



## Retiring as a Veteran

You know, I've been told that retirement is a serious subject. As if shuffling around in slippers and swapping war stories with grandkids wasn't hilariously entertaining. But you're a veteran, so your retirement will be anything but normal. We're talking sequins on a sequoia level of abnormal, my friends. So let's dive right into this.

### Save, Save, Save: The Thrill of Watching Numbers Grow

Ah, saving money. So thrilling you might as well be defusing a bomb with nothing but a stick of gum and a one-liner. If your pulse doesn't quicken at the sight of compound interest, you should check if you're still breathing. As soon as you're done with that, consider this: if you save \$10 every day starting from your first paycheck, you'll have enough to buy a small island by the time you retire. Or, more realistically, a sturdy recliner and a solid supply of bourbon. Choose wisely.

### Thrift Savings Plan (TSP): The Exciting World of Acronyms

If you're a fan of TLA's (Three Letter Acronyms), you'll love the TSP (Thrift Savings Plan). TSPs are essentially the military's version of a 401(k), except with even more red tape. How exciting! Dive into the paperwork like it's an enemy bunker. You can get a tax break now (traditional TSP), or get tax-free withdrawals later (Roth TSP). Either way, Uncle Sam is reaching into your pocket. It's just a question of when.

### The Military Retirement System: A Friendly Minefield

Welcome to the glorious labyrinth that is the military retirement system. With multiple types of retirement benefits depending on when you served, it's like playing a game of Minesweeper – you never know what you'll get. Except with this, instead of mines, you're dealing with bureaucracy. And we all know how fun that can be!...

Remember, planning for retirement is a marathon, not a sprint. Don't worry, you've got this. You've faced bigger challenges in your service; this is just another mission. Approach it with the same tenacity, strength, and humor, and you'll be sipping margaritas on the beach in no time.

The book is available at Amazon or at <http://www.theveterandoctor.com/>



## Beyond the Couch: A Humorous Manifesto for Veterans Reclaiming the Great Outdoors

Ladies, gentlemen, and esteemed couch potatoes of the veteran world, today we find ourselves confronting an enemy. Not the standard-issue kind, but an insidious, homegrown threat that has been quietly mobilizing under our very backsides. It's cushy. It's comforting. It even comes in an appealing camouflage print. But don't be fooled. It's time to recognize the truth about your couch.

The Couch. That upholstered accomplice of potato chips, the trusty bunker for the Netflix battalion, and the supreme commander of nap campaigns. Despite its deceptive allure, the couch is not your friend. It has woven a nefarious plot to keep you from rediscovering your adventurous spirit. It's been whispering in your ear, spinning tales of comfort and relaxation while secretly staging an ambush on your waistline and your will to wear pants that zip. But now, fellow comrades, it's time to unmask the enemy.

I call upon you to rally your strengths, dust off those cobwebs, and confront this deceitful adversary. It's time to remember the days before your tush was on first-name terms with the cushions, the days when "getting some air" meant more than opening a new bag of cheese puffs. It's time to go beyond the couch and venture into the wilderness. The great, wide, unpredictable, Wi-Fi-less wilderness.

"But why?" I hear you groan. "Why should I part from my comforting cocoon of crumbs and blankets?" Simple, my friends. Because out there, in the world beyond your window, there is life to be lived, sun to be absorbed, and best of all, mosquitoes to be swatted. It's time to swap the sitcom soundtrack for the symphony of chirping crickets, the glowing screen for the twinkling stars, the remote for a trusty walking stick.

Remember when you used to be called an 'early bird' rather than 'that person who only moves when they hear the pizza delivery guy at the door'? Or when "boot camp" wasn't a streaming fitness class sandwiched between reruns of 'Friends'? It's time to reclaim that glory.

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Are the great outdoors less predictable than your living room? Absolutely. Are there creatures out there that want to snack on your skin? Indeed. But hey, that's what bug spray is for. Besides, you've faced more significant challenges in your life and emerged victorious, so don't tell me you're afraid of a few bugs!

That's right. I see you there, inching towards the edge of your seat, feeling the siren call of the wild stirring something deep within your heart. The anticipation of swapping a stale, popcorn-scented room for the fresh, pine-scented woods. Or maybe that's just heartburn? No matter, onwards we march!

So, strap on your boots, veterans. Don your hats. Equip yourself with sunscreen and water bottles. Sharpen your sense of humor because, let's face it, you're going to need it when you trip over that non-regulation tree root. And don't forget to tell your couch that you're seeing other furniture now. Picnic benches, tree stumps, a mat on the beach...variety is the spice of life, after all!

Now, I hear some of you asking, "What if I can't remember the way to the door? The door is usually the rectangular object with a knob. Turn it, and a whole new world opens up. Magic! Here, you're free to wander aimlessly or follow a course so carefully plotted that even Lewis and Clark would be impressed. You can yell at squirrels, challenge the neighborhood kids to a game of kickball, or stage a dramatic reenactment of the Battle of Gettysburg. I mean, who's going to stop you? Certainly not your couch.

After all, the world beyond the couch is yours for the taking. It's time to seize it with both hands and remember that you're not just a veteran of the armed forces, but a veteran of life. As for the couch, don't worry—it'll be there when you get back, eager to cushion your post-adventure fatigue. After all, we wouldn't want to upset the natural balance of things.

Complete article is on [The Veteran Doctor Blog](http://www.theveterandoctor.com/). Please go to <http://www.theveterandoctor.com/> for this article and more.



## Honoring Heroes: Purple Heart Day, August 7

On August 7th, we come together to observe Purple Heart Day, a solemn occasion dedicated to recognizing the courage, sacrifice, and resilience of our nation's veterans who have been injured or killed in combat while serving their country. The Purple Heart medal, a symbol of bravery and selflessness, serves as a reminder of the tremendous sacrifices made by these heroes. As we pay tribute to these valiant men and women, it is crucial to understand the significance of the Purple Heart and the extraordinary individuals it honors.

### A Legacy of Valor

The Purple Heart has a storied history dating back to the Revolutionary War. Originally established by George Washington in 1782 as the "Badge of Military Merit," it was awarded to soldiers who displayed exceptional bravery and valor on the battlefield. After falling into disuse, the medal was revived and redesigned in 1932 as the Purple Heart we recognize

today. The honor is bestowed upon United States Armed Forces members who have been wounded or killed while serving in any capacity against an enemy force.

### Courage and Sacrifice

The Purple Heart is a tangible representation of the bravery and dedication displayed by the men and women wearing it. These veterans willingly put their lives on the line, facing perilous conditions and often making the ultimate sacrifice in defense of their nation and the principles it stands for. Their selfless acts of courage epitomize the values of honor, duty, and loyalty, and their unwavering commitment inspires us all.

### Healing Wounds, Visible and Invisible

Beyond the physical wounds, many Purple Heart recipients carry emotional and psychological scars resulting from their combat experiences. The toll of war can leave lasting effects on mental health, and it is essential that we

support these veterans and their families in their journey toward healing and recovery. By recognizing their sacrifices on Purple Heart Day, we reaffirm our commitment to providing them with the care and resources they need to lead fulfilling lives post-service...

As Purple Heart Day approaches on August 7th, we are reminded of the debt we owe to the brave men and women who have suffered injuries while serving in the military. Their sacrifices are etched into the fabric of our nation's history. Today and every day, let us honor our Purple Heart recipients, fallen heroes, and all veterans by providing them with the care, respect, and support they deserve. Together, we can create a society that values the selflessness and dedication of our veterans, ensuring that their sacrifices are always remembered and revered.

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## Monthly Resource Picks



### Waypoint Vets

[www.waypointvets.org](http://www.waypointvets.org)

Waypoint Vets is a 501(c)(3) Non-Profit Organization that facilitates unique opportunities of Camaraderie and Healing for Military Veterans across America. Our adventures combine mental and physical intensity with the stillness and beauty of nature. We strive to deliver meaningful and lasting experiences that our Veteran participants can look forward to and reflect upon. The Heartbeat of Waypoint's Mission is to Honor our Fallen by *Living*, and by taking back our Health and Happiness – *together*.



### NV Outdoor Adventure Foundation

[www.nvoaf.org](http://www.nvoaf.org)

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3) We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

We also provide hunting, fishing, and outdoor adventures for children under the age of 18 and young adults under the age of 25 with cancer or another life-threatening illness.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.

## Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA –Thursday, July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>nd</sup>, 27<sup>th</sup>, 2023 @ 8:00am – Occurs Every Thursday!
- NVOAF Fundraising Banquet – Gold Coast Hotel and Casino – 4000 W. Flamingo Rd, Las Vegas, NV 89103, USA, Saturday, July 8, 2023 @ 6:00pm – 9:00pm
- SNVCC 3<sup>rd</sup> Quarter Professional Mixer – The Rouge Room (Red Rock Resort and Casino) – 11011 W. Charleston, NV 89135, USA - Thursday, July 27, 2023 @ 5:00pm
- Veteran Social Club – Lovelady Brewing – 20 S. Water St, Henderson, NV – Saturday, August 12, 2023 from 5:00pm to 8:00pm.
- SNVCC 2<sup>nd</sup> Annual Vet Fest - The Lawn at Downtown Summerlin - 1980 Festival Plaza Dr, Las Vegas, NV 89135, USA – Saturday, October 21, 2023 @ 11:00am



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NEVADA AERIAL



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