



Veterans-*For*-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, December 20, 2015

Volume 6, Issue 51

This-N-That

It's been several months now since the shooting in Chattanooga Tennessee this past July and finally it's been announced they will receive the Purple Heart.

Navy Secretary Ray Mabus announced Wednesday that Gunnery Sgt. Thomas Sullivan, Staff Sgt. David Wyatt, Sgt. Carson A. Holmquist, Lance Cpl. Squire D. "Skip" Wells, Sgt. DeMonte Cheeley and Petty Officer 2nd Class Randall Smith would all receive the award.

But it took the determination from the FBI that this indeed was a terrorist attack before the Navy made the move.

While I'm grateful of the decision, I am still rather angry over the various decisions as to arm or disarm our military while on post, base or in a recruiting station office.

I wouldn't even dream of second guessing but can only imagine just how differently the outcome might have been had our military been allowed to be armed at all times.

After all, isn't that a part of your training, weapons usage?

Last week I noted how Obama had taken \$2 Billion from Veterans to fund his Syrian Refugees importation, well hang on to your socks, that number has now escalated to \$3 Billion.

And I'm sure many of you have seen in the news the terrorist shootings in San Bernadino California where fourteen lost their lives.

What I simply cannot understand is where are WE THE PEOPLE in all of this? Why are we still remaining silent?

And with Obama taking money from Veterans to fund something none of seem to want, where are all the Nationally Chartered Veteran Service Organizations? Why are they not screaming to the top of their lungs you can't do this to Veterans?

And it still seems the VA has the good old boys club working just fine and well, since they've allowed two high ranking administrative staff to not only keep their jobs, but also keep all the money the stole from the VA through fraud.

And the wait list is getting so bad again that it's my best guess within 30-90 days we will be seeing those numbers pass one million again!

As many in the past have said, if we can't afford the costs of war, then why are we continually going to war?

You can't just give someone a pat on the back, a kick in the ass and send them on their way like putting a band aid on a boo boo! It's not that simple.

And the civilian population is always screaming to reduce military spending, but haven't a single clue what they're really asking and/or doing!

They don't understand or don't care that cutting military spending hurts our country by cutting troops, reduces benefits, and trickles down to Veterans making it far more difficult to file for benefits and medical care, not to mention reduction in benefits.

I have my hopes on who I'd like to see as our next POTUS, but even then if that person were to be able to served two full terms, the repairs of damaged already done could take a decade or more to fix. And whose to say this next President might get us on the right track again, but his/her successor might just turn around and destroy it all, all over again!

I wish I had a good note to end on this week, and trust me I did look hard for one, but it is, what it is!

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

Respectfully,
Jim Davis
Founder & CEO
Jim.Davis@Veterans-For-Change.org

TRICARE Announces Premium Hike

TRICARE Health Plan officials have announced the 2016 premiums for TRICARE Young Adult Prime and Standard options covering beneficiaries 23 to 26 years old. These premiums are adjusted on an annual basis and go into effect Jan. 1. For 2016, the monthly premium for TYA Prime is \$306 per month, and TYA Standard is \$228 per month. Lower-cost plans may be available depending on income and residence, and assistance with 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. For more information, visit the [TRICARE Young Adult website](#).

HASC Subcommittee holds hearing on ending the SBP/DIC Offset

After over a decade Congress held a hearing on ending the SBP/DIC offset (Survivor Benefit Plan/ Dependency Indemnity Compensation.) Chaired by HASC Personnel Subcommittee Chairman Rep. Joe Heck (R-NV) along with Ranking Member Rep. Susan Davis (D-CA) and several other Subcommittee members the hearing contained several VSO's personnel and for the record testimony. All of them called for the end of this unfair offset. (You can find TREA's testimony for the record on our website.)

All the VSO's urged Congress to repeal the dollar-for-dollar offset which is commonly referred to as the military "widows' tax." Also at the hearing was Rep. Joe Wilson (R-SC). Although Rep. Wilson is not a member of the Subcommittee he was permitted to sit in and testify in support of his bill, **H.R. 1594**. This bill would immediately end the offset. It presently has 174 co-sponsors (The Senate version is **S.979** sponsored by Senator Bill Nelson ((D-FL)) which presently has 14 co-sponsors.)

SBP is purchased through the Department of Defense by a military retiree and is intended to provide up to 55% of his/her retirement pay to a surviving spouse. It is an employee benefit. (Active duty deaths also qualify for SBP.) DIC is a monthly indemnity payment presently in the amount of \$1,254 that the VA pays to surviving spouses whose loved one died from a service-connected wound, illness or injury or on active duty.

TREA strongly urges Congress to immediately end this completely unfair and illogical offset that penalizes 56,000 widows/widowers who have lost so much already. But at the very least (And we mean very least TREA urges Congress to increase and extend the Special Survivors Indemnity Allowance (SSIA) program that is set to expire on October 1, 2017. This program replaces approximately 25% of what is lost in the offset.

Chairman Heck has shown real interest in ending this completely unfair offset. However, he is running next year for Senate in Nevada so he won't be Chairing this Subcommittee in 2017. So this is the time when we should all push to once and for all end this "widows' tax."

TRICARE Expands Coverage

The hip condition called Femoroacetabular Impingement (FAI) can occur when the bones of the hip are abnormally shaped. Because they do not fit together perfectly, the hip bones rub against each other and cause damage to the joint. TRICARE's new provisional coverage for FAI surgery begins January 01, 2016. At that time, your health care provider can give you a referral for treatment if you are diagnosed with this condition and meet certain clinical criteria. You will be able to get FAI surgery from any TRICARE authorized orthopedic surgeon who performs this procedure. Your costs will **vary by plan**, but will be lower if you use a network provider. The surgery must be pre-authorized by your regional **[contractor](#)**. For more information, visit the **[TRICARE Provisional Coverage Program webpage](#)**.

Government Accountability Office (GAO) Reports

Air Travel and Communicable Diseases: Comprehensive Federal Plan Needed for U.S. Aviation System's Preparedness. <http://www.gao.gov/products/GAO-16-127>

Federal Judiciary: Improvements Needed for Collecting Judges' Non-Case-Related Travel Information. <http://www.gao.gov/products/GAO-16-70>

Internet Protocol Transition: FCC Should Strengthen Its Data Collection Efforts to Assess the Transition's Effects. <http://www.gao.gov/products/GAO-16-167>

State and Local Governments' Fiscal Outlook: 2015 Update. <http://www.gao.gov/products/GAO-16-260SP>

Women in STEM Research: Better Data and Information Sharing Could Improve Oversight of Federal Grant-making and Title IX Compliance. <http://www.gao.gov/products/GAO-16-14>

Defense Acquisition Workforce: Actions Needed to Guide Planning Efforts and Improve Workforce Capability. <http://www.gao.gov/products/GAO-16-80>

DOD Financial Management: Improved Documentation Needed to Support the Air Force's Military Payroll and Meet Audit Readiness Goals. <http://www.gao.gov/products/GAO-16-68>

Operational Contract Support: Additional Actions Needed To Manage, Account for, and Vet Defense Contractors in Africa. <http://www.gao.gov/products/GAO-16-105>

TSA Acquisitions: Further Actions Needed to Improve Efficiency of Screening Technology Test and Evaluation. <http://www.gao.gov/products/GAO-16-117>

Critical Infrastructure Protection: Measures Needed to Assess Agencies' Promotion of the Cybersecurity Framework. <http://www.gao.gov/products/GAO-16-152>

Information Technology: FDA Has Taken Steps to Address Challenges but Needs a Comprehensive Strategic Plan. <http://www.gao.gov/products/GAO-16-182>

New Transportation Law Has Provisions for Veterans

On December 4, 2015 President Obama signed Public Law 114-94, better known as the Fixing America's Surface Transportation (FAST) act, or the long-term highway funding bill. Buried deep in the law is a provision that may be of interest to many veterans seeking employment as truck drivers. The new law can save veterans thousands of dollars of CDL training that may not be covered by the GI Bill if they have military experience driving similar commercial-type vehicles and want to get a civilian CDL.

DAV Survey: Many Veterans Disappointed

A new survey by Disabled American Veterans (DAV) has found that only one in five veterans feel the government treats veterans well and less than half believe they receive the benefits and support they were promised. *The DAV Veterans Pulse Survey*, nationally representative of America's 22 million veterans, is the largest, most comprehensive assessment ever taken to reveal how generations of veterans from World War II through post-9/11 view their military experience, benefits and overall quality of life. The survey also found meaningful differences between the attitudes and experiences of post-9/11 veterans and those who served in earlier eras, as well as between men and women. The full report of survey results is available on the [DAV Veterans Pulse Survey webpage](#).

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 2,100 and 3,000 visitors per day and have had **2,501,430** 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 12/05/15 **40** New Jobs and **0** New Job Fair)
- Memorial Pages (**Updated 04/19/14**)
- News (Updated almost daily, **5,381** articles on-line)
- Web Links (**1,590** Active Links)(**Updated 12/09/15**)

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.

Bill Would Advance Women's Health Care Services in VA

Representative Corrine Brown, Ranking Member of the House Veterans' Affairs Committee, introduced H.R. 2054, a bill that would provide increased access to VA health care for women veterans.

The bill would require the VA to ensure continuous availability of gender-specific services at every VA health care facility, including community-based clinics.

As established and documented in DAV's September 2014 Report, Women Veterans: The Long Journey Home, women veterans are the fastest growing cohort in the VA's current treatment population, but VA programs have not kept pace with the rate of growth. DAV made a series of recommendations both to VA and Congress to improve conditions in which women veterans would enjoy greater access to an appropriate array of services. The Brown bill is a direct outgrowth of DAV's report.

Please contact your Representative to urge co-sponsorship and enactment of H.R. 2054. As always thank you for your active participation in the Commander's Action Network.

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

https://www.votervoice.net/BroadcastLinks/Q_Vs47u8X1_gl97fAdSYpQ

Will TRICARE Reforms Improve Access or Raise Fees?

A consensus is building on Capitol Hill that TRICARE need not be scrapped but merely improved, and better integrated with military hospitals and clinics, which are seen as underused and inefficient. As the Senate and House armed services committees have solicited feedback from health care experts and beneficiary groups, their reform plans for next year appear to be moving away from the Military Compensation and Retirement Modernization Commission recommendations.

DoD Policy to Cut Travel Reimbursement is Under Fire in Congress

In November of 2014 the Department of Defense changed its travel reimbursement policy for DoD military and civilian personnel. It cut travel reimbursement by 25 percent for personnel on temporary duty assignment lasting longer than 30 days, and cut reimbursement by 45 percent for travel lasting longer than 180 days.

There have been some attempts by members of Congress to reverse the policy but so far they have not been successful. However, with the current negotiations in Congress over legislation to fund the federal government for FY2016, two Senators have written a letter to Appropriations Committee Chairman Thad Cochran (R-Miss.) and ranking member Barbara Mikulski (D-Md.) to stop implementing the Defense Department's policy.

"We are concerned that such cuts may affect mission accomplishment and hurt morale," the senators wrote. "The cuts may also lead to military members and employees who fulfill critical mission requirements having to pay for expenses related to official travel out of pocket."

They continued, "We should not force personnel to shoulder the burden of expenses related to basic necessities such as food, laundry and transportation to and from their duty assignments while on official travel."

Whether or not their efforts are successful will not be known until later this week when Congress is finally expected to pass the funding legislation.

TRICARE Doesn't Cover All Costs – Save Now

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](#).

Starbucks Tuition for Military Family Employees

The Seattle-based coffee company Starbucks has just announced that it will now extend a 100% tuition-free four-year college benefit to the spouse or child of every veteran or active military reservist employed 20 or more hours a week. The new tuition benefit is in addition to the college benefit (four years, 100% tuition free) that Starbucks extends to every employee who works 20 hours per week or more, which is offered through the online campus of Arizona State University

(ASU). Starbucks will also now be paying for up to 80 hours per year for service obligations of employees who are active duty or reservists in the U.S. Armed Forces or National Guard.

Follow Veterans-For-Change on Twitter



<https://twitter.com/Veterans4Change>



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 12/19/15

VA Plans to Propose Expanded Disability Benefits Eligibility for Veterans Exposed to Contaminated Water at Camp Lejeune

WASHINGTON – The Department of Veterans Affairs (VA) announced today that it plans to propose expanded disability compensation eligibility for Veterans exposed to contaminated drinking water while assigned to Marine Corps Base Camp Lejeune.

From 1953 to 1987, water sources at the base were contaminated with industrial solvents that are correlated with certain health conditions. Secretary of Veterans Affairs Robert A. McDonald decided to propose presumptions of service connection for certain conditions associated with these chemical solvents following discussions between environmental health experts at the Veterans Health Administration and the Department of Health and Human Services Agency for Toxic Substances and Disease Registry (ATSDR).

“The water at Camp Lejeune was a hidden hazard, and it is only years later that we know how dangerous it was,” said Secretary McDonald. “We thank ATSDR for the thorough review that provided much of the evidence we needed to fully compensate Veterans who develop one of the conditions known to be related to exposure to the compounds in the drinking water.”

ATSDR determined that the drinking water at Camp Lejeune was contaminated with perchloroethylene, trichloroethylene, vinyl chloride, benzene and other petroleum contaminants from leaking storage tanks from 1953 to 1987. ATSDR also determined that prolonged exposure to these chemicals increases the risk of certain health conditions.

Based upon VA’s review of current medical science and ATSDR’s findings, Secretary McDonald intends to propose creation of a presumption of service connection for the following conditions:

- Kidney Cancer
- Liver Cancer
- Non-Hodgkin Lymphoma
- Leukemia
- Multiple Myeloma
- Scleroderma
- Parkinson's Disease
- Aplastic Anemia / Myelodysplastic Syndromes

The Secretary’s proposal would also expand benefits eligibility to Reserve and National Guard personnel who served at Camp Lejeune for any length of time from August 1, 1953, through December 31, 1987. These personnel would be presumed to have been exposed to the contaminated water during their Reserve or National Guard service and, in appropriate circumstances, to have been disabled by such exposure during service, thus allowing them to qualify for VA benefits under the statutory definition of “Veteran.”

This would make them eligible for VA disability compensation and medical care for any of the presumptive conditions, and their surviving dependents would be eligible for dependency and indemnity compensation and burial benefits.

VA is working on regulations that would establish these presumptions, making it easier for affected Veterans to receive VA disability compensation for these conditions. While VA cannot grant any benefit claims based on the proposed presumption of service connection for these conditions until it issues its final regulations, it encourages Veterans who have a record of service at Camp Lejeune between August 1, 1953, and December 31, 1987, and develop a condition that they believe is related to exposure to the drinking water at the base, to file a disability compensation claim with VA.

VA will continue to grant claims for disabilities claimed to be associated with exposure to the contaminants that can be granted under current regulations and review of the evidence in each case. If a claim for service connection for one of the proposed presumptive conditions would be denied under current regulations, the denial will be stayed until VA issues its final regulations. VA will announce when the regulations are final and presumptive benefits can begin to be awarded. For more information on applying for these benefits, visit:http://benefits.va.gov/compensation/claims-postservice-exposures-camp_lejeune_water.asp.

Veterans who served at Camp Lejeune for 30 days or more between August 1, 1953, and December 31, 1987, are already eligible to receive VA healthcare for up to 15 health conditions. More information, including a full list of covered conditions, can be found online at: <http://www.publichealth.va.gov/PUBLICHEALTH/exposures/camp-lejeune/index.asp>.

Veterans can establish eligibility for healthcare benefits by submitting VA Form 10-10EZ online at www.1010ez.med.va.gov/, downloading it at www.va.gov/vaforms/medical/pdf/1010EZ-fillable.pdf and returning it to any VA Medical Center or Clinic, or by calling 1-877-222-VETS (8387), Monday through Friday, between the hours of 8:00 AM and 8:00 PM (Eastern Time).

VA is reimbursing certain veterans’ family members for eligible out-of-pocket medical expenses related to the 15 covered conditions. More information can be found at: <https://www.clfamilymembers.fsc.va.gov>

From several sources...

Wounded Warriors Execs Make Out Like Bandits, Actual Wounded Warriors? Not So Much...

DC Clothesline: In the first version of this article, I used the [2012-2013 Wounded Warrior Project 990](#) Tax Forms. This updated version is using the [2013-2014 Wounded Warrior Project 990](#) Tax Forms. (Thank you, David Isakson, for all of your assistance) I had made some errors in my original reporting; I am not a forensic accountant and had misread some of the figures or gotten the figures from the wrong columns. I will not be making those mistakes again. The 2012-2013 and the 2013-2014 tax forms are hyperlinked, so feel free to peruse the documents for yourselves. We should not be surprised to find out that yet another [‘charity’ claiming to ‘help’ Veterans](#) is more interested in the salaries of their executives and funding the vicious cycle of advertisement...raise funds...spend it on advertisement...raise funds...ad nauseum. But just the raw figures from their own reporting:

FOR THE YEAR 2012-2013
REVENUE: \$234,682,943.00
EXPENSES: \$158,073,943.00
TOTAL PROFITS: \$ 76,609,000.00

FOR THE YEAR 2013-2014
REVENUE: \$342,066,114.00
EXPENSES: \$248,005,493.00
TOTAL PROFITS: \$ 94,060,675.00

TOTAL AMOUNT GOING TO ORGANIZATIONS IN 2013: \$16,849,420.00
TOTAL AMOUNT GOING TO ORGANIZATIONS IN 2014: \$41,305,308.00
TOTAL AMOUNT GOING TO **INDIVIDUAL VETERANS** IN 2013: **\$853,365.00**
TOTAL AMOUNT GOING TO **INDIVIDUAL VETERANS** IN 2014: **\$804,393.00**

Now, how about some brass tacks about what just their top three **executives** make per year in **salaries alone**, not including bonuses, retirement, and insurance.

STEVEN NARDIZZI EXECUTIVE DIRECTOR \$375,000.00 in 2013
STEVEN NARDIZZI CHIEF EXECUTIVE OFFICER \$473,015.00 in 2014
ALBION GIORDANO DEPUTY EXECUTIVE DIRECTOR \$337,500.00 in 2013
ALBION GIORDANO CHIEF OPERATING OFFICER \$369,030.00 in 2014
JEREMY CHWAT CHIEF PROGRAM OFFICER \$218,267.00 in 2013
JEREMY CHWAT CHIEF PROGRAM OFFICER \$262,750.00 in 2014

These are STRICTLY the amounts and descriptions from their own tax forms. This does not even begin to cover their beautiful, modern building or the [seven lawsuits](#) that they have launched against much smaller, higher rated Veterans non-profit groups, who either used the words ‘wounded warrior’ somewhere in their name or used a silhouette of soldiers in their logos.

***But of the more than 56,000 veterans the group counts as “alumni,” meaning that they have been registered with the organization, many don’t directly engage with WWP. Less than two-thirds (62 percent) of alumni participated in at least one WWP activity or service in the past year, according to a survey of alumni the group shared with [the Beast](#). But according to their internal database, 78.9 percent of alumni have been involved with “engagements and interactions” with WWP this year.

The best advice I can give you is to do your own research. Find small charities that are well-ranked by [Charity Navigator](#) or [Charity Watch](#). Stick with local charities with which you have developed an affiliation personally. One of the highest ranked and most respected Veterans charity is [The Fisher House](#).

[Links to other Stories](#)

- 1) [Budget deal nails down fiscal 2016 spending for DoD, VA](#)
- 2) [Homelessness Among Veterans Declines, But Thousands Still In Streets](#)
- 3) [Legislation Improves Transparency at Veterans Affairs, Protects Whistleblowers](#)
- 4) [Mississippi delegation opposes key VA appointment over region](#)
- 5) [Quality immunization practices make for smooth flu seasons](#)
- 6) [Remember the gift of life this holiday season: Give blood](#)
- 7) [Risk of death nearly doubled for Vietnam veterans with PTSD](#)
- 8) [Top Managers at Phoenix VA Escaped Punishment After Waitlist Scandal](#)
- 9) [VA execs who retaliated against whistleblowers still drawing paychecks](#)

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

VA Shuts Down a Pittsburgh ICU

The Veterans Affairs Pittsburgh Healthcare System closed an intensive care unit recently after finding mold in a ventilation system. Technicians found the mold in an air handler during routine maintenance, and doctors at the hospital have not diagnosed any mold-related illnesses. The hospital is waiting on tests that will identify what type of mold the workers found. High-efficiency filters between the handler and hospital rooms are designed to keep out anything as large as a mold spore. The hospital closed the general medical ICU, along with a sleep lab and administrative offices that are part of the same ventilation system, as a precaution.

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

Exchange, Disney to bring 'Star Wars' to deployed troops

AAFES Release

Army and Air Force Exchange Service will team with The Walt Disney Studios to bring "Star Wars: The Force Awakens" to deployment locations in the Middle East.

Troops in Afghanistan, Iraq, Kuwait and the United Arab Emirates will be able to see the highly anticipated film during its initial run, continuing the Exchange's longstanding policy of bringing first-run movies to troops deployed overseas. The film's first screenings will be held Dec. 20 and 21 in Dubai. Showings in Afghanistan will follow on Dec. 22 and 23. Locations in Kuwait and Iraq will feature the movie Dec. 23-27.

"Our men and women in uniform represent the best and bravest, and it's an honor to do something special as a thank you for their service," said Ken Caldwell, senior vice president of North American sales and distribution for The Walt Disney Studios. "In July 2013, at the behest of Exchange CEO Tom Shull, Disney became the first Studio to bring first-run films to Army and Air Force base theaters located within the U.S. We are gratified to be able to broaden this outreach with additional Middle East deployment locations for the release of 'Star Wars: The Force Awakens.'"

"Providing service members with first-class entertainment plays a key role in maintaining the morale of our deployed forces," said Trinidad Saucedo, the Exchange's senior vice president of services, food and fuel. "Movies like 'Star Wars: The Force Awakens' offer a much-needed break from the harsh and austere conditions that those serving to protect American freedoms overseas endure in service of their country."

Free Legal Clinics for Virginia Vets

The Virginia Department of Veterans Services (DVS) and the Virginia State Bar (VSB) are launching [a series of pro bono Veterans Legal Services Clinics](#) to provide estate planning services to low-income veterans in Virginia in 2016. Volunteer attorneys from the Office of the Attorney General and the VSB will serve low-income veterans by drafting wills, powers of attorney and advance medical directives in Hampton Roads on March 1, Richmond on March 2, Roanoke on

March 3, and Northern Virginia on March 4, with more clinics anticipated in the future. In order to be eligible for services, veterans and their spouses must fill out an intake questionnaire on [Attorney General Herring's website](#) or at their local [Virginia Department of Veterans Services Benefits Center](#). For more information, visit the [Office of the Attorney General of Virginia website](#).

~ We Proudly Support Our Military Personnel & Families ~

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.

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

Tips from TRICARE for Staying Healthy This Winter Season

It turns out that one of the cheapest, least painful, and most practical ways of staying healthy during this winter, or any, season is something we were all taught, if not when we were children, then by our drill instructors in basic training!

There's even an old joke about it discussing what different services teach about it, but we won't repeat that here.

It's something we're supposed to do before we eat, after we use the restroom, and when we've gotten our hands dirty.

Yes, we're talking about washing our hands. So here's the message from TRICARE.

Handwashing: The Do-It-Yourself Vaccine

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. The Centers for Disease Control (CDC) recommends washing your hands in a specific way to be most effective.

First, wet your hands with clean, running water (warm or cold), turn the tap off, and apply soap. Washing your hands in standing water could recontaminate them. Be sure to use soap because water alone will not remove dirt and microbes from the skin and, according to the CDC, people tend to scrub their hands more thoroughly when they use soap. When you lather your hands, be sure to wash the back of your hands, between your fingers and under your fingernails.

Next, you want to scrub your hands for at least 20 seconds. A good way to time yourself is to sing a verse or two of your favorite song. You can also sing the "Happy Birthday" song from beginning to end twice.

Lastly, rinse your hands well under clean, running water and dry them using a clean towel or let them air dry.

It may seem too easy, but handwashing prevents illnesses and the spread of infections to others. People frequently touch their eyes, noses and mouth without realizing it, which is one of the ways that germs enter our bodies and make us sick.



*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

Serving those who served!

Please pass to all your Veteran friends and family!

Distribution	
Express Mail:	14,447
Boston	59,667
Courtesy Copies:	3,500
Dept of VA	13,158
DoD	2,050
Face Book Pages:	3,056
Los Angeles	96,342
New York	105,641
Other Social Media:	14,069
San Francisco	54,101
Twitter:	27
U.S. House of Reps & Staff	774
U.S. Senators & Staff	27
University of So. CA	1309
US Air Force	12752
US Army	33,605
US Marines	19,429
US Navy	16,541
Veterans	19,037,641
Washington DC	118,729
Yahoo:	123
	19,606,988