



Veterans-*For*-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, November 08, 2015

Volume 6, Issue 45

This-N-That

This week while reading various news sources and blogs I ran across something that was rather disturbing.

I was reading several pieces on Blue Water Navy and the bill that is pending right now that would provide for the benefits and care, and part of what I read stated that Veterans were asked if they would take a reduction in benefits rounding down to the next whole dollar to help pay for the benefits and care to be provided to BWN Veterans.

What on earth were they thinking? Steal from Peter to pay Paul as Congress is notorious for? What ever happened to the promise to care for those who served?

Why are none of the nationally chartered Veteran Service Organizations keeping so quiet on this and many other issues?

It's bad enough we have the VA with all it's flaws, theft and bribery going on all unchecked, un-monitored, and almost all are getting away with it because there is no accountability but now they want all Veterans to "chip in" and help pay to provide benefits to their fellow Veteran?

Then add to this all the deceased Veterans still receiving benefits and all the Veterans in Florida and where ever else that are still living but the VA just declares them deceased and stops their benefits?

Why hasn't Secretary McDonald come out on any of this? Why is the VA avoiding a real problem solver of addressing the software?

For a while I had been working with a Senator on the software problem where claims would all be submitted electronically, and the software program would communicate with the various branches of service and the DoD to verify and/or attach the necessary records to validate a claim and then the claim could be approved based on all the rules and regulations in the VA and either automatically approve or disapprove and if the claim was a very difficult claim to be kicked out for human intervention.

Then poof all of a sudden total silence from the Senators office.

Who is behind not wanting to move forward, not wanting to insure all Veteran were treated equally, fairly, and expeditiously?

And the even bigger question, what does it take to get Veterans to band together to speak out as one simultaneously? To flood the members of Congress's phone lines, E-Mails and faxes machines demanding answers and accountability?

There is a group of Veterans, spouses and family members doing just this! No membership fees, no monthly dues, no out of pocket expenses. It just need people like you who want this horrible nightmare with the VA Healthcare system to end!

Further down in this newsletter is information on America's Veterans United. Check it out, give it some thought, and join, be a part of a team that wants justice for all.

Remember, if you remain silent, you're in essence Accepting what is going on, can you still remain silent?

This coming week is Veterans Day, and we will put out a special release probably Tuesday night, but we'd like to thank you all for your service, and thank you for all our Freedom!

Many of you will attend Veterans Day events, but we would like to ask if you would take a minute, stop and say a little prayer for all those who gave their all, as without them too, we'd not have and enjoy all the Freedom's we have today.

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

PTSD and TBI Linked to Dementia?

An Arizona physician is researching the link between dementia among veterans and conditions including post traumatic stress disorder (PTSD) and traumatic brain injury (TBI). The program is designed for aging veterans with PTSD and TBI and aims to prevent dementia from setting in or getting worse. The research revolves around workbooks, which are given to the veterans who enroll as patients. Veterans complete the workbooks over the course of several weeks alongside volunteers. For more information, call America's Mighty Warriors at 623-537-5322 or visit the [America's Mighty Warriors website](#).

Veterans Day: A Mix of Honors, Triggers and Discounts

by Welby O'Brien

Veterans Day and other patriotic holidays can really catch many people off guard. Ironically, the one day of the year set aside to honor our veterans is often one of the most difficult for many of them. Especially those with [PTSD](#). And the sad thing is that most people do not get it. So how do those with Posttraumatic Stress and their [loved ones](#) best survive this time of year? And how can others convey long-overdue appreciation?

I got a real shock the day I was looking for Veterans Day cards at our huge local super store. Three complete aisles and four end displays of greeting cards, including rows and rows of Halloween cards (that in itself would be another blog another time). Could not find the Veterans Day cards.

So I asked an employee (who had worked there for 15 years). She had not even heard of Veterans Day! What? Excuse me???

Finally I found them. Just a few cards. Down at the bottom. It made me mad. And sad. So I bought a whole bunch (if you ever need one, call me.)

For the first time, I realized that *I too* am more susceptible to being triggered this week. Do not be surprised if our vets and [those of us who love them](#) seem more irritable than usual this time of year. [Symptoms of PTSD](#) may be much more hot-wired (sleep disturbances, anxiety, substance abuse, withdrawing, outbursts or emotions, hyper-vigilance, flashbacks, suicidal thoughts, etc.).

I am coming to believe that a lot more veterans have PTSD than realize it. They often carry themselves well in parades and other patriotic events. And rightly so. They DO deserve all the honor and gratitude they receive! But inside many of those brave uniformed bodies are hidden the terrors of war. No one but the veteran really knows the horror they lived through. And relive over and over again.

So whether you are a veteran or a loved, one, please be sure to surround yourself with good [support](#) during this time, stay aware of your own triggers, and take care of YOU.

And if you do decide to celebrate, here are links to some great Veterans Day and military discounts. It is good to know that some people DO get it!

<http://militarybenefits.info/veterans-day-discounts-sales-deals-free-meals/>

<http://www.military.com/discounts/>

<http://themilitarywallet.com/veterans-day-free-meals-and-discounts/>

Thank you to ALL who have served and sacrificed. I am one of many who are truly grateful!

~Welby

No Veterans COLA for 2016

While Congress is considering bills to authorize a cost-of-living adjustment (COLA) in 2016 governing veterans' disability compensation, pension and other payments, the Social Security Administration has already announced that no COLA will be made available in 2016. Therefore, if Congress passes veterans' bills authorizing COLA increases next year, there will not be any increase in the rates paid for disability compensation and other benefits. This lapse is unfair to America's disabled veterans.

In recent years, it has become apparent that even the several prior COLA increases failed to meet rising costs faced by disabled veterans, their dependents and survivors. These individuals are not "normal" consumers of goods and services on the U.S. economy; they are significantly older and suffer disabilities at higher rates than average citizens across the age range of residents of this country. In general, they are heavy consumers of health care, both within the systems of the Departments of Veterans Affairs and Defense, from Medicare and Medicaid, and from private providers. The sickest and most infirm among them are unemployable. They are substantial consumers of expensive prescription medications and other health aids. In many cases, they live on fixed incomes and some must subsist on a single source of funds: their monthly government disability or pension payments. Flattening next year's VA benefit payments is an unjust policy and will negatively impact the financial security of this deserving group, and should be remedied.

Please contact your elected officials to urge them to introduce legislation that would guarantee a reasonable COLA for wounded, injured, and ill veterans and their dependents and survivors. A letter for this purpose is provided for your use. You may also write a personal message if you prefer.

As always, thank you for your grassroots support and advocacy to enable us to move helpful legislation through Congress that is beneficial to disabled veterans.

Click the link below to log in and send your message:

<https://www.votervoice.net/BroadcastLinks/Rh5vurQMT7H1GlnkYIAg8g>

Source: Moses McIntosh, DAV National Commander and Linda Stake, DAVA National Commander

VA Offers New 311VET App

311VET is Veterans Benefits Administration's (VBA's) new benefits app, and it answers a wide range of questions about veterans' benefits, including what benefits you may be entitled to, how to apply for benefits, how different benefits are defined, and where to go to get more information about VA services. 311VET can provide information about most VA benefits, including pension, education, health, disability, loan, burial and career benefits. 311VET cannot answer questions about the status of specific claims ([use IRIS](#) for that) or other questions that require personally identifying information (PII) or protected health information (PHI). 311VET is available for both [iOS devices](#) and [Android devices](#). If you do not have a smart phone, simply text your question to 311838.

Government Accountability Office (GAO) Reports

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

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>

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

Troubled Asset Relief Program: Status of Remaining Investment Programs <http://www.gao.gov/products/GAO-16-91R>

Climate Change: HHS Could Take Further Steps to Enhance Understanding of Public Health Risks.
<http://www.gao.gov/products/GAO-16-122>

Aviation Security: Improved Testing, Evaluation, and Performance Measurement Could Enhance Effectiveness, by Jennifer Grover, director, homeland security and justice, before the House Committee on Oversight and Government Reform. <http://www.gao.gov/products/GAO-16-199T>

Medicaid: Improving Transparency and Accountability of Supplemental Payments and State Financing Methods, by Katherine M. Iritani, director, health care, before the Subcommittee on Health, House Committee on Energy and Commerce. <http://www.gao.gov/products/GAO-16-195T>

2020 Census: Key Information Technology Decisions Must Be Made Soon, by Carol Cha, director, information technology acquisition management issues, before the the Subcommittees on Government Operations and Information Technology, House Committee on Oversight and Government Reform. <http://www.gao.gov/products/GAO-16-205T>

2020 Census: Progress Report on Using Administrative Records to Control Enumeration Costs, by Robert Goldenkoff, director, strategic issues, before the Subcommittees on Government Operations and Information Technology, House Committee on Oversight and Government Reform. <http://www.gao.gov/products/GAO-16-206T>

Sexual Assault: Actions Needed to Improve DOD's Prevention Strategy and to Help Ensure It Is Effectively Implemented.
<http://www.gao.gov/products/GAO-16-61>

Veteran-Owned Small Businesses: Preliminary Observations on Verification Program Progress and Challenges, by William B. Shear, director, financial markets and community investment, before the Subcommittee on Oversight and Investigations, House Committee on Veterans' Affairs, and the Subcommittee on Contracting and the Workforce, House Committee on Small Business. <http://www.gao.gov/products/GAO-16-179T>

Information Technology: Implementation of Reform Legislation Needed to Improve Acquisitions and Operations, by David A. Powner, director, information technology management issues, before the Subcommittees on Government Operations and Information Technology, House Committee on Oversight and Government Reform.
<http://www.gao.gov/products/GAO-16-204T>

K-12 Education: Internal Controls for Program Management and Oversight Can Help Ensure the Success of School Choice Programs, by Jacqueline M. Nowicki, director, education, workforce, and income security, before the Senate Committee on Homeland Security and Governmental Affairs. <http://www.gao.gov/products/GAO-16-212T>

Independent Auditor's Report on Applying Agreed-Upon Procedures: Fiscal Year 2015 Excise Tax Distributions to the Airport and Airway Trust Fund and the Highway Trust Fund. <http://www.gao.gov/products/GAO-16-109R>

TRICARE Young Adult Premiums To Jump

Adult military children using TRICARE Young Adult health care coverage will see their premiums jump next year. Premiums will be reset on 1 January 2016, and the announced new premiums are markedly higher than the 2015 premiums. For more details, see [this Paycheck Chronicles post](#).

The Importance of TRICARE Referrals

When TRICARE Prime beneficiaries need specialty care services, they must receive a referral from their primary care manager (PCM). Getting a referral makes sure your regional or overseas contractor authorizes the care before you make an appointment. TRICARE rules require that if the care you need is available at a military hospital or clinic near you, and there is space available, you will be referred there first. Before making an appointment with the specialty care provider, [call](#) your regional contractor 3-5 days after the PCM enters the referral to check the status. If you are overseas and are referred to a host nation provider, be sure to [coordinate your care through your overseas contractor](#).

Eliminate Costs TRICARE Doesn't Cover

Doctor and hospital bills are expensive even when you're covered by TRICARE. Help minimize or even eliminate out-of-pocket expenses with the MBA-sponsored [TRICARE Insurance Supplement Plan](#).

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 **2,436,106** 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, **5,306** 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>

VA Professional Mental Health Initiative

If you are a Licensed Professional Mental Health Counselor, VA needs you! As part of the Department of Veterans Affairs' (VA) recruitment plan to hire additional mental health care professionals, a new training initiative has been funded to attract Licensed Professional Mental Health Counselors (LPMHC). VA plans to continue to increase hiring in this profession. Interested mental health care providers can find additional information about VA careers and [apply for jobs online](#).

Free Legal Aid Clinic in Idaho

Several University of Idaho law students have organized a free monthly legal aid clinic in Lewiston, Idaho to assist veterans with various civil issues. Veterans are asked to fill out an intake form when they arrive at the clinic to determine what their legal need is and collect some personal information, as well as a memorandum of understanding explaining that there may be some limitations to the services that can be provided at the clinic. They then meet with a licensed attorney who provides them with directions on how to resolve their issue. Each clinic is 6 to 8 p.m. on the first Wednesday of the month in the Brammer Building, 1225 Idaho St., in Lewiston, Idaho. The next clinic is Nov. 4.

AF Releases Sexual Assault Prevention Strategy

The Air Force recently released a new, five-year Sexual Assault Prevention and Response Strategy. The two-part document outlines both response and prevention strategies. Although Airmen will likely be familiar with the programs included in the response portion of the strategy, the prevention strategy presents a new phase in Air Force SAPR efforts. The strategy document explains factors that put an individual at risk for perpetration such as previous unhealthy experiences, beliefs or relationships, and outlines a plan to tailor training to address risk factors in every setting. Airmen will begin seeing portions of the prevention strategy in action this year. The new 2015 SAPR Strategy is available [online](#).

Commissaries Observe Military Family Month

Commissaries are commemorating National Military Family Appreciation Month with values for customers through Veterans Day holiday weekend sales, Black Friday weekend sales and seasonal promotions. Find out about turkeys and other discounted items in their commissary by accessing the sales flyer on the "Savings Aisle" on the [Commissaries.com website](#). The Fifth Annual "Get Your Turkey Free -- When You Buy Holiday Favorites is a worldwide promotion that features a 16-page recipe booklet with coupons valued at more than \$38. You can get a turkey free when purchasing holiday meal essentials using the coupons. On Nov. 17, stateside commissaries start featuring fresh turkeys at low prices. The [sales flyer on the Commissaries.com website](#) has details. Also, stateside commissaries will feature "rock-bottom" sale prices on "Black Friday"-tagged items Nov. 27-29.



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 11/06/15

Keeping Up With VA Regional Offices

The Department of Veterans' Affairs (VA) has fifty-six regional benefits offices (ROs) located throughout the country. All states have at least one, and a few states have more to handle larger populations. Many ROs periodically host claims clinics and similar events. To locate an event in your area you can do one of the following: (1) follow VBA on [Facebook](#) and [Twitter](#); VA post details about the events in advance of the event; (2) all ROs have a designated webpage; this [map](#) will link you to the one in your state; or (3) contact your local RO and inquire about upcoming events. But, you do not need to wait for an event to ask questions. All ROs also have public contact personnel who can assist you with your questions during normal operating hours.

Links to other Stories

- 1) ["Dead" Veterans protest termination of benefits](#)
- 2) [BATDOK uses technology to save lives](#)
- 3) [Casualty of War, a Promise Made, and Kept...](#)
- 4) [Obama's New Gay-Friendly Military Experiencing Penetrative Male Rape Epidemic](#)
- 5) [Outrageous! Watch VA employees spend work day playing human 'Hungry Hungry Hippos' on taxpayer dime](#)
- 6) [Two Senior VA Officials Plead The Fifth Amendment At Hearing](#)
- 7) [VA sends to Congress plan for consolidating private care programs](#)
- 8) [Why does Florida VA office keep listing living Veterans as deceased?](#)

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

Verification Requirements For Veteran-Owned Small Businesses

--The Department of Veterans Affairs (VA) will propose new verification requirements for veteran-owned small businesses.

The VA is looking to root out fraudulent small business owners who claim to be veterans, while making sure the process is not too complicated for actual veterans to comply with.

The public has 60 days to comment. <http://bit.ly/1kdvMZ6>

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

DoD Replaces Risky Commissary Plan

The Pentagon's last two budget plans to "reform" the commissary benefit for military families and retirees were driven by a goal to save money, without due regard for preserving the benefit, said a senior Defense official who claims to be leading commissary reforms on a less perilous path. In a strikingly frank address Tuesday to commissary brokers, suppliers and product representatives at the annual convention of American Logistics Association, Peter Levine, deputy chief management officer for the Department of Defense, confirmed what critics in Congress and industry, and advocates for commissary patrons, had charged for the past two years.

~ We Proudly Support Our Military Personnel & Families ~

VA Launches Hepatitis C–Advanced Liver Disease Disparities Dashboard

Dashboard Bolsters VA Efforts to Identify and Treat Veterans With Hep C and Liver Disease

WASHINGTON – The Department of Veterans Affairs (VA) is stepping up its efforts to accelerate treatment for Veterans with hepatitis C and advanced liver disease (ALD) through the creation of a Hepatitis C–ALD dashboard. The dashboard works by using a set of criteria, including age, gender, geography, service era along with and race and ethnicity, to distinguish Veteran groups at highest risk for ALD as a result of hepatitis C.

“The dashboard is a powerful data tool to help VA identify Veteran groups disproportionately affected by Advanced Liver Disease and to ensure they receive the appropriate health care,” said Dr. David Shulkin, VA’s Under Secretary for Health. “VA will provide data directly to facilities for any of the vulnerable groups identified by the dashboard and support outreach efforts to Veteran populations disparately impacted and not currently served by VA health care. This is an important step in assuring all Veterans with ALD receive timely, appropriate care.”

VA’s Veterans Health Administration’s Office of Health Equity developed the dashboard as part of its efforts to target and accelerate care of Veterans with this serious disease. The new resource promotes equitable diagnosis and treatment of underserved Veterans with hepatitis C and ALD nationally and compliments existing clinical hepatitis and liver disease dashboards available in some Veterans Integrated Service Networks or VISNs.

Chronic hepatitis C virus (HCV) infection is the most common blood-borne infection in the world. Complications that result from untreated HCV infection include progressive liver damage leading to cirrhosis, primary cancer of the liver, liver failure and death. Although many of these complications are treatable or even preventable, three-quarters of the individuals with HCV infection in the U.S. are unaware they are infected. VA leads the country in [hepatitis](#) screening, testing, treatment, research and prevention.

The Hepatitis C-ALD dashboard further advances the vision for quality care and improved access to care identified in VA's [Blueprint for Excellence](#). For more information on the dashboard, visit: <http://www.hsrd.research.va.gov/news/video/heap.cfm>.



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.

Support Extension Of Agent Orange Act (HR 3423)

Time is Running Out for Agent Orange Act. Congressman Tim Walz (MN) recently introduced the FRA-supported “Agent Orange Extension Act,” (H.R. 3423) which would extend by two years the original sunset deadline of the Agent Orange Act of 1991 to ensure that Vietnam veterans exposed to Agent Orange receive just compensation and care. The Act expires on September 30, 2015 and the legislation would extend the sunset to September 30, 2017. FRA warned the House and Senate Veterans Affairs Committees regarding the sunset of the Act during its March 18, 2015 testimony.

The Agent Orange Act of 1991 (AOA) established a presumption of service connection for diseases associated with Agent Orange exposure, relieving Vietnam veterans from the burden of providing evidence that their illness was a result of military service. This law directs the the National Academy of Sciences (NAS) to periodically research and review diseases that might be associated with Agent Orange exposure. The VA is required to add diseases the NAS finds to have a positive association to Agent Orange exposure to the VA’s list of presumptive service connected diseases. Since the enactment of the AOA, the NAS has issued reports that have led to the presumption of service connection for diseases such as Parkinson’s, B-cell leukemia and early onset peripheral neuropathy. Without these studies, thousands of Vietnam era veterans would have gone without the benefits they greatly deserve.

If the AOA expires before the final report is issued, the VA would no longer be obligated to review the NAS report or add any new diseases to the presumption of service list, in the process denying thousands of veterans their right to compensation.

Members are urged to use the Action Center to ask their Representative to support this important legislation.

Take Action!

<http://capwiz.com/fra/issues/alert/?alertid=67677626&queueid=10976899306>

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

- 1 Nov 1898: Army Contract Nurse Elizabeth Flanagan (Nun—Sister M Elizabeth), Typhoid Fever, SPANISH AMERICAN WAR
- 1 Nov 1944: USA ANC 1LT Aleda Lutz, WW II
- 1 Nov 2007: WIARNG 2LT Tracy Alger, 30, IRAQ
- 1 Nov 2011: OKARNG SPC Sarina N Butcher, 19, IED, AFGHANISTAN
- 2 Nov 1972: CIVILIAN Evelyn Anderson, missionary, VIETNAM
- 2 Nov 1972: CIVILIAN Beatrice Kosin, missionary, VIETNAM
- 2 Nov 2003: USA PFC Karina S. Lau, 20, IRAQ
- 2 Nov 2003: USA SPC Frances M. Vega, 20, IRAQ
- 3 Nov 1898: Army Contract Nurse Anne Larkin (Nun—Sister Mary), Typhoid Fever, SPANISH AMERICAN WAR
- 3 Nov 1898: Army Contract Nurse Mary Burke, Nun, Typhoid Fever, SPANISH AMERICAN WAR
- 4 Nov 1965: CIVILIAN Georgette “Dickey” (Meyer) Chapelle, photojournalist, VIETNAM
- 4 Nov 2009: USA SSG Amy (Seyboth) Tirador, 29, non-combat, IRAQ
- 5 Nov 2001: USA PFC Amanda Gonzales, 19, murdered in barracks, Hanau, Germany
- 5 Nov 2005: USA SFC Mary Dessus, 36, murdered by husband, Killeen, TX
- 5 Nov 2007: USA SSG Carletta S (Ward) Davis, 34, IED, IRAQ
- 5 Nov 2009: USA SPC Francheska Velez, 21, murdered at Ft Hood, TX
- 5 Nov 2009: USAR SGT Amy Krueger, 29, murdered at Ft Hood, TX
- 5 Nov 2009: USA LTC Juanita (Rightweiser) Warman, 55, murdered at Ft Hood, TX
- 5 Nov 2014: USA SPC Dashea (McClary) Hatcher, 23, murdered in Hinesville, GA by husband
- 6 Nov 2004: CIVILIAN Melissa Leigh Mosvick, 24, bus accident in Morocco, Peace Corps
- 6 Nov 2007: USA SPC Christine M Ndururi, 21, illness, Kuwait
- 6 Nov 2009: USA SPC Ariana Thom, 25, murdered by husband at Ft Campbell, KY
- 7 Nov 1943: WASP Mary Elizabeth Trebing, WW II
- 7 Nov 2003: USA Chief Warrant Officer 5 Sharon T. (Mayo) Swartworth, 43, IRAQ
- 8 Nov 1998: USN LT (jg) Meredith Carol Loughran, 26, plane crash aboard USS *Enterprise*
- 8 Nov 2003: USA SGT Linda C. Jimenez, 39, IRAQ
- 8 Nov 2014: USA PFC Kathijah A Badrulhaimi, 22, suspected suicide, Fayetteville, NC
- 9 Nov 1943: USA ANC 2LT Betty Ault, traffic accident, Sierra Blanca, TX
- 11 Nov 1898: Army Contract Nurse Margaret Trioche, Typhoid Fever, SPANISH AMERICAN WAR

11 Nov 1967: USA SGT Dona L McDonald, 30, sport parachute accident at Ft Leavenworth
12 Nov 2007: USA SPC Ashley (Segura) Sietsema, 20, vehicle accident, KUWAIT
12 Nov 2008: USAF SrAirman Marschelle Harris, 22, non-contagious acute disease, Suwon, S Korea
12 Nov 2009: USN SN Tyler A Jefferson, 18, murdered while jogging in Pensacola, FL
12 Nov 2010: USN Kelli Grese, suicide from VA RXs in Hampton Roads, VA
15 Nov 1944: CIVILIAN Nurse Beatrice Glasco
21 Nov 1898: Army Contract Nurse Katherine Stansberry, Typhoid Fever, SPANISH AMERICAN WAR
23 Nov 1944: WASP Hazel Ah Ying Lee, WW II
26 Nov 1944: WASP Katherine "Kay" Applegate Dussaq, WW II
26 Nov 2006: USA SGT Jeannette T. Dunn, 44, non-combat incident, IRAQ
29 Nov 1918: ANC Sister M Camilla, influenza, St Elizabeth Hospital, Lafayette, IN
30 Nov 1967: USA ANC CPT Eleanor Grace Alexander, 27, VIETNAM
30 Nov 1967: USA ANC 1LT Hedwig Diane Orłowski, 23, VIETNAM
30 Nov 1967: CIVILIAN Dorothy Phillips, Army Special Services, VIETNAM

Know Before You Go

Colleagues and Fellow Veterans and Servicemembers,

Like any military mission, transitioning to civilian life takes preparation, research, planning, and the right tools. One of the most powerful tools you have is the GI Bill®, and it's important to know how to use it.

That's why we are excited to introduce two unique tools to help you in your decision process.

We have recently updated our 'Choosing the Right School' Guide. This new version includes information about the different types of degrees/programs that you can use with the GI Bill, the importance of school accreditation, and much more valuable information to help you make the right decisions on where to use your hard earned benefits! You can check it out at: http://www.benefits.va.gov/.../factshee.../Choosing_a_School.pdf

As well we would like to introduce VA's "Know Before You Go" video, featuring Veterans who have used their GI Bill benefits and offer great advice for how you can make the most of yours. You can use your benefits to obtain an associate, bachelor's, master's degree, or even a Ph.D. You can participate in a certification program to gain the credential required for the civilian job you want. You can learn a new trade through an apprenticeship or on-the-job training.

For some Veterans, having so many options can feel overwhelming. "Make sure you have a plan," says Kyle White, an Army Veteran and Medal of Honor Recipient who appears in the video. The [GI Bill Comparison Tool](#) is a great place to start. But perhaps the most powerful resource to help you make well-informed decisions about the future is your network of fellow Veterans.

Take a moment to watch the video https://Know_Before_You_Go to hear more from Kyle and other Veterans. I am confident that you will learn something new and want to share the video with your fellow Servicemembers and Veterans. We will soon have it on our GI Bill website, our Comparison Tool and including it in our TAP classes.

We all need to make sure this generation of Veterans has every opportunity to succeed. We understand how important it is to prepare for life after the military, and we will continue working to provide you with the research and tools you need.

As always - please feel free to pass this on!

V/R

Curtis L. Coy
Deputy Under Secretary for Economic Opportunity
Veterans Benefits Administration
U.S. Department of Veterans Affairs



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

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