

# From the Editor | March 2025



How Miller  
Sentinel Editor

This month we lean heavily into medical, and especially mental health, issues.

But before digging into those topics, we congratulate SFQC Class 338 graduates. The graduates donned their green berets in January. DOL!

We feature two articles about Vietnam from author and frequent *Sentinel* contributor Marc Yablonka.

First, Marc reviews *The Unlikely Hero: A Vietnam War POW's Story of Courage and Resilience in the Hanoi Hilton* by Marc Leepson. In the review, Marc describes Doug Bergdahl, one of the many heroes being held in Long Hai prison, the Hanoi Hilton. Bergdahl consistently put on an act, playing dumb with his captors. That, along with his superb memory, allowed him to outfox the North Vietnamese. They never suspected that he was capable of bringing extremely valuable information back home with him.

Next, "In Doctors in Vietnam," Marc relates experiences of doctors who served in Vietnam and what they did with that experience "Back in the World."

In "A flawed system: How Army Special Forces mental health care is failing elite soldiers," chapter member, author, and investigative journalist Greg Walker is interviewed by Mary Shinn of the *Colorado Springs Gazette*. Greg relates to her his view that a flawed mental health system contributes to hideous results, such as when outstanding Green Beret Matt Livelsberger killed himself just before his bomb went off in Las Vegas in front of the Trump Hotel.

Gregg cites Matt's case along with that of Mike Mantenuto and Greg's own professional experience in trauma care to demonstrate an urgent need for improvement of the system.

On page 12, we provide you with a link to an interview on YouTube channel *Truth Social* with Matthew Livelsberger's widow. Matt Tardio, himself a former Green Beret, respectfully guides Jennifer through the interview in which she speaks out to refute misinformation being broadcast online and in the media.

Another article by Greg Walker, "Only Remember My Name," adds more depth to the subject. A link is provided at its conclusion to learn more about these two soldiers and more like them in "Losing the Last Great Battle," also by Greg Walker.

Greg Walker also shares another article, "You Have an Opportunity to Change the World," about Medal of Honor recipient Leroy Petry. Leroy encourages his fellow Special Ops members to seek help for combat-related problems. He lists contact info for several excellent and willing resources.

Bruce Parkman, another former Green Beret, brings news of advances being made in categorizing and measuring the cumulative effects of Repeated Blast Exposure, especially on the brain. Usually referred to as blast overpressure, this can be experienced during various training activities, without much attention being paid to it. He shows some of the physical effects and some of the ways we attempt to mitigate the damage.

And last, but not least, we announce a new video posted on our YouTube channel—Earl Plumlee, Medal of Honor recipient, telling his story at our Special Forces Association Chapter 78 Luncheon last year. We will soon post more videos of the top-notch speakers we've been fortunate to have at our Chapter meetings in the last year. Stay tuned...

As always, we close with pictures of our chapter meeting and speaker.

Please enjoy and continue to send us your stories. ❖

How Miller, *Sentinel* Editor



## SFA Chapter 78 Monthly Meeting

### March 15, 2025

Breakfast – 0800 • Meeting – 0830

### Courtyard by Marriott

5865 Katella Ave, Room A  
Cypress, CA 90630

### 2025 Meeting Schedule

April 19 • May 17 • June 21

July 19 • August 16 • September 20

October 18 • November 15

December (to be announced)