phone number is 410-653-5577. He will refer you to a service officer who will assist you in filing a claim. As you would not go into court without an attorney, do not go to the VA without a service officer. There is no charge for assistance and representation by a service officer.



Do your part for future Generations. Support the Jewish scouting programs of tile Boy scouts and cub scouts. Support of Boy Scouts is one of the national programs of J.W.V.

Anyone having information regarding a joyous occasion, an illness, hospitalization, or death of a member, or in a member's family, should contact:

Gilbert Miller, Chaplain  
410-358-3585

Ask about Mitzvah Cards



## Stamp, Tab, and Coupon Programs

The Post's Stamp program provides cancelled stamps to Veterans Administration Hospitals nationwide for use by recreational services for collection and rehabilitative art programs.

Aluminum tabs are given to the Ronald McDonald House to recycle for funds to help cancer patients at local hospitals.

Your coupons are needed to help support our Soldiers, Sailors, Marines, Airmen, Coast Guardsmen, and their families stationed at Fort Meade, Maryland and at overseas locations. Please bring in your coupons, either clipped or un-clipped, to show your support and to help extend their purchasing power. It's easy to help and costs you nothing, yet the benefit of your gift goes a long way, even half way around the world! Your coupons may be for any product. Military commissaries accept coupons up to six months beyond their expiration dates.

Please bring these items to the next meeting.

## Wanted: New Members

Veterans of all wars are invited to join the oldest Veterans Organization in the United States. Recruit a Veteran to join Post No. 167. All members are invited to attend monthly meetings. Your attendance will ensure that this Post will remain active and viable. You will find that the new features of "Current Events and "Front and Center" are informative and interesting. For information, contact: Frank Bressler, 410-486-1707.



**Support  
our  
Troops**

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## **FREE STATE VETERAN**

**Maryland Free State Post #167  
Headquarters - 214 Tollgate Rd.  
Owings Mills, MD 21117-3208**

### **Mailing address:**

**Free State Veteran - Editor  
c/o Frank Bressler  
7 Pomona West # 3  
Pikesville, MD 21208-3449**

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