

# *The Lamp Post*

Shining the light in the dark  
for trans service members + veterans



Issue No.

14

SEPTEMBER

2025



# Addressing the Community

We are in an extremely dark moment of US history right now. We are seeing extreme restrictions on not only trans rights, but every marginalized population in the country. It will get worse before it gets better. And it is our duty to make it better.

Lean on the community: do your part by maximizing your skillset & find joy, understanding, and support in each other. TMH's new mission is to be a force multiplier in the broader fight for freedom and equality. We will build & sustain parallel infrastructure to enable our community to not only survive, but thrive. Local communities are the main effort. If you don't have those connections, come up on the net ASAP.

Visibility is going to be paramount going forward. As scary as it is, if we aren't seen, we aren't heard. If we aren't heard, things won't get better. Be smart about it, and mitigate the risks, but be visible - especially in the places where it's hardest to do so. Each of us has the unfortunate and solemn responsibility of being ambassadors for our community. Do not take this task lightly.

We will link our struggle with those of our compatriots. We will build and maintain our own infrastructure to survive, just as our community's elders did throughout history. We will endure & survive.

Lean on each other. Create & hold onto moments of joy. Don't give up hope that the future will be better: if not for us, for those who come after.

As I always say:

*Expect the worst; Hope for the best; Fight to bridge the gap.*

-Catie

# TMH Town Hall



September 2025

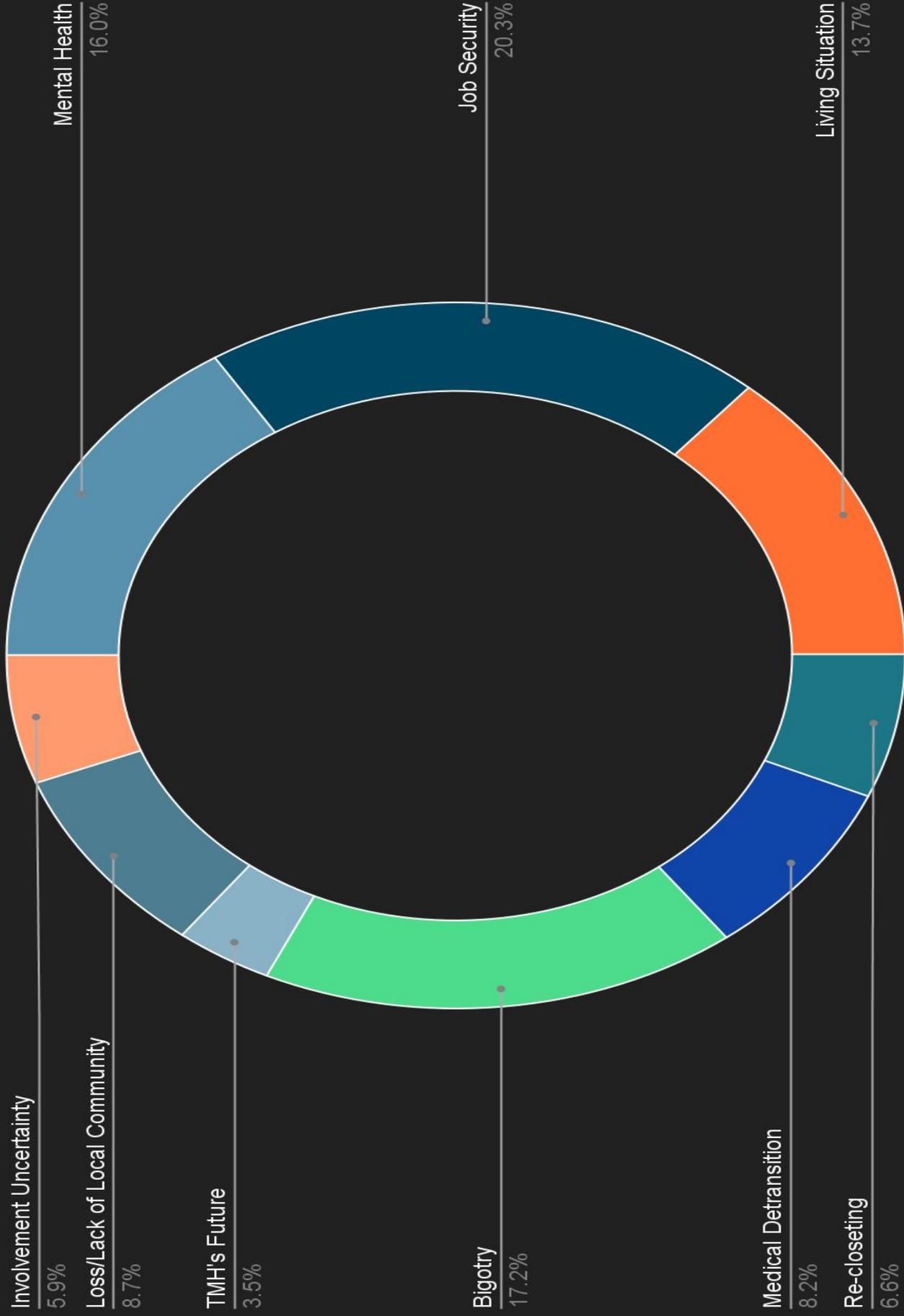
# TMH Updates

- Newsletter Tomorrow!
- Separations Progressing
  - Army PARs are getting approved
  - Navy/Marines are initiating separations with a short timeline
  - DAF has seen separations already happen
- Army-Navy Game Watch Party
  - 1545EST on 13DEC25
- Pathfinders GI Bill Class/LPD
  - TBD; Slides will also be published
- [militarytransrights.org](http://militarytransrights.org)
  - Coalition Site (TMH, SPARTA, ONS, MMAA, MV, etc.)
- New Structure
  - Outlining and general plan complete
  - Spinning up legal paperwork
  - Working against Admin anti-trans policies/guidance for 501s
  - Goal is to broaden our fight and our influence in it. (Not just trans SMs/vets fighting the ban)
- Projects/LOEs
  - Localization
  - J2
  - Ember (Medical)
  - Newsletter
  - Pathfinders

# Threat Brief & Issues

- VA GAHC Updates
  - Prosthetics & voice training no longer covered.
  - HRT will only be covered under a legacy clause.
- Current Affairs
  - SECDEF Meeting w/ FOs: no definitive cause/agenda, more to follow
  - FBI Terrorism Declaration: Nothing's happened yet, but it is being seriously discussed. Prepare accordingly.
- J2 Assessment
  - *Full assessment will be published in the newsletter.*
  - We have to be strategic and covert about what we share and the message we send.
  - We're in the thick of a war of information.
  - Cover your tracks; Don't be an easy target to the opposition
  - Court Case Updates
    - 09OCT25 - *Shilling* Update
    - 20OCT25 - *Shilling* PI hearing
    - 23OCT25 - *Talbott* response
    - 03NOV26 - Big Fight on Ban Legality

# Community Concerns



**J2 / Legal**

**UNCLASSIFIED // FOR OFFICIAL USE ONLY (FOUO)**

**SITREP DATE/TIME GROUP (DTG): 26 SEP 2025 (ZULU)**

**SUBJECT: Policy and Legal Status Update: Current Threat Assessment and Risk Mitigation Guidance for Active Duty Service Members (ADSMs)**

## **1. SUMMARY**

The overall legal status regarding service members' rights and the proposed targeting of transgender advocates remains in LIMBO. Key legal actions have resulted in no immediate policy changes; however, essential response deadlines are approaching (09 Oct 25 / 23 Oct 25).

Political tensions are incredibly high, particularly surrounding the government funding deadline, which is being publicly linked to ideological riders. **ADSMs must maintain extreme OPSEC and discreetly sanitize all personal social media profiles of political/ideological content to mitigate increasing targeting risk, especially during periods of political volatility.**

## **2. SITUATION (SIT)**

**A. Legal Status Quo:** The recent Department of Justice (DOJ) filing has **NOT** resulted in any changes to the current military or federal policy regarding transgender individuals or related advocacy. All personnel must proceed on the basis that the status quo remains until official, legally adjudicated guidance is issued.

**B. External Threat (MISINFO/FUD):** There is an ongoing, high-volume dissemination of fear, uncertainty, and doubt (FUD) across social media platforms (TikTok, Instagram, etc.), fueled by leaks and speculation regarding a proposal to classify frontline trans advocacy as a category for monitoring/surveillance. While this specific designation is not a declaration of terrorism, its existence significantly elevates the risk profile for personnel involved, particularly federal employees and ADSMs, who are subject to enhanced security scrutiny.

**C. Active Duty Vulnerability:** ADSMs, especially Transgender and Gender Non-Conforming (GNC) personnel, face heightened vulnerability due to the unique restrictions imposed by the Uniform Code of Military Justice (UCMJ) and DoD Directive 1344.10 (Political Activities). Any perceived engagement in "partisan political activity," "contemptuous words," or activities deemed "prejudicial to good order and discipline" on social media can result in UCMJ action, administrative separation, or jeopardized security clearances.

**D. Political/Congressional Activity & Shutdown Risk (NEW):** A potential government shutdown remains imminent due to failure to pass a continuing resolution or full budget. Public rhetoric from the Administration has explicitly blamed the shutdown risk on Democrats pushing for the removal of certain "anti-trans items" from the funding bill. This linkage increases the political temperature surrounding these issues. Personnel are reminded that engagement in partisan rhetoric or commentary on the shutdown/budget impasse is strictly prohibited under DoD policy.

**E. DoD Leadership Action (NEW):** The Secretary of War (SecWar) has announced the immediate gathering of all Admirals and Generals. While the purpose of this assembly has not been publicly disclosed, it suggests a period of high-level strategic review and potential policy briefing among senior military leadership. Personnel are advised to await formal, official guidance from the DoD or their respective services following this gathering. RUMINT currently states that this is just a “Warrior Ethos” boosting event, with SECWAR giving the same speech, assuming that he has been providing it during his travels.

### **3. FRIENDLY FORCES / LEGAL UPDATE**

- **Talbott Team Response:** Legal counsel (Talbot team) is scheduled to file a response no later than 23 October 2025. This date represents a critical near-term milestone.
- **Appellate Court Decision:** The decision from the April Appellate Court hearing is classified as “forthcoming.” ADSMs are advised to monitor trusted legal sources (ACLU, A4TE, GLADLaw) for this decision, as the timing and substance are currently unknown.
- **Shilling Case:** No further updates are expected until 09 OCT 2025.

#### 4. ACTIONS / WAY AHEAD (ADSM Focus)

All active duty personnel are directed to implement the following risk mitigation measures immediately:

ACTION	PRIORITY	RATIONALE
P-1: Social Media Cleanse (MANDATORY)	HIGH	Minimize risk of being targeted by extremist hunters or internal security actions. Remove or archive ALL posts, comments, shares, or likes related to political parties, controversial social issues, or direct ideological statements. Keep public presence non-existent or purely professional/apolitical.
P-2: Uphold Regulations	HIGH	Strict adherence to UCMJ and DoD Directive 1344.10. Ensure all personal statements (including

		those with disclaimers) cannot be construed as showing contempt toward officials or interfering with military mission. This includes commentary on the potential government shutdown.
P-3: Personal Readiness Check	MEDIUM	Ensure immediate access to key legal resources and documents. Verify passport is current. Review A4TE Trans Legal Survival Guide.
P-4: Disconnect from FUD	MEDIUM	Implement a temporary blackout or severely limit consumption of highly viral social media content (IG/TikTok/Substack). Rely only on reputable, national LGBTQ+ legal non-profits (ACLU, A4TE, PFLAG, GLADLaw).
P-5: Key Dates	HIGH	Monitor for legal updates on 09 OCT 2025 (Shilling case) and 23 OCT 2025 (Talbot response).

**/// END SITREP ///**

Small update for Shilling v. Trump, the case in Washington State challenging the military transgender service ban. Bench trial date set, here's where things stand:

On October 20, 2025, the Ninth Circuit Court of Appeals will hold a hearing on whether the preliminary injunction was properly issued and should remain in effect. This hearing is about whether the ban can be paused while the case moves forward.

Separately, the District Court has now set a bench trial for November 3, 2026. That trial will address the merits of the case itself—whether the ban is lawful or unconstitutional. While this date is far off and could change, it marks the current schedule for a full merits decision.

In short: October 2025 = immediate protection. November 2026 = the big fight on the legality of the ban. Both matter, but for different reasons.

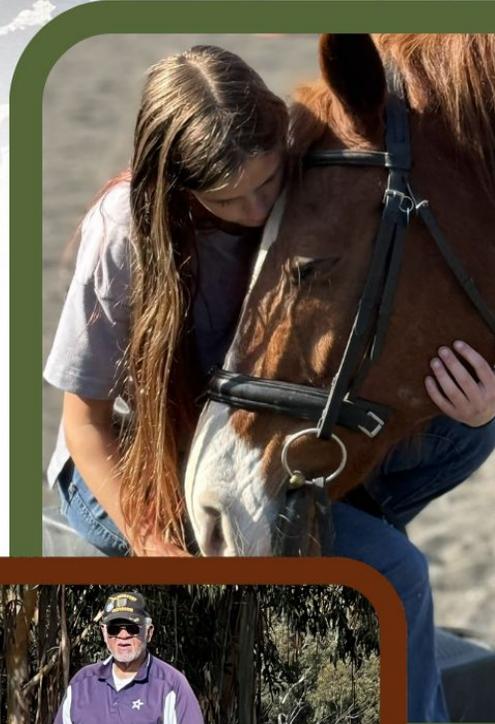


# VETERANS ONLY EQUINE PROGRAM

The Veterans Program is dedicated and designed to support and empower military personnel by harnessing the unique and therapeutic bond between humans and horses. Recognizing many challenges, this program offers a safe, inclusive space for healing, growth, and connection.

This program is specifically tailored to address the physical, emotional, and psychological needs of veterans, including those coping with post-traumatic stress disorder (PTSD), anxiety, depression, and physical injuries.

Participants engage in a range of equine-assisted activities, such as horseback riding, grooming, and groundwork, that focus on educational and personal development goals. These interactions foster critical life skills like leadership, problem-solving, and teamwork.



**Join Us at SpiritHorse Equine-Assisted Services Day: Every Tuesday**  
**Time:** drop by anytime between 3PM-5PM  
**Address:** 4 Eucalyptus Dr, American Canyon, CA 94503



U.S. Department of Veterans Affairs



Connection.  
Camaraderie.  
Community.

# Project Ember

## Sage

Hi!

After looking at the results gathered by the anonymous survey to better focus Project Ember's efforts, I have gathered that I need more results! In all seriousness, out of 11 submissions, I have inferred that group sessions and individual sessions are preferred with resource collection and dissemination at the highest possible level. Localization get-togethers also have massive support. So we'll focus on these primarily!

I will personally be spearheading the effort to create and host virtual group sessions for the benefit of everyone both focused on one subject and unfocused for anyone to bring a subject to the table they like. In addition, I will be working with the staff team to add a system where individuals may request to speak privately with a Project Ember volunteer if individuals want to talk but not in the solutions channels.

Resource gathering and dissemination will be a boon to us all passively, and I will be working tirelessly to gather any and all information possible from blogs to studies & videos or online courses!

I have noted down the primary concerns on why individuals have not sought or continued more professional forms of mental health support and they are something that I wholeheartedly agree with: the cost, the time, and the lack of trust. As for the cost and time, I will see what resources I can't find to help compensate and circumvent them if possible. The lack of trust is entirely understandable, and I hope we can all work something out together.

Project Ember is my heart and my joy, and is born out of the need for mental health support and advocacy in our community. In these times of chaos and fear it's hard to see even our own hands in the darkness. It's daunting. It's painful. It's unbearable. And that is why together we are going to create and build Project Ember, because we are each and all individual embers in the darkness looking for any sign of hope and relief, and together we are one quiet fire.



## [Project Ember Survey](#)

# CONTACTS/LINKS

Elise, Pathfinders/VA: [kelleyt2024@gmail.com](mailto:kelleyt2024@gmail.com)

Berry Law: [andy.blevins@berrylaw.com](mailto:andy.blevins@berrylaw.com)

[PTSDlawyers.com](http://PTSDlawyers.com)

Benefits Delivery at Discharge: [BDD - Veteran Affairs](#)

TLP Submissions: [marcie.kulp.tmh@gmail.com](mailto:marcie.kulp.tmh@gmail.com)

Q'mmunity House: [Q'mmunity House](#)

# Queer History

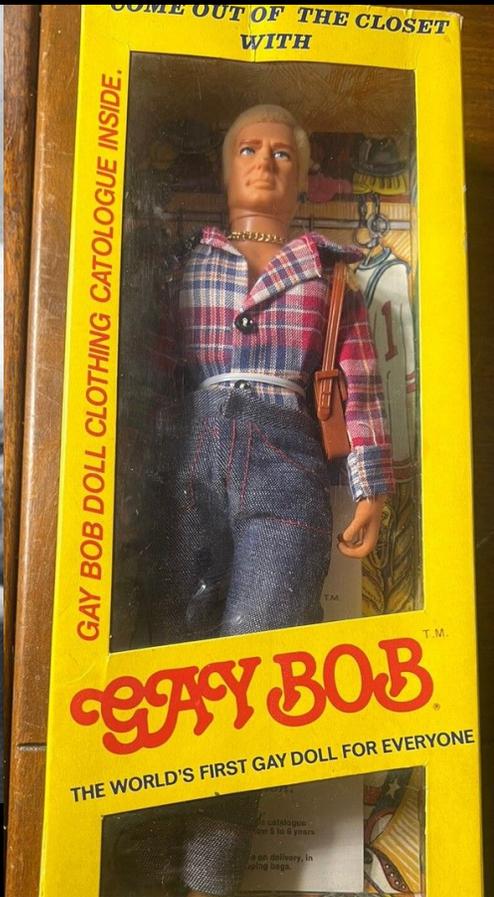
Did You Know?



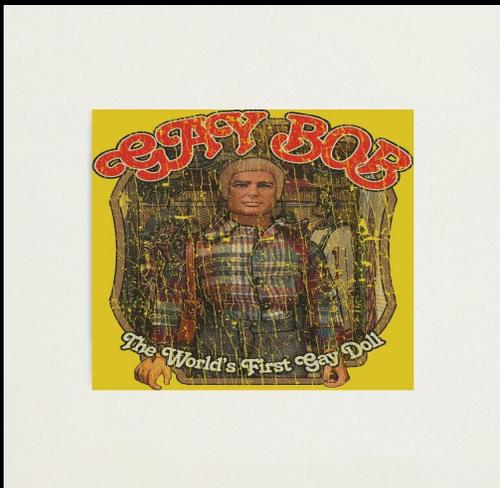
In 1977, the first “openly gay doll” was released and marketed, and named “Gay Bob”. Harvey Rosenberg was a former advertising executive that wanted to create something of “great personal significance”. He meant for the doll to liberate men from traditional roles. Gay Bob received a “Dubious Achievement Award” from Esquire magazine in 1978.

# Queer History

## Gay Bob



Cloud to cover anatomically correct parts of doll.



# Community Spotlight

HI Crew went ice skating!



# Community Spotlight

## THE ORLANDO 3



31 AUG 2025

Three protesters, to include one of TMH's own, were arrested for "defacing a traffic control device".

... a sidewalk.

These protesters, the "Orlando Three", were chalking the sidewalk outside of the Pulse nightclub, the site of a hate-filled mass shooting in 2016.

This pushback comes after the State removed the memorial sidewalk. One of the arguments includes whether colorful sidewalks "take away" from traffic safety, despite the data showing that the decorative sidewalks actually IMPROVED traffic safety.

Another argument is the cost of damages/repair. The charge is listed as a third-degree felony, and repairs exceeding \$1,000.

The representative for the Orlando Three even argued that it was water-soluble chalk and it did not constitute significant damage.

Please note that news articles differ slightly in the sense that some use one of the Three's deadname, but uses their actual name in others. Be respectful.

# Upcoming Events

- **Friday Night Gaming**
  - TMH Discord - Every Friday @ 1800 EST
- **Pathfinders T4T**
  - Veterans Group | Hang-out Night
  - Saturdays at 2100 EST

- **TMH Town Hall Schedule**
  - 25OCT25 @ 1530 EST
  - 22NOV25 @ 1530 EST
  - 27DEC25 @ 1530 EST

- **The Lamp Post Publications**
  - 26 OCT 2025
  - 23 NOV 2025
  - 28 DEC 2025
- **ARMY-NAVY Watch Party**
  - 13 DEC 2025 @ 1545 EST

**HEALTH & FITNESS**

# Shoulder Stability

By Tristan

## Prelude

With long hours spent sitting at desks, driving, or scrolling on our phones, our shoulders often take a silent beating. Rounded posture, stiffness, and even nagging pain can creep in before we realize it. I've certainly felt it myself, especially when I'm sitting at my desk applying for jobs or editing. That's why, in this edition of The Lamp Post, I want to shift our focus upward to the shoulders. Our shoulders are among the most mobile joints in the body, but that mobility comes at a cost: stability. Without a balance between the two, we open the door to discomfort, poor posture, and a higher risk of injury. This article introduces a phased approach again. Stabilize, mobilize, and strengthen to help you begin reclaiming healthy, functional shoulders in your daily routine.

## Plan of Action

The shoulder joint is a ball-and-socket structure supported by the rotator cuff muscles, scapular stabilizers, and surrounding tissue. The shoulder allows movement in almost every direction, so stability and mobility must work hand-in-hand. Strong shoulders don't just improve appearance; they support proper posture, reduce tension in the neck and upper back, and protect against injuries. For example, research shows that individuals with stronger rotator cuff and scapular stabilizers demonstrate improved overhead mobility and reduced risk of shoulder impingement (PMID:19194022). In daily life, this translates to easier lifting, carrying, and reaching without strain. To build resilient shoulders, we'll use the same three-phase cycle: Stabilize by beginning to address posture and activating smaller stabilizing muscles. Mobilize by adding controlled movements that expand your shoulder's range of motion. Finally, strengthen by progressing to exercises that load and build endurance in the shoulders and surrounding muscle groups. I like this framework because it allows you to gradually improve functionality, avoid injury, and build a foundation for long-term shoulder health.

## Routine

### **Stabilize (Both Sides):**

Scapular Wall Slides: 5–10 slow reps

Shoulder Blade Squeezes: 10–15 reps, hold 2–3 sec each

Chest Opener Stretch: 20–30 sec hold

### **Mobilize:**

Arm Circles: 10–15 reps each direction

Thread the Needle Stretch: 5–8 reps per side, move slowly

Sleeper Stretch: 15–25 sec hold each side

### **Strengthen:**

External Rotations (with band or light weight): 8–12 reps each side

Overhead Press (light weight or bodyweight pike press): 6–10 reps

Front Raises: 8–12 reps

Reverse Flies: 8–12 reps

**\*\*It is important to remember that this is not an end-all, be-all for increasing shoulder stability, mobility, and/or strength, but it can be a good start. Do what your body can to avoid injury.\*\***

References: 1. Nawoczenski DA, Ritter-Soron JM, Wilson CM, Howe BA, Ludewig PM. Clinical trial of exercise for shoulder pain in chronic spinal injury. Phys Ther. 2006 Dec;86(12):1604-18. doi: 10.2522/ptj.20060001. PMID: 17138842.

2. Ludewig PM, Reynolds JF. The Association of Scapular Kinematics and Glenohumeral Joint Pathologies. J Orthop Sports Phys Ther. 2009;39(2):90–104. PMID: 19194022.