



# **Veterans-*For*-Change Newsletter**

*A Voice of the Veterans*

**Week Ending Sunday, December 06, 2015**

**Volume 6, Issue 49**

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## ***This-N-That***

Everyday I receive various reports and information from agencies across the country regarding our homeless Veterans.

On occasion I get a news feed with some good news, but for the most part it's not good at all. But in Florida a young man Victor Torres wanted to serve, be out on his own, and make something of himself. So he joined the Air Force at 18, served in Afghanistan.

When he returned home, got his college education and tried to find a job to support himself and take advantage of his education but ended up homeless, and began to use alcohol like so many Veterans do.

But Victor is one of the very few who reach out for help and was able to get an apartment, part time job, and begin to pull himself up.

But as I said, this is a very rare situation, most can't find that path, reach out sometimes but always seem to be knocked down by the VA in one way or another.

Some not only turn to alcohol, but some even turn to drugs. And while there is help out there, most Veterans have lost faith, lost what trust they had in America in general, feel betrayed, let down, often lied to and worse.

In 2009 VFC began a program which was brought to us by a former Board Member called Homeless Heroes Back Pack program.

That program is still going on today in many church's, Veteran Service Organizations, and more as people saw the program worked and adopted the program.

Down in Orange County, CA where the program started is still going on today, being managed by a small organization called Angel Wings which was founded by Cindy Nagamatsu.

Cindy works with all the churches and various young adult organizations and they continue to fight the problem head on.

Unfortunately the program which provided much of the materials needed has faltered to the point that we can no longer get back packs, fanny packs, caps, water proof containers, etc, but we were able to deliver to Cindy last night 150 fanny packs and 100 baseball caps, and we're hoping in another week or so we can deliver some of the remaining back packs we have in stock.

But you too can help us to help all those who served and are homeless.

You can donate gently used clothing, shoes, jackets, blankets, etc. to a local Veteran Service Organization. Or talk to your church about developing a program such as the Homeless Heroes Back Pack program.

Anyone interested in more details, please feel free to contact me, we're more than happy to share the program with everyone.

We can fight this problem, and we can win! With your help!

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

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## **Winter, Holiday Stress & PTSD: Will We Make it Through?**

By Welby O'Brien  
<http://www.loveourvets.org/2015/11/23/winter-holiday-stress-and-ptsd-will-we-make-it-through/>

Winter is off to a brutal start this year for many of us. And just the mention of the holidays and this season can send chills up our spines. Along with guilt because this should be "the most wonderful time of the year"... or so they say. Unfortunately, those who deal with the relentless demands of PTSD are especially vulnerable this time of year.

Just yesterday I got a desperate message saying, "**I don't think I can make it through this year!**"

We all know the feeling! Stormy weather, darkness, cold, threatening power outages, holiday hooplas, excessive special events, family stresses, increased financial pressures, trauma anniversaries, overloaded schedules, junk food galore, lack of exercise, more crowds, less space, emotional upheavals, etc. None of which are helpful to PTSD survivors and their [loved ones](#). So since we cannot fast-forward to spring, how do we best make it through these colder, darker, busier difficult days?

The following are some tips that have helped both me and my husband, a 100% disabled veteran with PTSD, during times of seasonal stress. Keep in mind that although secondarily impacted, we as loved ones are just as vulnerable to the triggers and effects as those with the PTSD.

**1. Be aware of your triggers.** What circumstances (and people) cause your [PTSD](#) symptoms to increase? Learn to recognize your symptoms as well as what triggers them. Some typical manifestations are flashbacks, avoidance, numbing, putting up walls, withdrawing, hyper-vigilance, irritability, easily startled, memory blocks, sudden bursts of anger or other emotions, difficulty sleeping, nightmares, fear, depression, anxiety, substance abuse and other addictive behaviors, difficulty holding a job, relationship problems, and unfortunately sometimes even suicidal thoughts.

**2. Stay tuned to your body's warning signals.** Listen to your body. Learn to trust it. Does that headache, or indigestion, or grinding teeth mean anything? In order to survive, we need to be aware of our needs and be able to communicate them (*before* we have a melt down!)

**3. Do all you can to stay safe and healthy.** Each of us is a choice maker. Although PTSD can be tyrannical at times, ultimately we have the power to choose what is best for us in the long run. Keeping our bodies feeling safe is crucial to surviving the PTSD onslaughts. And not giving in to destructive behaviors will pay off, not only for us but for those we love.

**4. Surround yourself with good support.** Who are the people who are helpful (not the leech type)? Reach out to others who are [supportive](#). No one needs to be alone! If you have no support, please check our website for options of local groups and online support. [www.LoveOurVets.org](http://www.LoveOurVets.org)

**5. Remember you can't keep everyone happy.** Surprise! (I'm just now learning this!) Plan to disappoint a few people if necessary in order to save your own sanity. Do try, however, to be polite if possible. Learning to say, "No, thank you," graciously comes with practice.

**6. Be good to you.** Take time to do what you need and want. You are worth it! This is no longer a luxury but a necessity. In the book [LOVE OUR VETS: Restoring Hope for Families of Veterans with PTSD](#), the entire middle section is devoted to us as caregivers and loved ones in caring for our OWN needs. Do you even know what you really NEED? Perhaps a light box to perk up the dark days, your favorite music, a new winter activity/sport, tastier cuisine, afternoon naps, indoor

exercise, a canine companion, etc. Cherish the good moments, and celebrate this season and what it means to you. Don't forget to pause during the chaos to give thanks for all the blessings you DO have.

**7. Call for extra support if needed.** Whether you are someone who battles PTSD or a loved one of someone who does, the courage to reach out for help when needed is truly admirable. The alternative is not the answer. There are people waiting to talk with you 24/7 any time. No one can do this alone.

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### ***VA to Revamp Private Care***

The Department of Veterans Affairs (VA) recently unveiled a wide-reaching plan to Congress to merge and expand its unwieldy networks of private doctors. The goal of the New Veterans Choice Program, which would combine seven of the agency's existing private health-care arrangements into a single system, is to eliminate gaps in care. The plan would overhaul the system that allows veterans to use private doctors at government expense if they live too far from a VA hospital or need a specialist. VA officials provided details of their strategy at a recent hearing before the House Veterans Affairs Committee. A video of that hearing and statements from witnesses are available on the [House Committee on Veterans Affairs website](#).

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### ***Bill to Help Vet Small Business Owners***

The U.S. House of Representatives recently approved H.R. 1694, the Fairness to Veterans for Infrastructure Investment Act. The legislation would include veterans in the Department of Transportation's Disadvantaged Business Enterprise (DBE) program and would provide parity for the nearly 1 million veterans who are small business owners seeking government contracts. Currently, only half of the states meet their DBE goals. Adding veteran small businesses to this program would increase the pool of eligible firms at the states' disposal. For states that already meet their goals, this bill does not affect them or the small business contractors they employ. The legislation goes on to the Senate for consideration. The text of the bill is available on the [Congress.gov website](#).

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### ***Government Accountability Office (GAO) Reports***

IRS Whistleblower Program: Billions Collected, but Timeliness and Communication Concerns May Discourage Whistleblowers. <http://www.gao.gov/products/GAO-16-20>

Nursing Home Quality: CMS Should Continue to Improve Data and Oversight. <http://www.gao.gov/products/GAO-16-33>

Aquatic Invasive Species: Additional Steps Could Help Measure Federal Progress in Achieving Strategic Goals. <http://www.gao.gov/products/GAO-16-49>

Transportation Infrastructure: Information on Bridge Conditions. <http://www.gao.gov/products/GAO-16-72R>

Asylum: Additional Actions Needed to Assess and Address Fraud Risks. <http://www.gao.gov/products/GAO-16-50>

Centers of Excellence: DOD and VA Need Better Documentation of Oversight Procedures. <http://www.gao.gov/products/GAO-16-54>

Information Technology: Library of Congress Needs to Implement Recommendations to Address Management Weaknesses, by Joel C. Willemsen, managing director, information technology, before the House Committee on House Administration. <http://www.gao.gov/products/GAO-16-197T>

Office of National Drug Control Policy: Lack of Progress on Achieving National Strategy Goals, by David C. Maurer, director, homeland security and justice, before the Subcommittee on Government Operations, House Committee on Oversight and Government Reform. <http://www.gao.gov/products/GAO-16-257T>

Afghanistan: State and USAID Should Evaluate Actions Taken to Mitigate Effects of Attrition among Local Staff. <http://www.gao.gov/products/GAO-16-100>

Maritime Transportation: Implications of Using U.S. Liquefied-Natural-Gas Carriers for Exports.

## ***NASA Accepting Astronaut Applications***

Eligible active duty officers and enlisted members interested in astronaut duty can submit an application package to NASA via the [USAJobs website](#) between Dec. 15 and mid-February. Interested Airmen must also submit a separate application package to the Air Force Astronaut Nomination Board using criteria and application instructions spelled out on the [myPers website](#). To be eligible, active duty officers and enlisted members must be United States citizens, and must hold a bachelor's degree or higher from an accredited institution in engineering, mathematics, biological science or physical science. The military application deadline is Feb. 29, 2016. Complete application procedures and package requirements are available on the myPers website.

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## ***VA Makes Changes to Veterans Choice Program***

*Changes Remove Barriers and Expands Access to Care*

WASHINGTON – The Department of Veterans Affairs (VA) today announced a number of changes to make participation in the [Veterans Choice Program](#) easier and more convenient for Veterans who need to use it. The move, which streamlines eligibility requirements, follows feedback from Veterans along with organizations working on their behalf.

“As we implement the Veterans Choice Program, we are learning from our stakeholders what works and what needs to be refined,” said VA Secretary Robert A. McDonald. “It is our goal to do all that we can to remove barriers that separate Veterans from the care they deserve.” To date, more than 400,000 medical appointments have been scheduled since the Veterans Choice Program went into effect on November 5, 2014.

**Under the old policy, a Veteran was eligible for the Veterans Choice Program if he or she met the following criteria:**

- Enrolled in VA health care by 8/1/14 or able to enroll as a combat Veteran to be eligible for the Veterans Choice Program;
- Experienced unusual or excessive burden eligibility determined by geographical challenges, environmental factors or a medical condition impacting the Veteran’s ability to travel;
- Determined eligible based on the Veteran’s current residence being more than 40 miles driving distance from the closest VA medical facility.

**Under the updated eligibility requirements, a Veteran is eligible for the Veterans Choice Program if he or she is enrolled in the VA health care system and meets at least one of the following criteria:**

- Told by his or her local VA medical facility that they will not be able to schedule an appointment for care within 30 days of the date the Veteran’s physician determines he/she needs to be seen or within 30 days of the date the Veteran wishes to be seen if there is no specific date from his or her physician;
- Lives more than 40 miles driving distance from the closest VA medical facility with a full-time primary care physician;
- Needs to travel by air, boat or ferry to the VA medical facility closest to his/her home;
- Faces an unusual or excessive burden in traveling to the closest VA medical facility based on geographic challenges, environmental factors, a medical condition, the nature or simplicity or frequency of the care needed and whether an attendant is needed. Staff at the Veteran’s local VA medical facility will work with him or her to determine if the Veteran is eligible for any of these reasons; or
- Lives in a State or Territory without a full-service VA medical facility which includes: Alaska, Hawaii, New Hampshire (Note: this excludes New Hampshire Veterans who live within 20 miles of the White River Junction VAMC) and the United States Territories (excluding Puerto Rico, which has a full service VA medical facility).

Veterans seeking to use the Veterans Choice Program or wanting to know more about it, can call 1-866-606-8198 to confirm their eligibility and to schedule an appointment. For more details about the Veterans Choice Program and VA’s progress, visit: [www.va.gov/opa/choiceact](http://www.va.gov/opa/choiceact).

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

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### ***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 2,100 and 3,000 visitors per day and have had **2,479,965** 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](http://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 11/28/15 **45** New Jobs and **1** New Job Fair)
- Memorial Pages (**Updated 04/19/14**)
- News (Updated almost daily, **5,356** 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](mailto: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.

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### ***Study Looks at Pittsburgh VA***

A new study has found that veterans in the Pittsburgh region are still wary of the Department of Veterans Affairs (VA). This comes after an outbreak of Legionnaires' disease sickened at least 22 patients at VA campuses in O'Hara and Oakland, where waterborne Legionella bacteria contaminated the plumbing. Internal investigations found workers failed to follow protocols designed to contain the infection risk. The research, sponsored by Heinz Endowments, indicates the outbreak and veterans' historical wariness about the Pittsburgh VA have diminished trust in the system. The full report is available on the [CNAS.org website](http://CNAS.org).

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### ***Waiver Could Fast Track CDLs for Vets***

More than 10,000 Soldiers and veterans have been issued commercial driver's licenses (CDLs) since a Department of Transportation program recognizing the driving experience the Soldiers received while in uniform began in 2011. The Federal Motor Carrier Safety Administration's (FMCSA's) Military Skills Test Waiver Program grants state licensing agencies, including the District of Columbia, the authority to waive the skills test portion of the CDL application for active-

duty or recently separated veterans who possess at least two years of safe driving experience operating a military truck or bus. Each state now has a waiver. The program is not limited to transportation military occupational specialties (MOSs). For more information, visit the [Federal Motor Carrier Safety Administration website](#) or contact your state department of safety or transportation. An application for the Military Skills Test Waiver is available [here](#).

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### ***Follow Veterans-For-Change on Twitter***



<https://twitter.com/Veterans4Change>

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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](mailto: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 12/04/15***

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### ***Postal Service Changes Customs Form***

The United States Postal Service (USPS) is implementing a new online-only customs form for mailing overseas packages that will soon replace the handwritten form customers are currently using. The new customs form allows faster processing at the Postal Finance Counter and mitigates addressing mistakes through verification by USPS. Customers can continue to use the older forms, but are encouraged to start using the new forms now. The new online form is available on the [USPS website](#). Customers will enter all information about the package being mailed online and then print out the form to bring with them to the mailroom. Service members are encouraged to use the new system as they prepare to mail packages for the holidays.

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## **Ryder Program for Onboarding Vet Employees**

Ryder System, Inc. is launching a new initiative called the "Veteran Buddy Program," designed to pair current Ryder employees who are military veterans with new veteran employees so as to help ease their transition from military to civilian life. Ryder has dedicated exclusive recruiting resources toward hiring veterans and has customized its online recruiting site to enable veterans to enter their military job classification and have their qualifications automatically matched with Ryder job openings. This new program then takes those efforts a step further once the recruiting process is completed. Veteran new hires are assigned a Ryder military veteran "buddy" who will be available to help them assimilate to their new work environment. The new program is launching in 36 states. For more information, visit the [Ryder System, Inc. website](#).

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### **Links to other Stories**

- 1) [Air Force veteran finds himself homeless after serving overseas](#)
- 2) [Despite Reform Efforts, Number of Veterans Waiting for Healthcare Has Nearly Doubled](#)
- 3) [George W. Bush cheers on 'invincible' Veterans for '16 games](#)
- 4) [Risk of death nearly doubled for Vietnam Veterans with PTSD](#)
- 5) [VA botches demotions of execs who misused authority for personal gain, bonuses](#)
- 6) [Veteran amputees to undergo first ever prosthetic implants](#)
- 7) [Veterans Affairs says Choice plan too complicated](#)
- 8) [Veterans Come Forward To Help Kick Alleged Ex-Con Squatters Out Of Soldier's Home](#)
- 9) [Veterans hope to transform empty space at VA hospital into healing garden](#)

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

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### **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 <b>FREE</b> Number:	866-272-6622

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

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### **Home Depot Renovation Grants for Vets**

Home Depot has pledged more than \$1 million through the Home Depot Foundation to renovate American Legion Posts and the homes of veterans throughout the United States. Improvement projects at American Legion posts and necessary home repairs for veterans in need are eligible to receive the grants. The Home Depot Foundation grants provide American Legion posts with funds and volunteer help to fix the little things that make huge differences: weatherizing windows, insulating attics, interior and exterior painting, installing new ceiling tiles, replacing fans and replacing flooring. Additionally, these grants provide an opportunity for Legion posts to aid veterans in need of home repairs. For more information, visit the [American Legion website](#).

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## ***Navy Researches Brain Function***

Research biologists, chemists and theoreticians at the U.S. Naval Research Laboratory (NRL) are on pace to develop the next generation of functional materials that could enable the mapping of the complex neural connections in the brain. The ultimate goal is to better understand how the billions of neurons in the brain communicate with one another during normal brain function, or dysfunction, as a result of injury or disease. A full report of the research team's findings, entitled "Electric Field Modulation of Semiconductor Quantum Dot Photoluminescence: Insights Into the Design of Robust Voltage-Sensitive Cellular Imaging Probes," was published September 28, in the American Chemical Society publication, NANO Letters. An abstract of the report is available on the [ACS website](#). Also, you can read the article on the [U.S. Navy website](#).

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## ***House Starts Hearings on Military Health Care Reform***

Having reformed the uniformed services retirement system in this year's NDAA, House and Senate armed services committee chairmen, Sen. John McCain (R-AZ) and Rep. Mac Thornberry (R-TX), next aim to overhaul military health care, including TRICARE.

On Thursday, the House Armed Services Subcommittee on Military Personnel held a hearing to review the current state of TRICARE and the Military Health System and to identify areas that need improvement.

Chairman of the Military Personnel Subcommittee, Rep. Joe Heck (R-NV), stated in opening remarks that the panel's on-going review of military health care is NOT driven by budgetary concerns. "The overarching goal," Heck said, "is to ensure the Military Health System can sustain trained and ready healthcare providers to support the readiness of the force, while providing a quality healthcare benefit that is valued by beneficiaries."

Witnesses during the hearing described both what works and what needs to be fixed in the Military Health System from the beneficiaries' perspective.

As for what works, witnesses praised battlefield care and related combat casualty care and gave high marks for the quality of care beneficiaries currently receive from military and civilian providers, once access to care is available. In addition, strong approval was given for TRICARE for Life and TRICARE Standard.

Regarding areas that need a fix, witnesses spoke specifically about difficulties in beneficiary access to care under the TRICARE Prime system. Witnesses told the panel that "too many Prime beneficiaries" find delays in the opportunity or right to receive care. The process of obtaining timely appointments for specialty care, they said, represents the most significant area of beneficiary dissatisfaction. Comments were also highly critical of the medical record system that too often does not reflect specialty care, once secured, from outside the military treatment facility.

As the year advances, NAUS will press lawmakers to ensure proposed reforms assure the health-readiness of the armed forces, while remaining consistent with the promises made for career service.

Source: NAUS

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<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.

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

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***Beware of Retirement or Pension Advances***



The Consumer Financial Protection Bureau recently released a consumer guide and advisory about pension advances and pension loans. The pension-advance companies offer retirees and veterans either a loan or a cash advance in exchange for all or a part of their pension payments. Here are several tips: (1) do not give anyone access or control over your monthly pension payments; (2) if you are asked to sign up for life insurance with the pension-advance company as your beneficiary, be cautious; (3) do not be fooled by patriotic-sounding names, logos or claims of government backing; (4) do look at other options. If you are turning to pension advances because you are having financial difficulties, consider getting financial coaching or counseling from a professional. Many nonprofit credit counseling agencies charge sliding-scale fees. Remember that a military retirement pay cannot legally be assigned to a third party.

(Amended)

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

- 2 Dec 2008: USN PO2 Juantissa Hill, 24, murdered in her apartment in Alexandria, VA
- 3 Dec 1943: WAFS Dorothy E. Scott, WW II
- 3 Dec 2011: USA Kathleen (McGee) Korolevich, 30, murdered by husband upon her return from Germany
- 3 Dec 2013: SCARNG Amanda Ginsburg, 25, vehicle accident in Cayce, SC
- 4 Dec 1944: CIVILIAN Nurse Helen Corra
- 4 Dec 2004: USA SGT Cari Ann Gasiewicz, 28, IRAQ
- 4 Dec 2014: USA PFC Christina Bukovcik, 20, murdered by husband in El Paso, TX
- 6 Dec 2006: USMC MAJ Megan M. McClung, 34, IRAQ
- 9 Dec 1898: Army Contract Nurse Ellen May Tower, Typhoid Fever, SPANISH AMERICAN WAR
- 9 Dec 1944: WASP Mary Louise Webster, WW II
- 10 Dec 2005: USA SGT Julia V. Atkins, 22, IRAQ
- 12 Dec 1985: USA SPC Christine McCleery, 21, Gander, Newfoundland plane crash
- 12 Dec 1985: USA SPC Virginia Word, Gander, Newfoundland plane crash
- 12 Dec 1985: USA SPC Cathleen Ziegler, Gander, Newfoundland plane crash
- 12 Dec 1985: CIVILIAN Stacy Cutler (Cutlar), Cabin Crew, Gander, Newfoundland plane crash
- 12 Dec 1985: CIVILIAN Maia Matasowski, Cabin Crew, Gander, Newfoundland plane crash
- 12 Dec 1985: CIVILIAN Desiree McKay, Cabin Crew, Gander, Newfoundland plane crash
- 12 Dec 1985: CIVILIAN Ruthie Phillips, Cabin Crew, Gander, Newfoundland plane crash
- 12 Dec 1985: CIVILIAN Jean Sarafin, Cabin Crew, Gander, Newfoundland plane crash
- 12 Dec 2006: USA MAJ Gloria D Davis, 47, non-combat gunshot, IRAQ
- 12 Dec 2011: USA CPT Anne M Montgomery, 25, helicopter crash at Joint Base Lewis-McChord, WA
- 13 Dec 2004: USAR SGT Tina S. Time (pronounced Tee-may), 22, IRAQ
- 14 Dec 1990: USA CWO2 Carol L. McKinney, 36, helicopter crash near Cleveland, TX
- 14 Dec 2003: USA SSG Kimberly A. (Fahnestock) Voelz, 27, IRAQ
- 14 Dec 2007: USMC L/CPL Maria Lauterbach, 20, murdered by US marine at Camp Lejeune, NC
- 14 Dec 2008: USA PFC Moneeka Mayo, 29, collapsed and died during a German Armed Forces Badge for Military Proficiency march at Fort Huachuca, AZ
- 17 Dec 2007: USA AGR SFC Carolyn Farrar-Johnson, 58, murdered by her husband at Ft Belvoir, VA
- 18 Dec 1918: ANC Crystal McCord, WWI
- 21 Dec 2011: USA SPC Mikayla A. Bragg, 21, died in AFGHANISTAN
- 22 Dec 1952: USAF AN Virginia May McClure, non-hostile air crash, KOREA
- 22 Dec 1952: USAF AN Margaret Fae Perry, non-hostile air crash, KOREA
- 23 Dec 2005: USAR SGT Regina Reali, 25, IRAQ
- 24 Dec 2005: USAR SGT Myla Maravillosa (pronounced Mar-RA-vi-OS-a), 24, IRAQ
- 30 Dec 1917: ANC Lettie M Berry, WWI
- 30 Dec 2009: CIVILIAN CIA Jennifer Matthews, 45, ambush, AFGHANISTAN
- 30 Dec 2009: CIVILIAN CIA Elizabeth Hanson, 31, ambush, AFGHANISTAN
- 31 Dec 2006: USN DCFA Sandra S (Grant) Fry, 23, natural causes, USS Eisenhower, Arabian Sea

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



He loves his country best who strives to make it best.

~Robert G. Ingersoll~

## ***Veterans-For-Change, Inc.***

Riverside County, CA

Visit our website today  
[www.veterans-for-change.org](http://www.veterans-for-change.org)

*Serving those who served!*

***Please pass to all your Veteran friends and family!***

<b>Distribution</b>	
Express Mail:	14,447
Boston	56,684
Courtesy Copies:	3,500
Dept of VA	11,552
DoD	1,171
Face Book Pages:	3,049
Los Angeles	95,273
New York	104,455
Other Social Media:	12,997
San Francisco	53,665
Twitter:	27
U.S. House of Reps & Staff	760
U.S. Senators & Staff	9
University of So. CA	907
US Air Force	11558
US Army	33,378
US Marines	17,112
US Navy	14,822
Veterans	19,026,295
Washington DC	121,830
Yahoo:	121
	<b>19,583,612</b>