



Veterans-*For*-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, September 27, 2015

Volume 6, Issue 39

This-N-That

There are two things that continue to go on with our Veterans that not only drive me insane but truly do anger me very much.

First are Veteran suicides. That number has seriously climbed since the number being told was 22 per day. That number has now grown to 40+ per day, and yet the VA, Congress, President, are still not doing a damn thing to resolve it.

The second is Veteran Homelessness.

The VA has just thrown another \$4 MILLION into the arena to "assist" Homeless Veterans but I really don't think that \$4 Million dollars will even come close to touching the situation, dealing with it head on, let alone solve it.

And that same \$4 Million dollars is being divided by 21 agencies that comes to \$190,476,190,476.19 being given to each agency. What they will do with it or how they will use it, well that's another VA mystery!

I have been watching all across the county, and one project being done by several organizations is taking steel shipping containers, like you see on trucks being converted to small homes. And some of the homes I've seen as a finished home, well they are pretty amazing!

And total cost per home is averaging \$9,000.00 which is pretty darn cheap! And offers many benefits! One being they are not susceptible to termites, leaks, and will last more than a lifetime. And some of the homes I've seen are two containers, and in some cases Veterans who were put in one of these homes and managed to really get back on their feet were able to "add to" their home and do it reasonably.

So my question is why hasn't the VA stepped up and done something like this? Land is easily found, accessible and building these homes has more than proven to be a cheap viable solution!

And with Veteran suicides, to me one of the most glaring and simplest solutions is to take all claims for PTSD, immediately approve them and give the medical attention and benefits needed, and worry about the details later which would more than encourage them to face those claims head on and process them far more quickly.

Same could be done with any Veteran who has a life threatening illness. Temporarily approve the claims and deal with all the details later, again pushing them to process and give final approval much faster.

As I mentioned a week or so ago. There were over 900,000 claims in backlog showing that number had seriously climbed once again, but then after digging and researching found and estimated 307,000 of those claims Veterans had passed on.

I don't know how much more of a glaring red flag there needs to be showing in order for the VA and Congress to take immediate and swift action! Seems they can do it when doling out the dollars to foreign countries, so what ever happened to taking care of our own, then if there is anything left over use it for other purposes?

I also feel that changing the "wait time" from 14-days to 30-days was a massive mistake only adding to the problem of medical care and claims processing!

I'm not a doctor, but time can always play a huge factor when a Veteran is sick, his/her illness could be cancer related, or hear problem or circulation related and time could very well mean the difference between life and death.

So again, I often wonder where are all the nationally chartered Veteran Service Organizations on these issues? I don't see them screaming bloody murder to the top of their lungs seeking immediate action.

We're trying to further the cause of investigation into chemical contamination at Fort Ord, California.

We're looking for more information, documentation, photo's, anything we can get our hands on to distribute to all those who lived and served on that base along with their families.

In addition we're pushing hard on Congressman Farr's office to assist and we're asking all Veterans from that base and/or their families to please call the Congressman's office at (831)-424-2229 and ask to speak to Nancy.

Tell her all you can, and ask that they please investigate and help all those who have filed claims to be addressed and processed for approval.

Betty Hidalgo who is our Operation Mail Call director has been making sure care packages have been going out weekly, and most of the requests have been coming from those in the Army. Two weeks ago she got a little bombarded with requests from the Air Force, and of course she is more than happy to try and meet their need too.

All we ask is for people to help by sending cards and letters to be included in the care packages.

For those who have served and especially those who have served on foreign soil know first hand what it's like to get a card or letter from home, and you also know what it's like to serve side by side with those who have no family or friends and never get a card or letter from home!

We need the help to put a smile on their faces, let them know we support them, we care about them, and we're proud of them. This can do so much for their moral and putting a smile on their face even if only for a moment, or give them a chuckle means so much!

If you're able to assist with cards and letters, please visit this link to obtain the address for the Operation Mail Call program: <http://veterans-for-change.org/4727-operation-mail-call>

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

Veterans Crisis Line

September is suicide prevention month. The Veterans Crisis Line is a confidential service, so veterans who call do not even have to say who they are. Veterans and their loves ones can connect with VA responders 24 hours a day, seven days a week by: (1) calling the toll-free hotline (800) 273-8255, and then pressing 1; (2) texting the number 838255; or (3) or chatting online at the Veterans Crisis Line website at www.veteranscrisisline.net/chat. Veterans and family members can visit the Veteran Crisis Line website at www.veteranscrisisline.net for suicide prevention resources. Also, there are suicide prevention coordinators (over 300) located at every VA medical center in the country.

DoD IDENTIFIES ARMY CASUALTY

The Department of Defense announced today the death of a soldier who was supporting Operation Freedom Sentinel.

Spc. Kyle E. Gilbert, 24, of Buford, Georgia, died Sept. 21, in Bagram, Afghanistan, in a non-combat related incident. The incident is under investigation.

He was assigned to 2nd Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 10th Mountain Division, Fort Drum, New York.

Military-Veterans Advocacy Leader to Testify Before Congress

The executive director of Military-Veterans Advocacy, a non-profit dedicated to protecting and advancing the rights of active-duty service men and women and veterans, will testify before the Senate Committee on Veterans Affairs next week.

Cdr. John B. Wells, USN (Ret.), will address the committee as part of its hearing entitled, "Examining the impact of exposure to toxic chemicals on veterans and the VA's response" in the Russell Senate Office Building at 10 a.m. on Sept. 29.

Wells and his organization have long advocated for a restoration of Agent Orange benefits for Navy veterans who served off the coast of Vietnam. In previous testimony, Wells has presented evidence that sailors who never set foot on Vietnamese soil were nonetheless exposed to Agent Orange. The toxic dioxin entered the bays, harbor and territorial seas via wind drift and through runoff that was then ingested into shipboard water systems. This resulted in exposure via the ship's water, bathing and food preparation facilities. The Veterans Administration had previously recognized this exposure and provided benefits for ensuing medical conditions, but rescinded that recognition in 2002.

Restoring these benefits could affect as many as 174,000 veterans.

"Every chance I have to speak to this issue before our law- and policy-makers is another opportunity to restore benefits for these servicemen and their families," Wells said. "I look forward to addressing these important issues in Washington again next week and will continue to advance this cause on every front."

Wells met with Deputy VA Secretary Sloan Gibson this past week to address this issue. Calling the meeting "productive," Wells stated that the VA was rethinking their position. Wells also met with officials from the Veterans Affairs Committee for both the Senate and House of Representatives. Several court cases brought by Military-Veterans Advocacy continue to wind their way through the courts.

"I think we have the attention of both the VA and the Congress. This upcoming hearing shows the level of interest on the Hill and within the Executive Branch.

Wells, an attorney whose practice focuses on military matters, is based in Slidell, Louisiana, near New Orleans.

For more information about MVA, visit www.MilitaryVeteransAdvocacy.org, and find the organization on Facebook at <https://www.facebook.com/pages/Military-Veterans-Advocacy-Inc/1379899502270588?fref=ts>

VFC's OPERATION MAIL CALL



Operation Mail Call needs your help! We need cards and letters to send to our troops currently serving on foreign soil.

Doesn't have to be anything special, just words of support and thanking them for their service!

For more information visit: <http://veterans-for-change.org/4727-operation-mail-call>

Government Accountability Office (GAO) Reports

Federal Aviation Administration: Commercial Space Launch Industry Developments Present Multiple Challenges. <http://www.gao.gov/products/GAO-15-706>

Department of Defense's Waiver of Competitive Prototyping Requirement for the Air Force's F-15 Eagle Passive/Active Warning and Survivability System (EPAWSS) Program. <http://www.gao.gov/products/GAO-15-800R>

Foreign Aid: U.S. Assistance for the West Bank and Gaza for Fiscal Years 2012-2014. <http://www.gao.gov/products/GAO-15-823>

Workforce Innovation and Opportunity Act: Performance Reporting and Relating Challenges. <http://www.gao.gov/products/GAO-15-764R>

Nuclear Nonproliferation: DOE Made Progress to Secure Vulnerable Nuclear Materials Worldwide, but Opportunities Exist to Improve Its Efforts. <http://www.gao.gov/products/GAO-15-799>

Corporate Bankruptcy: Stakeholders Have Mixed Views on Attorneys' Fee Guidelines and Venue Selection for Large Chapter 11 Cases. <http://www.gao.gov/products/GAO-15-839>

Regulatory Guidance Processes: Agencies Could Benefit from Stronger Internal Control Practices, by Michelle A. Sager, director, strategic issues, before the Subcommittee on Regulatory Affairs and Federal Management, Senate Committee on Homeland Security and Governmental Affairs. <http://www.gao.gov/products/GAO-15-834T>

Public Transit: Updated Guidance and Expanded Federal Authority Could Facilitate Bus Procurement. <http://www.gao.gov/products/GAO-15-676>

Defense Cybersecurity: Opportunities Exist for DOD to Share Cybersecurity Resources with Small Businesses. <http://www.gao.gov/products/GAO-15-777>

Biosurveillance: Challenges and Options for the National Biosurveillance Integration Center. <http://www.gao.gov/products/GAO-15-793>

New Commissary Reform Plan to Protect Savings

The Department of Defense is modifying its approach to reform the commissary benefit with new guarantees to preserve overall shopper savings and also to avoid pay cuts for current employees, according to a source who has seen fiscal 2017 budget planning documents. The guarantees are part of a revised commissary overhaul proposal that officials believe Congress, shopper advocates and store suppliers will view far more favorably than the department's push the past two years to slash funding of base grocery stores and, in effect, hope the benefit survives. For more details, see this [Military Advantage blog post](#).

Retirees: Are TRICARE Co-Pays Too Much?

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](#).

Study Looks at Post-Traumatic Stress

Forty years after the end of the Vietnam War, a new study has found that troops who served there continue to struggle with post-traumatic stress. The National Vietnam Veterans Longitudinal Study concludes that 271,000 Vietnam War veterans suffer from varying levels of post-traumatic stress, and that one-third of that number have a major depressive disorder 40 years after the war. The study offers a close look at post-traumatic stress and what it might mean for future veterans. The study is available in the September 2015 issue of [JAMA Psychiatry](#).

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 **2,378,089** 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 **13,451+** documents (**498** total New Docs)
- FAQ's (**1,567** on-line now)
- Forums (with Licensed Mental Health Worker Moderator)
- Job Postings and Job Fairs (Updated 09/25/15 **36** New Jobs)
- Memorial Pages (**Updated 04/19/14**)
- News (Updated almost daily, **5,208** articles on-line)
- Web Links (**1,586** Active Links)(**Updated 08/16/15**)

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>

Group Honors Deceased Veterans

The mission of the [Missing In America \(MIA\) Project](#) is to honor deceased veterans whose remains go unclaimed. The group contacts funeral homes and cemeteries, trying to reclaim the unclaimed and give them the proper honors. The focus of the MIA Project is to conduct a massive, nation-wide effort to locate, identify and inter the unclaimed remains of forgotten veterans. For more information, visit the Missing in America Project website at www.miap.us.

Can Grown Children Qualify for Military Benefits?

We've recently received many letters from wishful commissary shoppers or their parents. One retiree wanted to know if his daughter and son-in-law, who live near a base, can shop at the commissary. Another figured that since the commissary rules say only active-duty service members, Guard and Reservists, medical retirees, retirees, Gold Star widows, 100 percent disabled veterans and all of their respective dependents are granted commissary access, that they could get in. What's the real story? See [this Questions and Benefits column](#) to get the answer.

Free Medical Marijuana in Oregon

The national nonprofit organization 'Grow for Vets' recently offered free medical marijuana to veterans in Oregon. The organization offered its first Oregon cannabis giveaway July 1st, when marijuana legalization officially took effect in that state. The organization also works to raise veterans' awareness about alternative treatment options and to highlight the frequency of prescription drug abuse and suicide. For more information, visit the Grow for Vets website at <http://www.growforvets.org>.



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.

Updated 09/25/15 with 36 New Job Postings

Links to other Stories

- 1) [DHA's full operational capability helps wounded warriors receive care they deserve](#)
- 2) [Ex-Employees Claim University of Phoenix Illegally Recruited Veterans](#)
- 3) [Governor Wolf Challenges Pennsylvania Communities to Significantly Reduce Veteran Homelessness in 100 Days](#)
- 4) [Military, civilian health care executives aim for increased collaboration](#)
- 5) [Montgomery County commissioners vow to end Veteran homelessness](#)
- 6) [Need to Make Space in Your Medicine Cabinet? National Prescription Drug Take-Back Day is Sept.](#)
- 7) [New Charlotte VA center will expand Veterans health care in region](#)
- 8) [Supplements and medications – What's the problem?](#)
- 9) [VA Announces \\$4 Million in Funding to Help the Homeless](#)
- 10) [VA officials used medical records to smear whistleblowers](#)
- 11) [VA Scandal Update: Senators Question Veterans Affairs About Retaliation Against Whistleblowers](#)
- 12) [Veterans continue to battle PTSD](#)
- 13) [Veterans Rush to Apply to VA's Pilot IT Training Program](#)
- 14) [What would Donald Trump do for Veterans?](#)

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 Secretary Robert McDonald to Meet With First-Ever All Female Honor Flight Participants

What: [VA Secretary Robert A. McDonald](#) will speak to more than 140 Veterans who are in Washington D.C. as part of the first-ever all female Honor Flight. Honor Flights transport our nation's Veterans to Washington D.C. to visit and reflect at the memorials built to honor their service. The flight arriving on September 22 is comprised of 70 female World War II Veterans and 70 post-9/11 era female Veterans. The Secretary of Veterans Affairs will provide remarks during a short ceremony at the Women in Military Service Memorial at Arlington National Cemetery to honor these Veterans.

When: Tuesday, September 22, 2015, 12:40 p.m.– 2:30 p.m., pre-set for cameras at 12:15 p.m.

Honor Flight participants are expected to arrive between 12:40-1 p.m., with speaking program with VA Secretary Robert A. McDonald and Rory Brosius, Deputy Director of Joining Forces to follow from 1 p.m.–2:10 p.m. Honor Flight participants will tour the memorial from 2:10 p.m.– 2:30 p.m.

Where: Women in Military Service Memorial, Arlington National Cemetery, Arlington, VA

RSVP to VAPublicAffairs@va.gov.

Army Europe Same-Sex Spouse Sponsorship

U.S. Army Europe is now authorized to issue Status of Forces Agreement credentials and command sponsorship authorizations to eligible same-sex spouses assigned to or on orders to Germany. Military and civilian personnel in same-sex marriages are now authorized to receive the same overseas benefits, entitlements and allowances in Germany as those currently authorized to spouses of military and civilian personnel in opposite-sex marriages. Examples of such benefits include family travel, command sponsorship, SOFA ID, government controlled quarters, off-post housing and other associated individual logistical support benefits. For more information, contact your servicing military or civilian personnel office.

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 |

New TRICARE TV Episode: Suicide Prevention

Watch [this episode](#) of TRICARE TV to find out what you can do to prevent suicide in your community. One call, one text, one conversation can save a life.

For more guides on mental health and wellness, visit the [Military.com Mental Health and Wellness section](#).

~ We Proudly Support Our Military Personnel & Families ~

TRICARE: State of Emergency in California

The governor of California has issued a State of Emergency for the Butte and Valley wildfires. Emergency prescription refill procedures are in place through October 11, 2015. To get an emergency refill, take your prescription bottle to any TRICARE retail network pharmacy. To find a network pharmacy, call Express Scripts at 1-877-363-1303 or search the network pharmacy locator at www.express-scripts.com/TRICARE/pharmacy/findpharmacy.shtml. If possible, visit the pharmacy where the prescription was filled. If you use a retail chain, you can fill your prescription at another store in that

chain. If your provider is available, he or she may call in a new prescription to any network pharmacy. You can request assistance at another pharmacy, but it is at that pharmacy's discretion to help you.

Tax Exemption for Disabled Vets in Illinois

Illinois Governor Bruce Rauner has signed Public Act 099-0375 into law, which expands the current Homestead Exemption for Veterans with Disabilities in Illinois. Under the new law, veterans may now qualify at the lower service connected percentage rate of 30%. To be eligible, the property must be the veteran's primary residence as of January 1, 2015, with an equalized assessed value of less than \$250,000, and it cannot be used for commercial purposes. The veteran must apply through their county assessment office. Veterans who do not have a current VA award certificate can call the Department of Veterans Affairs (VA) at 1(800) 827-1000 or visit VA's eBenefits website at www.ebenefits.va.gov.

Wellness Summit for Spouses

Registration has begun for the first ever online Military Spouse Wellness Summit: Invest in Yourself 2015, sponsored by The USAA Educational Foundation. The free online summit takes place during the week of Oct. 19-23, with a bonus day on Saturday. Summit participants will receive 10 interviews from health, nutrition, fitness, and financial experts specially recruited for the summit to help inspire military spouses to thrive. Military spouses can register at the Military Spouse Wellness Summit 2015 website at in-dependent.org/wellness-summit.

Fed Unlikely to Raise Rates: Use Your VA Loan Now

Thinking of buying or refinancing? Rates remain low. Qualified borrowers can pay as little as \$0 down with no PMI payments, plus they can get financing up to \$417,000. [Use your VA Loan Benefit today](#).

CalVet Seeks Events for Our Veterans Day Online Calendar

Sacramento – In keeping with our mission of serving our California Veterans and their families, the California Department of Veterans Affairs (CalVet) is compiling a list of Veterans Day events taking place throughout our State this year.

“We at CalVet believe strongly in advocating for and serving our Veterans and their families,” said Todd Irby, CalVet’s Acting Secretary. “We also believe in acknowledging and celebrating our Veterans’ patriotic and selfless service. CalVet is proud to compile this list of Veterans Day events so the news media and the public are aware of local events where our community can honor its Veterans.”

Please submit your Veterans Day 2015 events for inclusion in CalVet’s online Veterans Day 2015 Events Calendar by Wednesday, October 28, 2015. Please include the following in your submission:

1. Event
2. Time
3. Location
4. Contact name and email and/or telephone number

Submit your events to Kathleen.Towne@calvet.ca.gov. The online CalVet Veterans Day 2015 Events Calendar will be available for viewing beginning November 2, 2015.

Navy Announces Mailing Deadlines

The Naval Supply Systems Command's (NAVSUP) mail-by dates for pre-Dec. 25 deliveries of holiday cards, letters, and packages has been released. A list of the mail-by dates is available on the U.S. Navy website at http://www.navy.mil/submit/display.asp?story_id=91044. All classes of mail addressed to FPO addresses must

contain the New Navy Standardized Address format, which includes ship or mobile unit number, (or PSC number for ashore FPOs), virtual mail box number, and five-digit ZIP code to ensure delivery. Mail not addressed correctly could be returned to sender as undeliverable. Customers should check with local civilian or military post offices for information regarding size restrictions and customs declaration form requirements. Mailing restrictions apply, and some items cannot be mailed.

VA Awards Supportive Service Grants

Thousands of very low-income veteran families around the nation, who are permanently housed or transitioning to permanent housing, will continue to have access to crucial services with the renewal of approximately \$300 million in grants under the Supportive Services for Veteran Families (SSVF) program. The Department of Veterans Affairs (VA) has granted SSVF renewal funding to 286 non-profit organizations and consumer cooperatives in all 50 states, the District of Columbia, Guam, Puerto Rico and the Virgin Islands. A list of grantees is available at the VA SSVF webpage at www.va.gov/homeless/ssvf.asp. SSVF grantees typically serve veterans with incomes below 30 percent of the area median income. VA is on track to serve 135,000 Veterans and their family members in this program by the end of FY 2015.

Best Veteran Employers: A Top-35 List

What makes an employer a top veteran employer? Depending on who you ask and what factors you use, you'll get a bunch of different answers. [See more.](#)

Agricultural Training for Veterans

The U.S. Department of Agriculture (USDA) and the Department of Defense (DoD) have announced a joint education effort that integrates agriculture into career training and counseling programs for veterans. This expanded collaboration will help to ensure that returning servicemembers know that there are a wide variety of loans, grants, training and technical assistance for veterans who are interested in a career in agriculture, no matter their experience level. More than 5 million veterans live in rural areas. For more information and to get started, visit the USDA Veterans in Agriculture website at www.nal.usda.gov/veteran-farmers.

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.expressemailing.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.

National Hispanic Heritage Month

Sept. 15-Oct. 15 is National Hispanic Heritage Month. The month begins Sept. 15, which is the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. The month also takes into account the independence day of Mexico on Sept. 16 and Chile on Sept. 18. For more information, including instructional materials, visit the Hispanics in the U.S. Army website at www.army.mil/hispanics/, the Hispanic Heritage Month website at www.hispanicheritagemonth.org, the National Hispanic Heritage Month website

at www.hispanicheritagemonth.gov, and the Smithsonian Education website at smithsonianeducation.org/heritage_month/hhm/index.html.

Space Available Mail

Space Available Mail (SAM) refers to parcels mailed to APO/FPO addresses at parcel post rates first transported domestically by surface, then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Standard Post rates are sent to CONUS by air on a space available basis. The maximum weight and size limits are 70 pounds and 130 inches in length and girth combined. All classes of mail addressed to FPO addresses must contain the New Navy Standardized Address format, which includes ship or mobile unit number, (or PSC number for ashore FPOs), virtual mail box number, and five-digit ZIP code to ensure delivery. For more information, contact your local civilian or military post office.

Service to School Conference for Veterans

Service to School will be holding a conference in Washington DC to help service members and veterans transition to college after service. The conference will highlight the practical aspects of the application process and will arm attendees with the tools needed to navigate their way into the best school possible. Admission to the conference is free; the conference will be held at McDonough School of Business at Georgetown University. For more details, visit the [Service 2 School website](#).

AAFES Debuts 'Disney at the Exchange'

A cast of characters from Disney, Marvel and *Star Wars* is joining forces with the Army & Air Force Exchange Service to bring a special, dedicated section to approximately 60 Exchange locations. The standalone section, called "Disney at the Exchange," includes dolls, action figures, role play items and clothing, as well as toys and other merchandise tied to current Walt Disney Company theatrical releases and television content. Military shoppers will find a wide selection of their favorite Disney characters at both the Exchange and at ShopMyExchange.com at www.shopmyexchange.com.

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



We need an America with the wisdom of experience. But we must not let America grow old in spirit.

~Hubert H. Humphrey~

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!

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| US Marines | 5,780 |
| Dept of VA | 5,670 |
| Washington DC | 37,838 |
| New York | 28,917 |
| Los Angeles | 20,879 |
| Boston | 18,860 |
| Veterans | 18,991,165 |
| Other Social Media: | 10,872 |
| Courtesy Copies: | 3,500 |
| | 19,161,820 |