



# **Veterans-For-Change Newsletter**

*A Voice of the Veterans*

Week Ending Sunday, March 04, 2018

Volume 9, Issue 09



## **This-N-That**

As most of you have experienced over the past few months the flu virus has been going around and this year according to many doctors is the absolute worst form of the virus they've seen.

Over 100 people across the country have died due to this strain and many doctors are advising that if you feel the symptom come on and you've not had the vaccine, go and get it immediately, it will greatly reduce it's strength and make it far

more bearable to deal with, and if you have had it and it's passed, still get the vaccine to prevent you getting it again!

And no matter what you do, if you have become infected and get to the point where you are feeling up to speed again, don't be fooled and go on about your normal routine, you need at least 7-14 days to fully recuperate, and trust me I know from first hand experience.

When I first got it within 5 days I was finally feeling great, and took off to run errands, hit the pharmacy, dry cleaners, and a few other mundane chores, and within a few hours I was right back to feeling bad again, and it was a full blown relapse. And I did this three times, so believe me when I tell you let it run it's course and still give it at least 7-10 days more before beginning to get back to your normal duties.

The vaccine is not a 100% preventative, but it sure will help a lot, and most who have had the vaccine have not been affected.

There hasn't been much going on in Congress as

they're all too busy bickering and fighting over the Dreamers Act and Amnesty and totally ignoring Veterans and American Citizens, and pretty much proven they're only looking out for their future votes and abandoned those who actually put them in office and many foolish enough to keep them in office.

And this is all going on mainly because Americans don't take the time to stay on the backs of those in office, voicing opinions, concerns, expectations and demands and just allowing them to run through like a bull in a china shop.

I know I have asked many times over to please call, E-Mail and fax your reps in office. And today is no different than any other time I've asked.

Many will say they don't listen, others will offer up other excuses, and the rest won't even try. But if we don't try and keep trying, how on earth can we be successful in getting the legislation passed that needs to be passed to help Veterans, spouses and families?

If you don't know how to contact your reps, we

always put phone numbers in each newsletter, you can also Google the rep and locate their individual websites and on each one there is a link to send them a message, and if you have a fax machine and most today have an "all-in-one" machine that has fax capabilities, try all three methods.

And many of you are retired, maybe set yourself a routine that every Monday, or every Friday make the calls, send the E-Mails and send the faxes.

And if you don't want to speak to anyone, call late at night and leave a message on their voice mail systems. But please, help all the various organizations that are trying to help you by stepping up your game!

On behalf of our Volunteers nationwide and myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

[Jim.Davis@Veterans-For-Change.org](mailto:Jim.Davis@Veterans-For-Change.org)



## Hug a Veteran

VA Voluntary Service at the [Aleda E. Lutz VA Medical Center in Saginaw](#), Michigan, was intrigued by the [Human Hug Project](#) and reached out to the founders to discuss ways they could potentially implement a Hug-A-Vet spin-off program at their facility. The Human Hug Project, founded by three veterans, were eager to lend a hand. The trio helped the medical center start their own program by sharing their mission of bringing awareness to post traumatic stress disorder (PTSD) by giving love back to humanity, one hug at a time. The facility is now looking to build its own team of volunteers to share a hug with their veterans. Learn more by reading the [VA VAntage Point Blog](#).



## New Retention Policy Announced at DoD

The Department of Defense (DoD) recently announced policy changes pertaining to retention of non-deployable active duty personnel. The new policy, based on recommendations of the Military Personnel Working Group, requires military members who have been non-deployable for 12 continuous months be processed for separation through administrative procedures or referred into the Disability Evaluation System (DES). The policy objective is to reduce the number of non-deployable active duty personnel, thereby improve military readiness. DoD reported there are 286,000 service members who are medically non-deployable at any one time. Each of the services has until October 1, 2018, to start implementing the policy.



## **Native American Vets Memorial**

Plans have been made to build the National Native American Veterans Memorial at the National Museum of the American Indian in Washington, DC. The memorial will be built on The Mall. Congress approved the memorial in 1994, but did not authorize fundraising for it until 2013. The memorial is scheduled to be unveiled on Veterans Day in 2020. For more information, visit the **National Native American Veterans Memorial** [webpage](#).



## ***Veterans-For-Change Web Site***

The Veterans-For-Change website has been under construction since day one back in 2009 and every day since then. The looks pretty much stay the same, but in the background constant improvement and change is being done to make our website the most user friendly “One-Stop-Shop” website to find almost everything you might have tried to find searching the internet.

Almost a hundred people have been involved;

collecting web links to documents now houses on the VFC website, collecting thousands of web links for various issues, illnesses and benefits. Creating forums for all eras of service and two forums one just for men and one just for woman where you can go question, comment, share medical and personal concerns, what ever you'd like it to be.

We also have a forum with a licensed Mental Health Worker, again where you can seek help or just ask questions.

We average **2,100** hits per day, and downloads average **1,200** per day with a total **3,919,589** visitors as of Friday.

If you subscribe you will have full access to the entire website and best of all it's **FREE** of charge! You just need a valid E-mail address so the system can send you a confirmation E-Mail. Once received, click on the link to be authorized automatically.

[www.veterans-for-change.org](http://www.veterans-for-change.org)

- Documents Library with over **16,387** documents on-line (Updated: 02/20/18)
- FAQ's with more than **1,600** FAQ's and answers
- Multiple Forums
  - o Afghanistan Veterans
  - o FMP - Foreign Medial Program
  - o Gulf War & Desert Storm Veterans
  - o Iraq Veterans
  - o Korean Veterans
  - o Men Veterans Forum
  - o Mental Health for Veterans (**Counselor Needed**)
  - o Political Issues
  - o Suggestion Box
  - o The Mess Hall
  - o VA Hospitals and Medical Centers
  - o Veteran Affairs
  - o Vietnam Veterans
  - o Welcome Mat
  - o Women Veterans Forum
  - o WW II Veterans
- Job Postings
- Memorial Pages (Updated: 01/11/18)
- News (Articles On-Line: **7,153**)
- Polls
- Web Links, more than **3,625**, Added 6 New

Links (Updated: 02/19/18)

If you have a submission for the memorial pages,  
E-Mail: [Jim.Davis@veterans-for-change.org](mailto:Jim.Davis@veterans-for-change.org)



## **Ormond Beach Villas Affordable Housing for Veterans Breaks Ground in Oxnard**

Oxnard, CA – Nearly 100 people attended a ground-breaking ceremony Wednesday morning in Ventura County to kick off construction of a new affordable housing development that will benefit 40 veterans and their families. The project is a joint effort from the California Department of Veterans Affairs (CalVet) California Housing Finance Agency (CalHFA), California Department of Housing and Community Development (HCD), Many Mansions, L.A. Family Housing, the City of Oxnard, and Ventura County.

After receiving \$5.6 million from the Veterans Housing and Homelessness Prevention (VHHP) program, Many Mansions announced the new 17-month construction timeline of the Ormond Beach Villas – a development consisting of five (5) three-story buildings to be built on a currently vacant 1.81-acre lot just a few blocks from the beach in Oxnard.



“This is the first mixed-use project for the VHHP program and CalVet is pleased to be with so many outstanding state and local partners,” Deputy Secretary of Veteran Services Keith Boylan said. “The tremendous collaboration throughout this effort has truly made this project a reality.”

Eight of the Ormond Beach units will be reserved for chronically homeless veterans, while 10 units will be for homeless veterans with a disability, and 21 units will be reserved for low- and very-low income veteran families.

L.A. Family Housing will provide veteran-specific services to the residents of the complex, while Many Mansions will provide child and family

services.

“Not only are we offering 40 veterans and their families a new home, but we’re creating a residence that’s more than just four walls and a roof,” said CalVet Secretary Dr. Vito Imbasciani. “Through our partners, we’re establishing services to help many of these former service members get off the street and back on their feet.”

Located on Saviers road near Hueneme road, the site is within walking distance to Southwinds Park, Art Haycox Elementary School, and the Perkins/Hueneme Bus Stop. The development will also be 1.5 miles from the Naval Construction Battalion Center in Port Hueneme.

The project features a total of 15 one-bedroom units, 20 two-bedroom units and 5 three-bedroom units. Each unit will have a separate ground-level garage, on-site storage, and a spacious patio/balcony.

For more information, please visit:

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

Proposition 41, passed in 2014, authorized \$600 million in bond proceeds to fund supportive, transitional, and affordable housing for veterans experiencing homelessness or are at-risk of homelessness. The resulting legislation created the Veterans Housing and Homelessness Prevention program, where CalVet, HCD, and CalHFA collaborate to award \$75 million annually through a competitive award process.

### **California Department of Veterans Affairs -**

CalVet's mission is to serve all of California's veterans and their families. With nearly 1.7 million veterans living in the state, CalVet strives to ensure that veterans of every era, and their families, get the state and federal benefits and services they have earned as a result of selfless and honorable military service. VHHP communities are one way we assist veterans and their families achieve their highest quality of life. To learn more on how CalVet assists veterans, visit [www.CalVet.ca.gov](http://www.CalVet.ca.gov).

**Many Mansions** - Many Mansions provides affordable housing for low-income individuals and families, and supportive housing for individuals

and families who are formerly homeless and/or have a disability in Ventura County. A specially designed supportive services program is offered on-site at each of these properties. This unique program is meant to provide safe, family-friendly housing with life-enriching services designed to bring the family out of poverty and into a prosperous life. Find out more at [www.ManyMansions.org](http://www.ManyMansions.org).

### **California Housing and Community**

**Development** – Cal HCD is dedicated to the preservation and expansion of safe and affordable housing so more Californians have a place to call home. Our team works to ensure an adequate supply of housing for Californians and promotes the growth of strong communities through its leadership, policy and program development. For more information, please visit [www.HCD.ca.gov](http://www.HCD.ca.gov).

**California Housing Finance Agency** – For more than 40 years, CalHFA has supported the needs of renters and homebuyers by providing financing and programs so more low to moderate income Californians have a place to call home. Established in 1975, CalHFA was chartered as

the state's affordable housing lender. The Agency's Multifamily Division finances affordable rental housing through partnerships with jurisdictions, developers and more, while its Single Family Division provides first mortgage loans and down payment assistance to first-time homebuyers. CalHFA is a completely self-supporting state agency, and its bonds are repaid by revenues generated through mortgage loans, not taxpayer dollars. Learn more at [www.CalHFA.ca.gov](http://www.CalHFA.ca.gov).



## Reproductive Health Access Survey

Please take SWAN's reproductive access survey. We are trying to understand the needs of service women and women veterans relative to access to birth control and infertility treatments. The information you provide will help us advocate on the issues you care about! The survey is short and takes less than 5 minutes to complete.

[Survey](#)



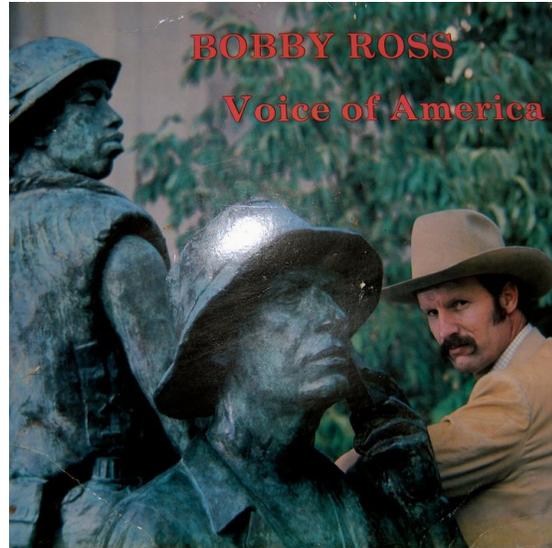
## LT Bobby Ross

February's Featured  
Song

JACK

LT Bobby Ross

PATRIOTIC MUSIC



Remember this site is an Internet Adventure. All you need do is click on the pictures and any highlighted word, and you are launched to another world in Cyberspace. Try it! So much fun!



## Help Us Urge House Leaders to Vote on Caregiver Legislation

We need your help to get Congress to pass legislation to expand the comprehensive caregiver program to severely disabled veterans of ALL eras. Caregiver legislation has been approved by the Senate Veterans' Affairs Committee and is also under consideration in the House. However, the caregiver legislation will not move forward in

the House unless Leadership agrees to bring it to the floor for a vote.

Today, as part of **The Unsung Heroes Initiative**, DAV leaders and members will be calling and visiting the House of Representatives Leadership asking them to bring caregiver legislation to the floor for a vote.

We are asking you to take just a few minutes to make a couple of calls to show Congress how strongly we support fairness for all caregivers of severely disabled veterans, regardless when they were injured or made ill.

Below are phone numbers and a short message we would like you to deliver to House Speaker Paul Ryan and House Majority Leader Kevin McCarthy. You can also call your Member of Congress to ask them to support caregiver legislation. You can find your Representative's name and contact information here:

[www.dav.org/can/?vvsrc=%2faddress](http://www.dav.org/can/?vvsrc=%2faddress)

Please make these phone calls today if possible. Thank you for all you do for America's veterans

and their families.

Message for House Speaker Paul Ryan: (202)  
225-0600

*Hello, I'm a (disabled veteran / caregiver of a disabled veteran) and I'm calling to ask Speaker Ryan to bring caregiver legislation to the floor for a vote so that family caregivers of veterans from all wars are finally treated fairly.*

*Please let Speaker Ryan know that thousands of family members have been caring for severely disabled veterans from the Vietnam War, Korean War and World War II for decades and it is time for Congress to take care of all veteran caregivers.*





## **Senate Committee Chairman Wants Pentagon Audit Results**

The long awaited audit of the Department of Defense (DoD) has started and the Senate Budget Committee Chairman Mike Enzi (Wyo.) dispatched a letter to Defense Secretary (SecDef) Jim Mattis demanding details from the Pentagon about how exactly it plans to use results from its first-ever audit when completed. The Chairman requested a line-by-line breakdown, as well as a timeline, of how the Pentagon plans to spend its \$900 million to complete and comply with the audit. The budget chairman warned that if the

Pentagon cannot earn taxpayers' trust, "it will be incredibly difficult" to meet its request for a 3 to 5 percent growth in defense spending next year. Congress has already agreed and enacted the "Bipartisan Budget Act" (H.R.1892-P.L.-115-123) that permits Defense spending increases well above the caps enacted in 2011 for FY2018 and FY2019.

Senator Enzi requested details about of how the Pentagon would achieve a "clean" audit despite the "many more painful findings" that are likely to be uncovered. The Chairman's letter stated, "It is important for Congress to better understand how DoD is translating audit findings into changes in its business practices..."

The House Armed Services Committee also recently held an oversight hearing to ascertain the progress and status of the ongoing audit. Getting DoD to conduct an audit has been a challenge. Congress passed legislation in 1990 for all federal government agencies to conduct an audit. In 2010 the NDAA included a mandate for the Pentagon to complete an audit by September 2017.

Since 1997, the Government Accountability Office (GAO) has been required to audit the federal government's consolidated financial statements, but the agency has repeatedly said Pentagon reviews are not based on accurate data. In 2010, it was determined that the nearly \$6 billion spent to improve the agency's financial information was unsuccessful. The GAO could not predict when the DoD would be able to provide these financial statements.



**CONTACT YOUR  
MEMBERS OF CONGRESS!**

**To Call your Representative:  
202-225-2305**

**To Call your Senators:  
202-224-3841 or 202-224-3553**

**To call Different Members of Congress:  
202-224-3121**

**TOLL FREE: 866-272-6622**

**PLEASE... STOP Making Excuses!**

**[www.veterans-for-change.org](http://www.veterans-for-change.org)**



## Congress May Expand ‘Caregiver’ Benefits

VA Secretary David Shulkin told the House Veterans Affairs Committee that he supports extending caregiver benefits — which includes a monthly stipend, access to health care insurance, caregiver training, stress counseling and a period of paid respite away from caregiver responsibilities — to persons caring for veterans catastrophically injured in wars back to World War II. However, as a condition for making benefits available to veterans injured before the Afghanistan and Iraq wars, Shulkin asked Congress to narrow eligibility criteria. Read the full story in the [Military Advantage blog](#).



## TRICARE for Life Users Surprised by Drug Cost Increase

Although TRICARE for Life users were largely not impacted by a series of major system changes and price increases that hit Jan. 1, they were hit by the unrelated pharmacy fee increase that happened Feb. 1. That came as a surprise to many users, who understood the changes as one in the same. For more details, see this [Military Advantage post](#).



## Your Opinion Matters: Take a Quick Survey

Your feedback is important to us. In our continued effort to serve the needs of our members, Military.com invites you to take a short survey. Take the [survey](#) now.



**Our values  
match yours.**



[www.veterans-for-change.org](http://www.veterans-for-change.org)



## Social Security Medicare Part A & Part B sign up periods

Recent hurricanes and the wildfires in California caused major devastation, have disrupted mail delivery, and affected enrollment operations. Some people weren't able to make their Part A or Part B enrollment requests during their [Initial Enrollment Period \(IEP\)](#) or [Special Enrollment Period \(SEP\)](#).

Medicare is providing “equitable relief” to people who couldn't submit these requests timely:

- Part A enrollment (if they weren't automatically enrolled)
- Part B enrollment
- Part B refusal requests

Effective September 1, 2017, “equitable relief” will be considered on a case-by-case basis if you, at the start of the disaster, were in your IEP or SEP, and you live in an area declared as an emergency or major disaster by the [Federal Emergency Management Agency \(FEMA\)](#). This “equitable

relief” period ends June 30, 2018.

To request “equitable relief,” you can:

- Call Social Security at 1-800-772-1213 (TTY: 1-800-325-0778).
- Visit [socialsecurity.gov](https://www.socialsecurity.gov) to find a local Social Security office.



## **New System May Not Show Your SGLI Recipient**

Just because a new online Servicemembers Group Life Insurance (SGLI) system rolled-out for Sailors, Soldiers and Airmen doesn’t display an SGLI recipient for many troops doesn’t mean one isn’t in the system. Troops need to update their information on the online portal for a name to display. Until then, the recipient filed in most recent SGLI paperwork remains in place. For more details, see this Paycheck Chronicles [post](#).



## **Your VA Loan Benefit is Now Worth up to \$453k Financing**

2018 is here and the VA loan limits have increased again, now worth up to \$453k financing. Now is the time to use this great benefit. Qualified borrowers can buy or refi with as little as \$0 down, and have no PMI payments with great rates and financing up to \$453k. Use your **VA loan benefit** today.



**LT and two of his Prize Chickens!**



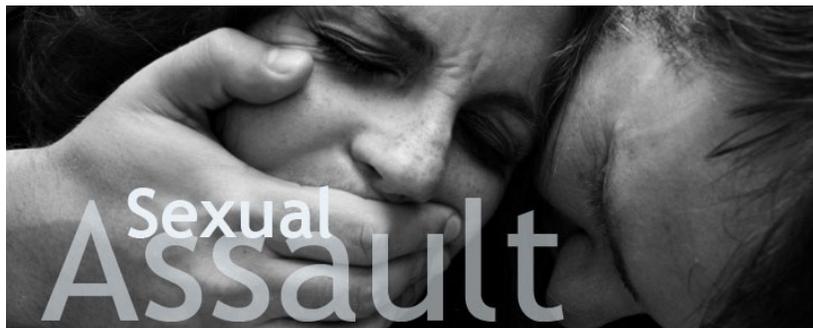
I need financial support at this point to bring this 2018 Season to the attention of the American farming community by presenting my program making autistic people productive. I need help in the form of gifts from you because the cost of organic feed has tripled my costs. I did form my [Nevada 501 c 3 nonprofit corporation](#) last year, and any gift below the \$3000 dollar amount is fully tax deductible for you. I would not want you to give me a gift for my autistic endeavor if you can not afford to do so. But if you can, every dollar helps. Please go to the [AFOA web site](#) and [Facebook](#) site to see what my AFOA is all about. There are many videos and you can see for yourself what Tim and I are doing on my farm. If you have any questions, please just ask. If in fact

you do wish to give me a gift, then I would want you to do so knowing I will reward you in incredible ways, and you know I'm just the **Old G.I.** to do it! So if you would like to be one of the original supporters of my Autistic Farmers Of America charity, I would welcome you with open arms. Please make your check payable to: Ross Wilson - AFOA. Mail it to:

Autistic Farmers Of America - 112 North Curry Street - Carson City, Nevada 89703



## **Recent military court rulings undermine protections for sexual assault survivors**



On February 6, 2018, the United States Court of Appeals for the Armed Forces (CAAF)[1] issued a ruling in *United States v. Edzel D. Mangahas* that could have an impact on other rape cases in the

military. This recent decision by CAAF in Mangahas **imposes a five-year statute of limitations on cases in which the offense of a rape of an adult took place between 1986, when the Supreme Court said the death penalty could not be imposed for rape, and 2006, when the UCMJ was amended to say there is no longer a statute of limitations for rape of an adult.** It is important to note that this case only affects cases in which the victim is an adult at the time of the offense, not when the victim is a child.

Mangahas is a lieutenant colonel (O-5) in the Air Force charged with rape which the victim says occurred in 1997, when Mangahas was a cadet at the Coast Guard Academy. The victim was a fellow cadet who reported her allegation at the time but did not participate in an investigation, so the case did not proceed. She made a new report in 2014 to the Department of Veterans Affairs and a new investigation was initiated. The charge was brought in October 2015, eighteen years after the rape was reported to have occurred.

Mangahas raised a number of objections to the

charges, including that the charges were brought after the statute of limitations had run out. A statute of limitations is established by law and sets the maximum amount of time that can pass between when the alleged offense occurred and when a charge can be brought for the offense.

For many years, under the Uniform Code of Military Justice (UCMJ), the set of laws that governs members of the military, rape was punishable by death. For all offenses not punishable by death, there is a five-year statute of limitations. In 1977, the U.S. Supreme Court - whose decisions are binding on the military courts - ruled that death is an unconstitutional punishment for the rape of an adult [Coker v. Georgia, 433 U.S. 584, 598 (1977)]. In 1986, the CAAF acknowledged that a death sentence could not be constitutionally imposed for rape of an adult in the absence of aggravating circumstances (which could include things like rape during warfare or with a deadly weapon) [United States v. Hickson, 22 M.J. 146, 154 n.10 (C.M.A. 1986)]. However, in 1998, the CAAF ruled that in cases that had once been punishable by death, but were no longer (such as rape of an adult due to the

ruling in Coker), there is not a blanket 5-year statute of limitations [Willenbring v. Neurauter, 48 M.J. 152, 180 (C.A.A.F. 1998)]. In 2006, the UCMJ was amended to specifically note that there is no statute of limitation for rape. In the civilian court system, most rape cases are governed by state law, and the statute of limitations for rape varies state by state. However, many states do not have a statute of limitations of rape. See [here](#) for an explanation and a searchable database by state of rape laws.

The charges against Mangahas have been dismissed as a result of this ruling which overturns Willenbring. Theoretically this decision by CAAF could be appealed to the U.S. Supreme Court, but at the time of this writing, SWAN does not know if that is likely, nor whether the Supreme Court would “take up” and hear the case even if appealed (the Supreme Court only takes a select number of cases appealed to it each year).

This is not the first concerning case involving rape that the CAAF has ruled on this year. In late January, the CAAF [threw out the 2012 rape conviction](#) of a Coast Guard enlisted man

claiming that the admirals and prosecutors who brought the case “packed” the seven-member jury with five women, four of whom held jobs as advocates for victims of sexual assault. SWAN is not familiar with the facts of this case, and so cannot comment on this case in particular.

However, it is on its face disturbing that the CAAF seems to have ruled that women cannot be unbiased in their decision-making regarding the guilt of a fellow service member accused of rape. Furthermore, being an advocate for victims does not innately make such a woman incapable of rendering an unbiased and fair decision. A number of attorneys who routinely handle Military Sexual Trauma (MST) cases have been closely following these recent CAAF decisions and are worried about a seeming trend by the CAAF to impose unnecessary and debilitating restrictions on military prosecutors and a court's ability to bring rape cases to justice at a time when more and more victims are finally feeling a modicum of safety in reporting and pursuing prosecution of rape cases in the wake of the #MeToo and #MeTooMilitary movements.





## Reduce Your Out of Pocket & Rx Costs with a TRICARE Supplement

Get a Tricare supplement that pays your cost shares and can pay 100% of covered excess charges. **Get valuable coverage now.**



## Why Do Troops Qualify for Food Stamps?

A recent proposal that would change the food stamp program nationwide has placed in the spotlight troops who receive the benefit. But why do military members qualify for food stamps at all? **The answer lies in the ratio of household size to income.**



## **The VA Loan: Do You Have What It Takes?**

There are five categories for eligibility for the VA loan. Your eligibility is based on your military service. **Do you meet the criteria?**



## **Veterans Cards Now Available Again**

The Department of Veterans Affairs (VA) recently started accepting applications again for the VA issued Veterans Identification Card (VIC). The process originally commenced this past November but had to be stopped due to the overwhelming number of applications that caused the website to crash. The VA halted the application process in order to rectify the issues on the website. The ID card, authorized by Congress in 2015, is free of charge and will provide proof of military service in lieu of a having to carry a DD-214. The system is available once again, and veterans who wish to apply for a VIC can visit: [vets.gov](https://vets.gov), click on "Apply for Printed Veteran ID Card" on the bottom left of the page and sign in or create an account.

Veterans who apply for a card should receive it within 60 days. Veterans can check the status of their cards at [vets.gov](https://vets.gov).





**Never forget our fallen!**



### **3 Common Misunderstandings About PTSD To Reconsider**

#### **PTSD is a sign of mental weakness**

PTSD can happen to anyone. It is not a sign of weakness. A number of factors can increase the chance that someone will have PTSD, many of which are not under that person's control. For example, having a very intense or long-lasting traumatic event or getting injured during the event can make it more likely that a person will develop PTSD. PTSD is also more common after certain types of trauma, like combat and sexual assault.

#### **People with PTSD are dangerous**

Although PTSD is associated with an increased risk of violence, the majority of Veterans and non-Veterans with PTSD have never engaged in violence. When other factors like alcohol and drug misuse, additional psychiatric disorders, or younger age are considered, the association between PTSD and violence is decreased.

### **Nothing can be done for people with PTSD**

There are more effective PTSD treatment options than ever. Effective treatments for PTSD include different types of psychotherapy (talk therapy) or medication. Studies have shown that for some people, these treatments can get rid of symptoms altogether. Others find they have fewer symptoms or feel that their symptoms are less intense.

Learn more about PTSD and PTSD treatment

- [Watch a 4 minute video](#) explaining PTSD and its symptoms
- Learn about and compare treatment options with the [PTSD Treatment Decision Aid](#)
- Download and share [Understanding PTSD and PTSD Treatment](#) (PDF - 13.6MB)



## **Veteran Crisis Resources**

**Veterans Crisis Line 1-800-273-8255 and Press 1**

**Military Crisis Line 1-800-273-TALK (8255)**

**National Call Center for Homeless Veterans**

**1-877-4AID-VET (424.3838)**

**VA Caregiver Support Line 1-855-260-3274**



## **VA Features Women Veteran Athletes**

To coincide with Women's History Month, the stories of ten women veteran athletes will be displayed at Department of Veterans Affairs (VA) medical centers around the country in March as part of the Women Veteran Athletes Initiative. The ten women veteran athletes represent all branches of the armed services, and were selected by VA and its partners. The displays will include photos of the women in and out of uniform. After March, the displays will travel to additional VA facilities. For information about VA's benefits and services for women veterans, as well as the Women Veteran Athletes Initiative, visit the Center for Women Veterans [website](#). For more information, read the VA [VAntage Point Blog](#).



**No Referrals Needed for West  
Region Prime Users Thanks to  
Backlog**

A referral and enrollment backlog in Tricare's West region has caused the system to suspend the need for specialty care referrals for Tricare Prime users through mid-March. It also allows those who have been attempting to enroll in the system since December to use any in- or out-of-network primary care provider through March 31. For more details, see this [article](#).



Links to Other Stories

- 1) 'I still can't believe the Army pays me to fly that,' Mississippi's only female Apache pilot says
- 2) Army Identifies Sergeant Who Died While Deployed Supporting ISIS Fight
- 3) Former Arkansas VA employee accused of trying to sell Veterans' personal data
- 4) Healthy Me, Healthy We: Preventing Dating Violence
- 5) VA continues commemoration of the 50th anniversary of the Vietnam War
- 6) VA Introduces New, Improved Modernized Leasing Program
- 7) VA launches Concierge for Care program
- 8) VA Partners with Cohen Veterans Network to Increase Access to Mental Health Resources
- 9) Veterans: Here's how to Avoid Getting the Flu

You can help VFC by reading articles posted and commenting at the bottom and rate the articles. If you don't have an account, sign up today, it's FREE. Your comments and rankings tell us what type of information you want most.

Check us out today: [www.veterans-for-change.org](http://www.veterans-for-change.org)



## Air Force Still Determining How Many Face Separation Under New Policy

As the military services begin to execute the Pentagon's new **deploy-or-get-out policy**, the Air Force is working to take into account its small number of "non-deployable" career fields while being fair to those who do a large share of deployments, the top civilian for the service said. The Air Force is keeping "fairness and the lethality of the force" in mind, Air Force Secretary Heather Wilson said during a roundtable interview here during the Air Force Association's Air Warfare Symposium. For more details, see this **article**.



**Register for TRICARE Webinar on  
National Guard and Reserve Health  
Care Options**

Join us on Tuesday, March 6, from 1 to 2 p.m. (ET) for the "TRICARE Choices for National Guard and Reserve Members" webinar. National Guard and Reserve members experience various stages of activation throughout their military careers. Learn about these stages and the impact on your health care eligibility, as well as your medical, dental and pharmacy options.

Read the [full article here](#).



U.S. Government Accountability  
Office Reports

- 1) [Additional Actions Needed to Address Gaps in Military Physician Specialties](#)
- 2) [DOD Needs to Take Additional Actions to Promote Department-Wide Collaboration](#)
- 3) [National 911 Program Could Strengthen Efforts to Assist States](#)



**~We Proudly Support our  
Military Personnel & Families~**



## **Pizza MREs On the Way to Troops by Next Year**

Troops will soon get pizza in places where delivery drivers don't go. The military is preparing to produce Meals, Ready to Eat pizzas that are engineered to stay fresh for three years in a pouch. Troops could taste their first pizza MREs in the field by next year, **Army** officials say. For more details, see this **[article](#)**.



- 1) Bella Diet Capsules by Bella All Natural: Recall - Presence of Sibutramine
- 2) Cardiac Resynchronization Therapy with Defibrillation (CRT-Ds) and Implantable Cardiovert-Defibrillators (ICDs) by Medtronic: Class I Recall- Manufacturing Error Preventing Electrical Shock Delivery
- 3) Lotte Int'l America Corp Issues Allergy Alert on Undeclared Peanut In "Kancho Choco Biscuit"
- 4) Progressive Laboratories, Inc. Issues Allergy Alert on Undeclared Milk in Product
- 5) TruPet, LLC Issues Voluntary Recall of Certain "Treat Me Crunchy Beef Delight" Pet Treats
- 6) Updated - Northwest Naturals Voluntarily Recalls 5lb Frozen Chicken and Salmon Pet Food Chubs Because of Possible Listeria Monocytogenes Health Risk



## **TRICARE Users Won't Be Able to Switch Plans During Pregnancy**

Starting in 2019, TRICARE users will no longer be able to switch between coverage plans at will or only because of a pregnancy, according to new rules issued by the agency late last year. Users will be able to switch only during the annual open enrollment period or when experiencing a “qualifying life event.” Those events could include the birth of a child, a move — on orders or otherwise — or a deployment. For more details, see this [article](#).



## Care Technician Opportunities at VA

Veterans across the VA health care system are benefiting from the Intermediate Care Technician (ICT) program, which employs military-trained medics and corpsmen as VA health care clinical providers to deliver health care services to other veterans. Recently-discharged medics and corpsmen work in Veterans Health Administration medical facility dermatology clinics, emergency departments (EDs), intensive care units and surgical clinics. The program's mission is to create a health care career path for former medics and corpsmen and to develop a well-trained clinical staff. For more information, read the VA [VAntage Point Blog](#).





**This month please remember these women who died during March while serving our country in or during war times:**

- 1 Mar 1991: USA MAJ Marie Therese (Rossi) Cayton, 32, helicopter crash in Saudi Arabia, DESERT STORM
- 1 Mar 2004: USA ANC LTC Francis Liberty, Veteran of 3 wars, passed away
- 1 Mar 2005: USA SPC Lizbeth Robles, 31, IRAQ
- 1 Mar 2006: USA PFC Tina Priest, 20, non-combat gunshot, IRAQ
- 1 Mar 2008: USA SGT Randi Miller, 25, Iraq Vet, murdered in Seattle
- 1 Mar 2009: ILARNG SPC Simone A Robinson, 21, IED died at BAMC from burns
- 2 Mar 2008: SGT Randi Martin, 25, murdered along with her husband at Ft Lewis
- 3 Mar 2007: USA SGT Ashly L Moyer, 21, IRAQ
- 3 Mar 2009: USA PFC Jessica Y Sarandrea, 22, mortar, IRAQ
- 3 Mar 2012: USA SPC Shardae (Wright) Durant, murdered by husband in Clarksville, TN
- 4 Mar 1945: USA ANC 1LT Jane M Blevins, plane

crash India, WW II

4 Mar 1945: USA ANC 1LT Evelyn Burton, plane  
crash India, WW II

4 Mar 1945: USA ANC 1 LT Catherine Marie  
Larkin, 30, plane crash India, WW II

4 Mar 1945: USA ANC 1LT Genevieve R  
Monaham, plane crash India, WW II

4 Mar 1945: USA ANC 2LT Julia S Barnes, plane  
crash India, WW II

4 Mar 1945: USA ANC 2LT Rita F Erard, plane  
crash India, WW II

4 Mar 1945: USA ANC 2LT Evelyn M Gerdrum,  
plane crash India, WW II

4 Mar 1945: USA ANC 2LT Lyndell A Glisson, 25,  
plane crash India, WW II

4 Mar 1945: USA ANC 2LT Ethel L Harris, plane  
crash India, WW II

4 Mar 1945: USA ANC 2LT Helen J Henley, plane  
crash India, WW II

4 Mar 1945: USA ANC 2LT Kathryn Lucille  
McCarthy, 25, plane crash India, WW II

4 Mar 1945: USA ANC 2LT Ann L Merrill, plane  
crash India, WW II

4 Mar 1945: USA ANC 2LT Mayo C Onken, 25,  
plane crash India, WW II

4 Mar 2005: USA SPC Adriana N. Salem, 21,

## IRAQ

4 Mar 2011: USA PVT Galina Klippel, 24, suicide, Hawaii

6 Mar 1944: USA ANC 2LT Gerda M Mulack, plane crash in New Guinea, WW II

7 Mar 1943: WASP Margaret C. Sanford Oldenburg, WW II

7 Mar 2004: USA CPT Gussie M. Jones, 41, IRAQ

7 Mar 2008: USAFR SrAirman Blanca Luna, murdered at Sheppard AFB, TX

7 Mar 2009: USA PFC Ashley C Barnes-Lambert, 18, murdered by her husband at Clarksville, TN while home on leave from AFGHANISTAN

8 Mar 1901: USA CPT Ella Gibson, served with the 1 Wisconsin Heavy Artillery during the Civil War

8 Mar 2010: USA SPC Lakeshia M Bailey, 23, rollover accident in IRAQ

10 Mar 1991: USA PFC Pamela V. Gay, 19, DESERT STORM

11 Mar 2006: USA PFC Amy A Duerkson, 19, non-combat gunshot, IRAQ

11 Mar 2009: USA CPT Agnes "Irish" Bresnahan, 58, died from Agent Orange complications following her VA Appeals Hearing while in

Washington, DC

11 Mar 2013: USA CPT Sara M Knutson, 27,  
helicopter crash, AFGHANISTAN

11 Mar 2013: USN LT (jg) Valerie Cappelaere  
Delaney, 26, died in plane crash near Spokane,  
WA

12 Mar 1991: USA 2LT Kathleen M Sherry, 23,  
DESERT STORM

13 Mar 2010: USA PFC Erin L McLyman, 26,  
mortar fire, IRAQ

13 Mar 2010: US Consular Employee Lesley  
Enriquez, 35, murdered, Juarez, Mexico

14 Mar 1991: USA PFC Cindy Deanna Jane "DJ"  
Bridges, 20, DESERT STORM

16 Mar 2006: USA SPC Amanda Pinson, 21, non-  
combat incident, IRAQ

17 Mar 2004: USA ANC CPT Chris Banigan,  
Vietnam Nurse, passed away suddenly

19 Mar 1991: AZARNG PVT Dorothy Fails, 25,  
accident in Saudi Arabia, DESERT STORM

21 Mar 1943: WAFS Cornelia Fort, plane  
accident, WW II

21 Mar 2013: USMC L/CPL Sara Castromata, 19,  
murdered at Quantico, VA

23 Mar 2003: USA PFC Lori Ann Piestewa, 23,  
IRAQ

23 Mar 2003: USAF 1LT Tamara (Long)

Archuleta, 23, AFGHANISTAN

27 Mar 1944: WASP Frances Fortune Grimes,  
WW II

27 Mar 2009: USN LT Florence B Choe, 35,  
nurse, AFGHANISTAN

28 Mar 1918: ANC Patricia Byron, died at Camp  
McArthur, TX

30 Mar 2015: USA SSG Michelle R Langhorst, 31,  
suicide in VA Hospital parking lot, Pittsburg, PA

31 Mar 1945: USA PFC Emma Jane (Burrows)  
Windham from TX, B-17 hit by another plane  
landing in England



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