



Veterans-*For*-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, November 01, 2015

Volume 6, Issue 44

This-N-That

Every week I read on average between three to four hundred articles on various issues and topics, but mostly regarding our Military and Veterans.

On Tuesday this week, I saw a headline that although it was from several years ago still stopped me dead in my tracks and made me want to read and see why the comment was made which was [**TED TURNER: I THINK IT'S GOOD US TROOPS ARE COMMITTING SUICIDE!**](#)

His reason was that **"it's "good" that American soldiers are committing suicide in large numbers because it shows an aversion to war."**

The video posted of the interview, did give a little better insight, but it was the headline that really got to me.

Being the owner of a news media outlet, in fact one of the largest you would think he of all people would be better informed since it was CNN who broke the story about the bogus wait lists, the scandal involved, they also broke the news about the water contamination at MCB Camp LeJeune, and many other stories.

Our Military and Veterans who are committing suicide has nothing to do with an aversion to war, it has to do with our GOVERNMENT, DoD, and VA all doing their level best to prevent added costs of providing timely medical care and benefits to all those who suffer both mental and physical wounds all from their sacrifice to serve our Country!

A new stir in media are the bill boards popping up all across the country "The VA is Lying, Vet's are Dying!"

While I agree with the banner headline, I really don't think it will open the eyes of Congress, the DoD or the VA, at least not until more and more Veterans decide to band together and speak as one all at the same time, flooding their phone lines, swamping their E-Mail in-boxes over and over to the point that they can't conduct any other business until the problems in the VA and healthcare and benefits are addressed for Veterans.

Too many organizations tout the numbers of members, but honestly, Congress doesn't pay much attention to the numbers unless backed up by signed petitions, not electronic petitions (which almost always never work) but hard copy signed petitions.

Most people who go into politics might be a millionaire, but they all come out of office multi millionaires. And this is impossible on the salaries they're being paid, so the only conclusion that can be drawn is they become multi millionaires from inside information and family members taking advantage of that information such as Senator Feinstein's husband who made millions in commissions selling off US Postal offices and property.

Or Senator Boxer's husband who also made millions of dollars off the Obamacare website and program design.

Both of which each of the Senators should have been sanctioned for conflict of interest.

So if their offices and staff were interrupted in dealing with thousands upon thousands of phone calls, and E-Mails were jammed up with thousands and thousands of E-Mails, what option do they have left but to address the problems, so they can get back to the job of lining their pockets?

There is such a group that would give you the chance to discuss an issue or issues, compose correspondence and provide a means to send that letter(s) to your elected officials in DC and it doesn't cost you a thing but a little time.

America's Veterans United is a small group right now, but, if you're serious about change, serious about taking control of your own healthcare, and making sure that not only you, but all your battle buddies get what is earned, long over due, badly needed. Then give it a thought and join them.

More information can be found further down in the newsletter on America's Veterans United.

If you've not visited the VFC website lately, check it out again! We've added 966 new documents and information on various topics! And over the next two or three weeks we will be adding another 700+ more documents.

On behalf of the Board of Directors and Volunteers nationwide, we wish you and your family good health!

Respectfully,

Jim Davis

Founder & CEO

Jim.Davis@Veterans-For-Change.org

New App for Vets with Sleep Issues

Macalester College senior Tyler Skluzacek, inspired by his Iraq War veteran father's struggles with night terrors, is being recognized for an invention to help those suffering from the condition. According to the Mayo Clinic, night terrors "are episodes of screaming, intense fear and flailing while still asleep." Tyler created a smart watch app called myBivy, short for bivouac. The app tracks heart rate and movement with the goal to predict night terrors. Clinical testing of the app begins in the Spring. For more information, watch the video on the [KARE 11 website](#).

******New VA App For Your Smart Phone*** Immediate Statewide Distribution***

The Veterans Administration has a new App for your Smart Phone - "311 Vet" — just go to the appropriate 'store' and download...it is free. To use the App just enter your question about VA Benefits (only) and press enter to get an almost immediate reply. This is a must for all of your members. You will not enter any personal identifying information.

Dental Care and TRICARE

TRICARE's dental coverage is separate from its medical coverage and your enrollment eligibility determines which dental program you can have. The TRICARE Active Duty Dental Program (ADDP) is for active duty servicemembers and National Guard and Reserve members activated for more than 30 consecutive days. The TRICARE Dental Program (TDP) is for eligible active duty family members, survivors, National Guard and Reserve members and their family members and members of the Individual Ready Reserve and their family members. The TRICARE Retiree Dental Program (TRDP) is for retirees and their eligible family members as well as National Guard and Reserve members who, regardless of age, has transferred to Retired Reserve status. For more information, visit the [TRICARE Dental Care webpage](#) or download the [TRICARE Dental Options Fact Sheet](#).

Government Accountability Office (GAO) Reports

Superfund: Trends in Federal Funding and Cleanup of EPA's Nonfederal National Priorities List Sites.
<http://www.gao.gov/products/GAO-15-812>

Social Security's Future: Answers to Key Questions. <http://www.gao.gov/products/GAO-16-75SP>

Federal Supply Chains: Opportunities to Improve the Management of Climate-Related Risks. <http://www.gao.gov/products/GAO-16-32>

Military Personnel: DOD Should Develop a Plan to Evaluate the Effectiveness of Its Career Intermission Pilot Program. <http://www.gao.gov/products/GAO-16-35>

Electronic Health Records: VA and DOD Need to Establish Goals and Metrics for Their Interoperability Efforts <http://www.gao.gov/products/GAO-16-184T>

Combating Nuclear Smuggling: Risk-Informed Covert Assessments and Oversight of Corrective Actions Could Strengthen Capabilities at the Border <http://www.gao.gov/products/GAO-16-191T>

Electronic Health Records: VA and DOD Need to Establish Goals and Metrics for Their Interoperability Efforts <http://www.gao.gov/products/GAO-16-184T>

Small Business Administration: Views on the Operational Effects of Closing Regional Offices. <http://www.gao.gov/products/GAO-15-369>

Amphibious Combat Vehicle: Some Acquisition Activities Demonstrate Best Practices; Attainment of Amphibious Capability to be Determined. <http://www.gao.gov/products/GAO-16-22>

VA Mental Health: Clearer Guidance on Access Policies and Wait-Time Data Needed. <http://www.gao.gov/products/GAO-16-24>

VA Mental Health: Action Needed to Improve Access Policies and Wait-Time Data, by Debra A. Draper, director, health care, before the Senate Committee on Veterans' Affairs. <http://www.gao.gov/products/GAO-16-170T>

Medical Devices: FDA Ordered Postmarket Studies to Better Understand Safety Issues, and Many Studies Are Ongoing. <http://www.gao.gov/products/GAO-15-815>

Disability Insurance: SSA Could Do More to Prevent Overpayments or Incorrect Waivers to Beneficiaries. <http://www.gao.gov/products/GAO-16-34>

Space Acquisitions: GAO Assessment of DOD Responsive Launch Report. <http://www.gao.gov/products/GAO-16-156R>

Southeast Asia: Trends in U.S. and Chinese Economic Engagement in Indonesia and Vietnam. <http://www.gao.gov/products/GAO-16-186>

Trusted Defense Microelectronics: Future Access and Capabilities Are Uncertain, by Marie A. Mak, director, acquisition and sourcing management, before the Subcommittee on Oversight and Investigations, Committee on Armed Services. <http://www.gao.gov/products/GAO-16-185T>

Southeast Asia: Trends in U.S. and Chinese Economic Engagement in Indonesia and Vietnam. GAO-16-63SU, October 29. (Restricted version of GAO-16-186.) http://www.gao.gov/restricted/restricted_reports

VA Health Care: Oversight Improvements Needed for Nurse Recruitment and Retention Initiatives. <http://www.gao.gov/products/GAO-15-794>

2013 Sequestration and Shutdown: Selected Agencies Generally Managed Unobligated Balances in Reviewed Accounts, but Balances Exceeded Target Levels in Two Accounts. <http://www.gao.gov/products/GAO-16-26>

Workers' Compensation: Health Benefit Programs for Returned Peace Corps Volunteers and for Employees of U.S. Agency for International Development Contractors. <http://www.gao.gov/products/GAO-16-28R>

Nuclear Nonproliferation: NNSA's Threat Assessment Process Could Be Improved. <http://www.gao.gov/products/GAO-16-118>

Active Duty and Retirees Facing Payday Pinch

Come January, some military retirees are sure to ask why they haven't seen an annual cost-of-living adjustment (COLA) in first-of-year paychecks. About the same time, some active duty members will grumble that their annual pay raise has been capped again, this time at 1.3 percent, on the heels of record-low one percent pay hikes in both 2014 and 2015. That's also when some military folks might begin to wonder whose paydays have been pinched harder lately, service members or retirees? To that question we have an answer, thanks to Pentagon pay experts who helped to crunch the numbers. For more, see [this Military Advantage post](#).

DoD Safe Helpline

The DoD Safe Helpline is a crisis support service for members of the DoD community affected by sexual assault. Safe Helpline provides live, one-on-one support and information to the worldwide DoD community. The service is confidential, anonymous, secure, and available 24/7 by click, call or text — providing victims with the help they need anytime, anywhere. To use the Safe Helpline, visit the [Safe Helpline website](#), call 877-995-5247 or text 55-247. By texting one's zip code or base name to 55-247 inside the U.S., or 202-470-5546 outside the U.S., Safe Helpline will text back contact information for the installation SARC and other resources available on and off base. Message and data rates may apply.

TRICARE Young Adult premiums to increase

The TRICARE Health Plan has announced the 2016 premiums for TRICARE Young Adult Prime and Standard options covering beneficiaries between 23 and 26 years old. These premiums are adjusted on an annual basis and go into effect Jan. 1, 2016.

For 2016, the monthly premium for TYA Prime is \$306 per month, and TYA Standard is \$228 per month. TRICARE is required to set these premiums to cover the full cost of health care received by TYA beneficiaries. For the first time since TYA was created in 2011, TRICARE has sufficient statistically valid cost data to set annual premiums.

TYA Prime or Standard are options for eligible young adult beneficiaries, who are encouraged to explore all of their health care choices and pick the plan best suited to their needs.

With premiums competitive to similar plans, TRICARE Young Adult is comparable to available platinum-level health care plans. Other health care options for young adult beneficiaries include:

- Purchasing TYA Standard - lower premiums, higher cost shares - instead of TYA Prime
- Enrolling in a parent's civilian health insurance plan, if available
- Purchasing a plan offered through the Health Insurance Marketplace at www.healthcare.gov
- Purchasing coverage through the college or university, if enrolled

Lower cost plans may be available depending on income and residence, and assistance paying premiums may be available. Beneficiaries may also qualify for Medicaid. Go to www.healthcare.gov to evaluate eligibility and options. Open enrollment for the Health Insurance Marketplace begins Nov. 1 and runs through Jan. 31, 2016.

Visit www.tricare.mil/TYA for more information.

AF Special Victim's Counseling

In January 2013, the Air Force became the first U.S. military service to institute a Special Victim's Counsel (SVC) program. The SVC is an attorney representing the victim of sexual assault and what the victim wants. When reporting sexual assault, there are two paths one can take. They can choose to file a restricted report or an unrestricted report. The victim should be informed of the benefits an SVC can provide them and advised on how to procure an SVC's assistance. However, SVCs cannot solicit cases, so they will not come to the victim; the victim must reach out to them. For more information, visit the [Air Force Judge Advocate General's Corps website](#). Follow the Air Force SVC on [Facebook](#).

Veterans fought for us; we continue to fight for our veterans!

VFC Website Update

If you've not visited our website, maybe you should visit today! Since going on-line on 10/28/12 we have been averaging between 2,800 and 5,000 visitors per day and have had **2,426,547** visitors to date.

Visit today and subscribe, it's 100% **FREE** of charge to all! Just be sure to use a valid E-Mail address so the system can send you an authentication E-Mail. Becoming a subscriber will show you all the various forum's, added libraries, and more.

We have the largest One-Stop-Shop Veterans website available that is user friendly, offers a host of information on many topics, Several forums, Frequently Asked Questions and Answers, a massive Documents Library with more than 12,900 documents, various VA and DoD forms.

www.veterans-for-change.org

- Documents Library with over **140** different libraries and over **14,417+** documents
- FAQ's (**1,567** on-line now) (**Updated 04/05/15**)
- Forums (**with Licensed Mental Health Worker Moderator**)
- Job Postings and Job Fairs (Updated 10/23/15 **45** New Jobs and **1** New Job Fair)
- Memorial Pages (**Updated 04/19/14**)
- News (Updated almost daily, **5,295** articles on-line)
- Web Links (**1,588** Active Links)(**Updated 10/23/15**)

The documents library has many different categories and contains more than 55 million pages of information and forms.

There are forums for all Eras of service and one just for Women Veterans, which is locked to use by women only. Another for Men Veterans which is also locked to men only.

In the documents and forums we provide information pertaining to women and the ability speak freely in the forums to other women about the same issues and problems you face.

The Memorial Pages are open, and if you have a loved one or a buddy you've lost and would like for them to be added to our Memorial Pages, please send a photo, First and Last Name, Rank, Branch of Service, DOB and DOD, and allow us 2-3 days to install on the proper page. (Send to: Jim.Davis@veterans-for-change.org)

You also have the ability to comment and rate all NEWS articles which would be very helpful for us so we know the types of information you'd like to see on our website.

Follow Veterans-For-Change on Twitter



<https://twitter.com/Veterans4Change>

Dental Care for Veterans

The 2015 Healthy Mouth Movement is a program that helps veterans who are unable to find oral healthcare due to financial or access barriers. Sponsored by Aspen Dental, dentists and team members in nearly 30 states devote their time to providing much-needed dental care. Aspen Dental works closely with local veterans' organizations to reach those in need in their community. For more information and to find where the Mouth Mobile will be next, visit the [Aspen Dental website](#).

Proposed Rulemaking for State Veteran Cemeteries Spousal and Dependent Fees and Fees for Disinterment (Amend CCR §461 and Adopt CCR §463 and §464)

NOTICE IS HEREBY GIVEN that the California Department of Veterans Affairs (CalVet) proposes to adopt regulations described in the Notice of Public Rulemaking available on the CalVet website at the link below.

NOTICE IS ALSO GIVEN that any interested person, or his or her duly authorized representative, may submit written comments relevant to the proposed regulatory action to:

California Department of Veterans Affairs
Northern California Veterans Cemetery
Attention: Mark George
11800 Gas Point Road
Igo, CA 96047
Telephone: 530-396-2429
Fax: 530-396-2523

Comments may also be submitted by e-mail to mark.george@calvet.ca.gov. Comments must be received by 5:00 p.m. on November 12, 2015. CalVet will only consider comments received at the CalVet offices by that time.

The Public Notice and proposed rulemaking package are also available for viewing in the California Department of Veterans Affairs lobby at 1227 O Street, Sacramento, CA 95814 and online [here](#).

Pay4Ward Helps with PTSD

The nonprofit organization Pay4Ward helps Veterans with post traumatic stress disorder (PTSD). The organization reintegrates combat vets into society through sailing. For more information about Pay4Ward and to find out ways to get involved, e-mail Ray Hayes at pay.4ward.rh@gmail.com or visit the [Pay4Ward website](#). Follow Pay4Ward on [Facebook](#).

TRICARE Update: Autism Care Demo

The Comprehensive Autism Care Demonstration (ACD) was recently updated to reduce the potential financial burden of applied behavior analysis (ABA) services for non-active duty families. As of October 1, 2015, all ACD cost-shares will match TRICARE Prime and Standard cost-shares for all ABA services provided by authorized ABA supervisors, assistant behavior analysts, and behavior technicians. This change will allow cost-shares to contribute to the annual [catastrophic cap](#) for families and eliminates the 10 percent cost-share for assistant behavior analyst and behavior technician services, also known as "tiered" services, significantly reducing the potential financial burden of ABA services for our non-active duty families.

Summit for Veterans Building Businesses

The Coalition for Veteran Owned Business, in partnership with the Cox School of Business at Southern Methodist University, is hosting the "Building Veteran Business" Summit on Friday, November 6th at SMU in Dallas. The free, day-long event will offer veteran- and military spouse-owned businesses the unique opportunity to learn from and network with leaders from Fortune 500 companies as well as federal and veteran support organizations. Participants can [register](#)

[online](#). After the Summit, there will also be a “Hats Off to Heroes” tailgate at the SMU v. Temple football game. Military and first responder families can sign up for complimentary tickets [here](#).

Hiring Fair in New Jersey

American Legion T. Nulty Post 471 in Iselin, N.J. will host a hiring fair Nov. 16 that will focus on jobs in the auto industry. The event is open to veterans, servicemembers, members of the National Guard and reserve, and military spouses. Hiring for auto industry positions — including drivers, stock clerks, technicians, and positions in accounting, finance, administration, legal, management, sales and IT — is the focus of the event. Those attending the hiring fair should bring a valid driver's license, DD-214 and a résumé. The event is from 3-8 p.m. At Post 471, 25 Brown Ave., in Iselin, N.J. Walk-ins are welcome, but pre-registration is encouraged. For more information, call (732) 634-4500, Ext. 2037.



Are you seeking employment? Been looking forever and not found the right job?

Well Veterans-For-Change is working very hard to bring you more information on Job Fairs and Job Postings available across the country.

Click on the link below, and find all the jobs available, Job Fairs coming up, locations, details, etc.

<http://veterans-for-change.org/documents-library/category/167-job-fairs-job-postings>

If you have a job position open, and are willing to hire a Veteran, please send an E-Mail to: JIM.DAVIS@VETERANS-FOR-CHANGE.ORG there is never any fee involved, this is a 100% free service in order to help thousands of Veterans nationwide to gain full time employment.

To be updated by 8pm PST 10/30/15

Commissaries Get Wi-Fi

The last phase of the Defense Commissary Agency's (DeCA's) in-store Wi-Fi rollout schedule began Oct. 19 as the agency opened Internet access for patrons at its remaining 109 commissaries. Since Feb. 6, patron Wi-Fi has been deployed to 131 stateside stores and Puerto Rico. In-store Wi-Fi allows patrons to use their smart phones and tablets to access the Internet and websites such as www.commissaries.com. Anyone can access the store's Wi-Fi from the sales floor area. Some websites are blocked, and patrons with questions about access should contact the store's customer service representative. DeCA's final Wi-Fi deployment schedule is available on Commissaries.com.

Links to other Stories

- 1) [Air Force Veteran remains in jail for political posts on social media](#)
- 2) [Americans Encouraged to Greenlight Opportunity for Transitioning Veterans](#)
- 3) [Controversial 'VA is Lying' Billboards Come To Chicago](#)
- 4) [Hillary's outrageous effort to whitewash the VA hospital crisis](#)

- 5) [Hines VAMC in Chicago](#)
- 6) [Homelessness ends among Veterans in Winston-Salem and Forsyth County, Mayor Joines says](#)
- 7) [Marines, Sailors prepare to treat combat wounds](#)
- 8) [Mobile health app helps Fort Rucker stay resilient, healthy](#)
- 9) [San Antonio Military Medical Center docs focus on healing hands, arms](#)
- 10) [Senate bill would block VA from cutting aid to homeless Veterans](#)
- 11) [Sign of the Times: Hines VA Hospital Photobombed by Billboard](#)
- 12) [This Veteran Refuses to Leave His Unemployed and Debt-Ridden Comrades Behind](#)
- 13) [Veteran with cancer sues Phoenix VA for \\$50M, alleges negligent care](#)

You can help Veterans-For-Change by reading the articles posted, and comment at the bottom and rank the article. If you don't have an account, sign-up today, it's **FREE**. Your comments and rankings help us to better determine the type of information you'd like most to see.

Check us out today: www.veterans-for-change.org

Legion's Operation Comfort Warriors

Fifth Third Bank locations in Greater Indiana are supporting The American Legion's [Operation Comfort Warriors](#) (OCW) program from Nov. 2-14. As part of its annual "Honoring Our Veterans" campaign, the 118 participating Fifth Third Bank locations across the region will be selling Honoring Our Veterans stars for a minimum donation of \$1 a piece to raise funds for OCW— the Legion's wounded warrior assistance program. The stars will be displayed throughout the financial centers. Fifth Third Bank will match donations up to \$10,000.

To Contact your Members of Congress

To Call your Representative:	202-225-2305
To call your Senator:	202-224-3841 or 202-224-3553
To call different members of Congress:	202-224-3121
Toll FREE Number:	866-272-6622

Medicare/Social Security Escapes Penalties

Included in the budget deal was good news for some Medicare beneficiaries. Roughly one-third of Medicare enrollees dodged a 52-percent premium hike thanks to the budget deal, which includes a loan from the federal government paid by future premium hikes. Also Social Security's disability trust fund got a much-needed cash infusion as well. That fund would have gone dry next year and enrollees were facing steep cuts, but a slice of the payroll tax as part of the budget deal helps shore it up.

The SSDI program is broken and insolvent, and registered its sixth annual net deficit in 2014 – declining by \$30.2 billion since 2013. Each dollar awarded was only paired with 77 cents in payroll tax contributions. Keeping the fund solvent would require either cutting benefits by 20 percent or increasing taxes by 17 percent.

The reason for this unsustainability is a drastic increase in the number of individuals on disability. While workers are healthier and jobs are safer, the percentage of the working-age population on disability increased from 2.3% to 5.1% over the past 15 years. This increase comes as a response to perverse incentives instituted by Congress in 1978, which added non-medical, vocational factors such as age, education, and ability to speak English to the list of disability qualifications. Currently, about 43 percent of Social Security disability awards are based on these factors.

Source: NAUS

~ We Proudly Support Our Military Personnel & Families ~

Guitars for Veterans

The nonprofit organization Guitars for Veterans (G4V) has refined a guitar instruction program aimed at providing Veterans struggling with physical injuries, post traumatic stress disorder (PTSD) and other emotional distress a unique supportive program. G4V pursues its mission to share the healing power of music by providing free guitar instruction, a new acoustic guitar and a guitar accessory kit in a structured program run by volunteers, primarily through the Department of Veterans Affairs facilities and community-based medical centers. G4V currently operates more than 50 chapters in 25 states. For more information and to find a local chapter, visit the [Guitars for Veterans website](#).

Problems Continue at VA

A new report from the Government Accountability Office (GAO) reports the VA is still struggling to manage patients' schedules, at least in the mental health care arena where some veterans have waited nine months for evaluations.

The GAO reviewed 100 patient cases and found that while 86 patients seeking an initial mental health evaluation generally were seen within an average four days of scheduling an appointment, they actually waited an average of 26 days from their first request for mental health treatment to get that appointment — and some waited up to 279 days.

GAO also found that at one medical center, schedulers were not using the VA's appointment system and were managing appointments manually — a practice that sidesteps oversight and, in the scandal that exploded last year, drew allegations of scheduling failures and use of "secret wait lists."

The GAO report said VA has conflicting policies on allowable wait times, which can cause confusion in assessing whether schedulers are meeting standards. The Veterans Health Administration, for example, sets the standard for mental health appointments at 14 days, while legislation requires VA to refer veterans to private care if they have to wait 30 days or more. The GAO report also noted that some patients still wait as long as 57 days after their first comprehensive mental health appointment to begin treatment.

The GAO recommended that VA clarify its policies on wait times, issue guidance for calculating wait times and reiterate its policies on maintaining schedules, to include using the VA's official system. VA hired 5300 mental health clinicians and administrative staff from 2012 to 2013 and increased mental health staffing by a fourth from 2010 to 2014. VA also has hired more than 900 peer specialists — veterans who are trained to work with veterans seeking counseling and mental health services — and is on track to meet the 30-day requirement for accessing care across services by March 2016.

Source: NAUS



America's Veterans United

Is an advocacy group on Yahoo Groups developed to fight for the benefits, care, facilities, caring and compassionate fully licensed medical professionals, updated and properly operated VA Medical Facilities.

Are you sick and tired of the "business as usual" attitude, or the "delay, deny, until they die" attitude?

Are you able to give 30-60 minutes of your time per month to help develop and send letters to all 535 members of Congress each month in an attempt to force Congress into getting off their seats and actually doing something for Veterans vs. their usual lip service?

And are you sick and tired of all the other organizations who say they are fighting for you, but have shown decades of really not doing much for you?

Then join us, we do more than use membership numbers to fight, we actually have you working with us in the fight. Take control of your health and medical care and help us fight for you.

If interested, check out our page on Yahoo Groups:

https://groups.yahoo.com/neo/groups/Americas_Veterans_United/info

If you're not a member of any Yahoo Group, and not familiar with the system but want to join in the fight, you can do so via E-Mail as well:

americas_veterans_united-subscribe@yahoogroups.com

One really good thing about America's Veterans United, it won't cost you one thin dime, no membership dues, no postage costs, just your time and your computer.

Help us to help you and your fellow Veterans in the fight!

If you received this Newsletter as a forward or as a Courtesy Copy and would like to continue to receive this FREE weekly newsletter, click on link below:

<https://app.expressemailmarketing.com/survey.aspx?sfid=121170>

Complete all information, and select the appropriate box at the bottom of the form. You will then receive an automated authentication E-Mail, follow the instructions and you will then be added to the weekly distribution list.

Or if you prefer you can sign up to the Yahoo Groups VFC-News page and receive our weekly newsletter by sending an E-Mail to: VFC-News-subscribe@yahoogroups.com

Our mailing list is never sold, traded or shared with anyone ever, and is held in the strictest of confidence.



Veterans-For-Change Newsletter is a once weekly publication deadline for submission is 5:00 PM PST on Thursday!



Our country is not the only thing to which we owe our allegiance. It is also owed to justice and to humanity. Patriotism consists not in waving the flag, but in striving that our country shall be righteous as well as strong.

~James Bryce~

Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today
www.veterans-for-change.org

Serving those who served!

Please pass to all your Veteran friends and family!

Distribution	
Express Mail:	14,441
Face Book Pages:	3,023
Yahoo:	118
Twitter:	27
US Army	34,068
US Navy	7,781
US Marines	13,697
Dept of VA	11,093
Washington DC	115,226
New York	101,186
Los Angeles	89,346
Boston	55,027
San Francisco	55,791
Veterans	19,010,495
Other Social Media:	12,397
Courtesy Copies:	3,500
	19,527,216