



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, April 29, 2018

Volume 9, Issue 17



This-N-That

It seems the feathers are flying in DC over who should take over as Secretary of the VA. And I do have a personal preference, but as before my choice would most likely never even get an interview and of all the people there are my choice would seem to be the perfect one and someone who is not a VA insider.

But he does know the system inside and out, has spent his life since retirement to do nothing but

help Veterans and gone to DC a number of times to fight on various bills that would benefit Veterans.

But the key question is who will be next, what is that persons perception of the VA, Veterans, Benefits, Medical Care and provision of services.

I still hear people all the time (not many) about privatization and that is still not the answer. People don't take into account that some of the VA facilities have some of the best research facilities in the world. And the problems are in the other facilities. No one stops to think that the VA would still exist, and they would still hold the purse strings, and still have all the power to deny services and care. Or as they have done and have a proven track record of now, is to say yes you have permission and we will cover the bills only to find out within a month or two your the one getting the bills and the VA is denying they gave approval and denying payment of the bills.

The bigger problem is Veterans themselves are their own biggest enemy of the system. The majority rely on others to fix and repair the system

and so far that has produce nearly nothing. And how many more lives have we lost in the mean time? Is it fair to the families of those whom we have lost who have paid the price worth the continued silence?

If Veterans would take 30 minutes a week out of their lives to pick up the phone and call their reps in DC, send the E-Mails on the individual members of Congress websites, and even fax them with the exact same message every single week, stopping their flow of "normal business", preventing them from doing what they do best "line their own pockets", they would indeed stop, listen, pay attention and produce solutions via legislation. Only for the simple fact that they need and want to get back to their favorite past time, "lining their pockets!"

Whether your reps in DC are your favorites or you despise them for what they have done, if we just did what I said we should be doing, they would listen.

We don't need to protest, destroy property, cause loss of life like the protestors of today, but take

actions in a civil and adult fashion as we should have been doing for decades we could get results.

Look at all those doing all the damage and destruction, politicians are listening to them, and taking actions for them, so you can't disprove the theory and actions proposed.

We need to stop this cycle of delay, deny and let them die. Enough is enough, so please give this some serious thought!

Many of you may remember Betty Hidalgo who was our director of Service Member Care Packages Program.

We would collect post cards, letters and cards and she would assemble care packages with goodies made from home, items donated by various stores which included candy bars, nutrition bars, snack packs, DVD's, etc. and she would put them all together and insert the cards, letters, etc and ship them out on a weekly basis.

Betty became quite ill about three weeks ago and a few days ago we received notice that she had

bone cancer, then found out it spread and became cervical cancer. And this morning we received even worse news and that it was also colon cancer and is now stage 4.

The plan is intense and heavy chemo therapy, and beyond that who knows what may come next.

But I did want you to know that she is not doing well, and her husband is an Army Vietnam Veteran, and his grandsons are now serving in Afghanistan.

Betty married James Rabuse May 27, 2017 and became Mrs. Betty Hidalgo-Rabuse and they will be celebrating their first anniversary next month.

Betty's only wish was to be able to travel after she retired and had always wanted to go to Hawaii, but air travel is now out of the question, and in speaking with James this morning was that he want to fulfill her only wish to travel, and his intentions are to sell off everything they own, buy a small RV just big enough for the two of them and take her across the country.

They will be needing help from anyone who can, so he will be setting up a go-fund me page and as soon as we have the details we will put it out there for anyone who desires to help can do so.

Over the past I have discussed ALS (Lou Gherig's disease), Parkinson's and a few other illnesses most are covered by the VA now.

One thing that the VA has never ever mention and very few know is that anyone who has served in the military are 70% more likely to develop one or the other. And symptoms are not really clearly understood or known.

You could have one or the other for a long time and never know it, or never really know the signs some of which are stumbling more often, falling, dropping things, feeling the inability to breath correctly or difficulty swallowing.

With ALS, there is no test to prove or disprove the presence of the illness. In fact they need to run every test under the sun and rule out all other illnesses to come to the final conclusion and diagnosis that you have ALS.

ALS is probably one of the worst illnesses on the planet. It traps you in your own body, complete and total loss of movement, ability to eat, breath, care for yourself or even speak, yet you can see and hear and understand everything going on around you and completely robs you of your dignity.

Your every need must be provided to you by someone else. And if this is a family member, no one could ever imagine just how much work that is, how difficult s it not only for you, but for the person who has ALS.

There are hundreds if not thousands of books available and the ALS Foundation is extremely supportive and can help with care giving, especially where the VA drops off.

But I did want to give a little more insight to ALS and Parkinson's so that you are aware of the signs and symptoms and hopefully get a diagnosis far sooner than later. And so that you know how much time you have to spend together.

On behalf of our Volunteers nationwide and

myself, we wish you and your family good health!

Respectfully,

Jim Davis

Founder

Jim.Davis@Veterans-For-Change.org



Get Ready, Get Hired: CalVet hosts Women Veterans Employment Workshop

Pleasanton – Women veterans will get an opportunity to learn about employment tools and career resources on Wednesday, April 25th at the Pleasanton Public Library during a workshop from 10 a.m. to 2 p.m.

In partnership with Veterans Connect at the Libraries and the California Transition Assistance Program (CalTAP), the CalVet Women Veterans Division will provide veterans guidance on resume writing, job searches and job interview skills while featuring an engaging, dynamic presentation on “Authentic Personal Branding for Military Veterans” from Air Force veteran and award-

winning author, Graciela Tiscareno-Sato.

During this highly interactive workshop, veterans learn key self-marketing skills and how to draw from their military experiences to create a personal statement about themselves. Graciela also gives tips on informational interviews and developing mentor networks. For more information about Graciela, visit: <https://about.me/gracielaTSato>.

To register for the workshop in Pleasanton on April 25th, please visit: <https://goo.gl/wto9ZP>. Lunch is provided and travel reimbursements are available for those that qualify.

Additional workshops throughout California are scheduled for the summer of 2018. A workshop will be held on Saturday, June 16 at the Siskiyou County Library and on Saturday, July 21 at the Mammoth Lakes Branch Library.

For more information about the workshops, please call 916-653-1402 or email womenveterans@calvet.ca.gov.



AAFES Supports Relief Funds

For the second year, the Army & Air Force Exchange Service (AAFES) will support Army Emergency Relief (AER) and the Air Force Assistance Fund (AFAF) with three 'Give and Get Back' donation periods throughout 2018. Last year, Exchange shoppers were offered the opportunity to donate at the register to AER and AFAF. For every \$5 donated, shoppers received a coupon for \$5 off a \$25 purchase. The inaugural effort netted more than \$258,000 for AER and AFAF. This year, the donation periods will be from May 15-20, Aug. 1-5 and Nov. 30-Dec. 5. For more information, visit the AAFES [website](#).



REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL



VA Improves Transition Assistance Program

As part of the U.S. Department of Veterans Affairs (VA) ongoing efforts to help transitioning servicemembers navigate and understand VA's various benefits, the agency recently updated VA's briefing portion of the Transition Assistance Program (TAP). The new VA briefing is designed to be more collaborative and stimulating, helping servicemembers make informed decisions about their health care, employment, housing and other benefits. Because no two transitions are the same, the updates deliver elements relevant to servicemembers based on where they are in their career and life. For more information, see this [article](#).



Veterans-For-Change Web Site

The Veterans-For-Change website has been under construction since day one back in 2009 and every day since then. The looks pretty much stay the same, but in the background constant improvement and change is being done to make our website the most user friendly “One-Stop-

Shop” website to find almost everything you might have tried to find searching the internet.

Almost a hundred people have been involved; collecting web links to documents now houses on the VFC website, collecting thousands of web links for various issues, illnesses and benefits. Creating forums for all eras of service and two forums one just for men and one just for woman where you can go question, comment, share medical and personal concerns, what ever you’d like it to be.

We also have a forum with a licensed Mental Health Worker, again where you can seek help or just ask questions.

We average **2,100** hits per day, and downloads average **1,200** per day with a total **4,032,505** visitors as of Friday.

If you subscribe you will have full access to the entire website and best of all it’s FREE of charge! You just need a valid E-mail address so the system can send you a confirmation E-Mail. Once received, click on the link to be authorized

automatically.

www.veterans-for-change.org

- Documents Library with over **16,387** documents on-line (Updated: 02/20/18)
- FAQ's with more than **1,600** FAQ's and answers
- Multiple Forums
 - o Afghanistan Veterans
 - o FMP - Foreign Medial Program
 - o Gulf War & Desert Storm Veterans
 - o Iraq Veterans
 - o Korean Veterans
 - o Men Veterans Forum
 - o Mental Health for Veterans (**Counselor Needed**)
 - o Political Issues
 - o Suggestion Box
 - o The Mess Hall
 - o VA Hospitals and Medical Centers
 - o Veteran Affairs
 - o Vietnam Veterans
 - o Welcome Mat
 - o Women Veterans Forum
 - o WW II Veterans
- Job Postings

- Memorial Pages (Updated: 01/11/18)
- News (Articles On-Line: **7,304**)
- Polls
- Web Links, more than **3,645**, Added 12 New Links (Updated: 04/24/18)

If you have a submission for the memorial pages,
E-Mail: Jim.Davis@veterans-for-change.org



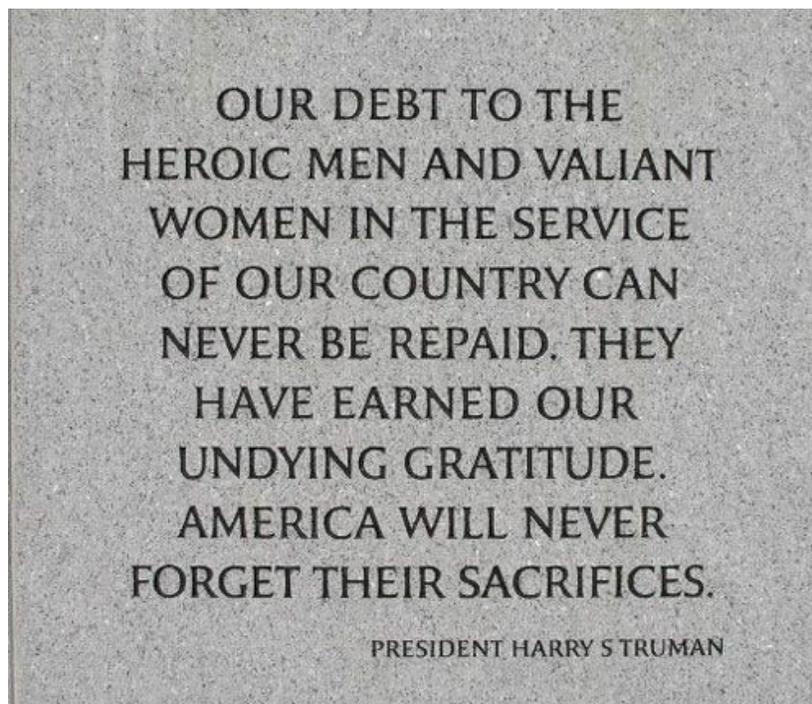
Exchanges Fear Merger with Commissaries

DoD officials would like congress to approve a plan to merge the Defense Commissary Agency (DeCA) with the three military exchange services into a single store system to be called the Defense Resale Enterprise. However, the executives of the Army & Air Force Exchange Service, Navy Exchange Command and the Marine Corps exchange systems are resisting the effort. Read this week's '[Update](#)' to learn why AAFES, NEX, and MCX fear the merger with DeCA.



The Civilian Resume Checklist

Six seconds — that is how much time a recruiter will typically spend on a resume review before deciding whether to put it in the 'yes' or 'no' stack. This is a lot of pressure to put on a single document that basically determines if you are going to move forward in the job search process. Use the [resume checklist](#) to help you get a civilian recruiter's attention.



Life Changes Can Impact Your TRICARE Options

When your life changes, your TRICARE options may also change. With TRICARE, certain life events (like moving due to a permanent change of station, getting married or divorced, adopting or having a baby, becoming Medicare eligible or losing health coverage) are called [Qualifying Life Events](#). QLEs include military and family-related changes. A QLE may allow you to enroll in a new [TRICARE plan](#) or change your coverage options, but you must make the changes within 90 days following the QLE. If one member in a sponsor's family experiences a QLE, all eligible family members may change their enrollment status during the QLE period. For more information, visit the TRICARE Changes [webpage](#).

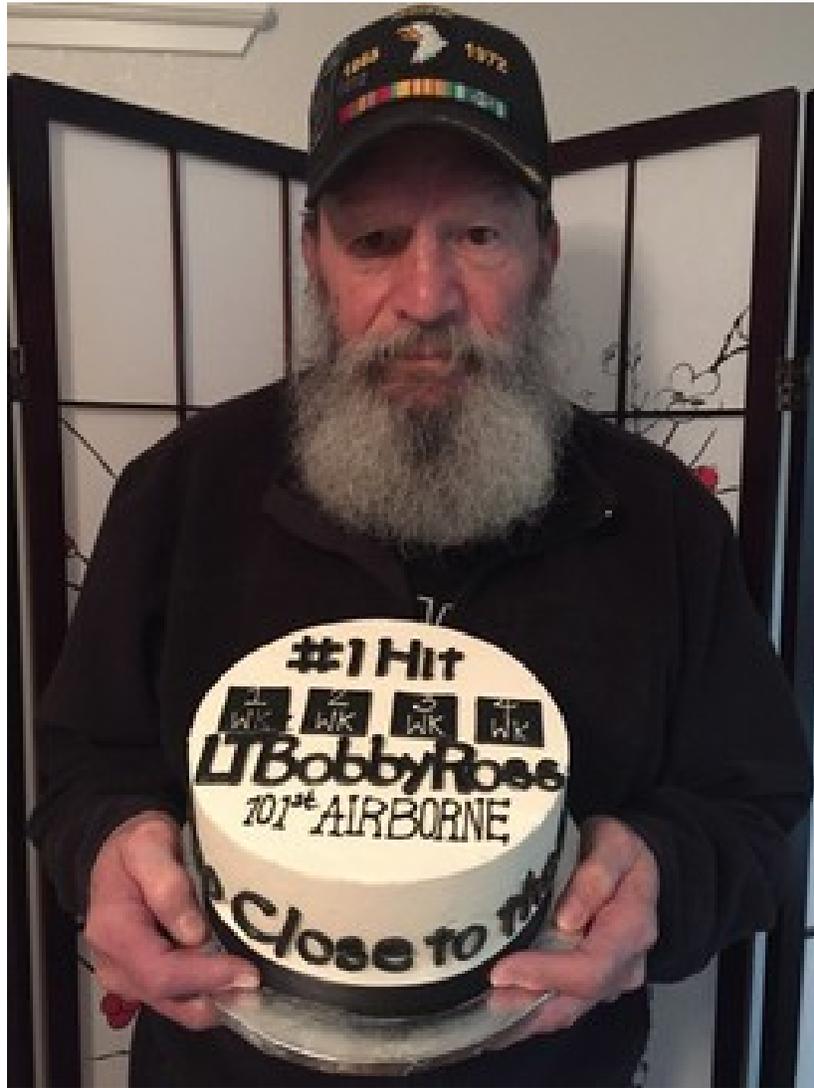


Veterans Outreach Programs in CA and MT

Wartime veterans are invited to a veterans outreach and district revitalization effort being conducted April 26-28 by the American Legion. The efforts will take place from 9 a.m.-4 p.m. April 26-27 and 9 a.m.-noon April 28 at Prunedale American Legion Post 593, 8300 Prunedale Road, Prunedale, Calif. In addition, the Legion will host events on April 25-27 in Missoula, Montana from 9 a.m.-4 p.m. at the Hellgate American Legion Post 27, 825 Ronan St. A veterans service officer will be available at all of the events to assist with Department of Veterans Affairs-related issues and other veterans benefits questions.



LT Bobby Ross



April's Featured Song

LT is #1 Singer in World

LT's #1 Song in 2017

LT's #2 Song Honoring Native Americans

Autistic Farmers Of America (AFOA)

LT Bobby Ross

PATRIOTIC MUSIC

Remember this site is an Internet Adventure. All you need do is click on the pictures and any highlighted word, and you are launched to another world in Cyberspace. Try it! So much fun!



**Split Between Mattis and Top Military
Brass Disagree on Transgender
Issues**

Top military leaders have gone public in the past week to disagree with Defense Secretary Jim Mattis on the possible erosion of "unit cohesion" and readiness that Mattis said might come from allowing transgender troops to serve openly in the ranks. For more details, see this [article](#).



National Infantry Museum Marks WWI Centennial

Many installations across the Army are marking or have marked the centennial of the construction of their posts, which occurred in the weeks and months following the U.S. Declaration of war on Germany, April 6, 1917. To mark the occasion, the National Infantry Museum at Fort Benning has devoted a large exhibit to what is referred to as 'the Great War.' The Museum has been voted the best free museum in the nation by USA Today newspaper and one of the top 12 best military museums in the world by a CNN poll. For more information, visit the National Infantry Museum and Soldier Center [website](#) and the WWI Centennial Commission [website](#).



Lock in Your VA Loan Rate this Spring: Use Your VA Loan Now

The VA loan benefit is now worth up to \$453k financing. Now is the time to use this great benefit. Qualified borrowers can buy or refi with as little as \$0 down, and have no PMI payments with great rates and financing up to \$453k. [Use your VA loan benefit today.](#)

VA Life Insurance Programs

Injuries or medical conditions from service may make it difficult or even impossible for Veterans to obtain private life insurance. But VA offers life insurance programs that do not look at service-connected disabilities (and in some cases any disabilities) during the eligibility process. These include: (1) Veterans' Group Life Insurance (VGLI), (2) Servicemembers' Group Life Insurance Disability Extension (SGLI-DE), (3) Service-Disabled Veterans' Insurance (S-DVI), and (4) Veterans' Mortgage Life Insurance (VMLI). VA life insurance programs require Veterans to apply for the coverage — it is not automatic. Visit [Explore.VA.gov](https://www.va.gov/explore) to learn about VA benefits and how to apply.



**CONTACT YOUR
MEMBERS OF CONGRESS!**

To Call your Representative:

202-225-2305

To Call your Senators:

202-224-3841 or 202-224-3553

To call Different Members of Congress:

202-224-3121

TOLL FREE: 866-272-6622

PLEASE... STOP Making Excuses!

www.veterans-for-change.org



Arlington National Cemetery Running Out of Land

The Army, who runs Arlington National Cemetery, says that they will soon run out of space and the cemetery will be closed to future burials.

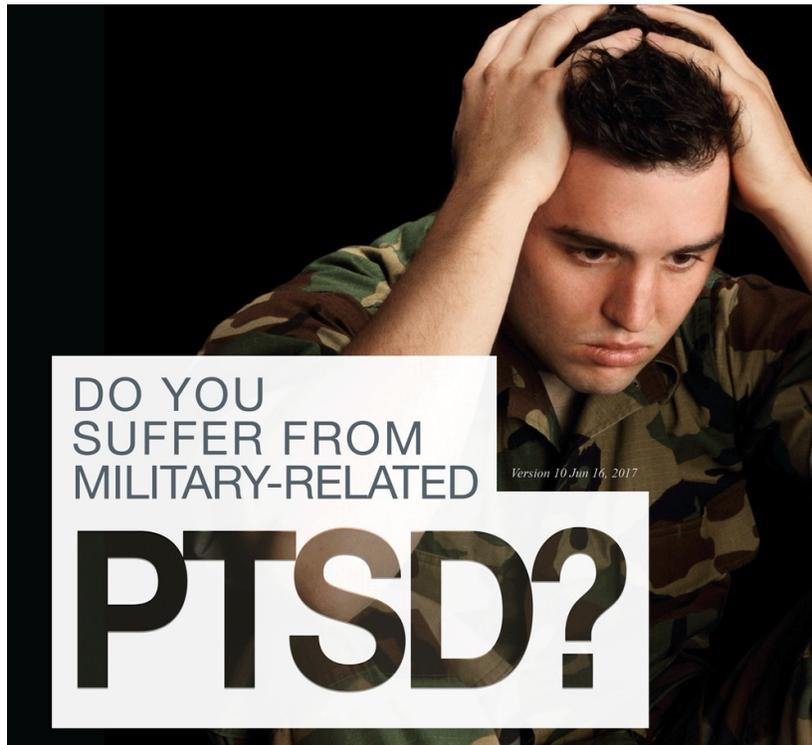
Congress has directed the Army to come up with a plan to keep the cemetery open as long as possible. For more details on the issue, and how service members and veterans could help, see [this article](#).



Student Debt Forgiveness for Disabled Vets

The Trump administration has announced plans to make it easier for permanently disabled military veterans to have their federal student debt wiped away. People with severe disabilities are eligible by law to have the government discharge their federal student loans, but the benefit has not been widely publicized. Working with the Department of Veterans Affairs, the U.S. Department of Education will begin identifying eligible veterans who will receive an application for loan forgiveness. Disabled veterans must sign and return the application to complete the process. For more details, see this [news](#) story.





**Veterans Crisis Line:
1-800-273-8255 & Press 1
Ntl Call Center for Homeless Vets
1-877-424-3838**



**Decisive Action Taken to Remedy
VA Issues**

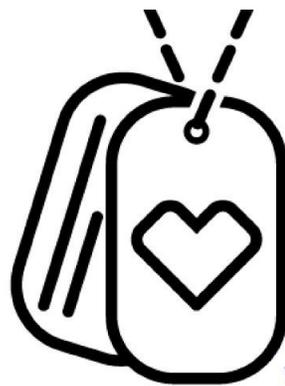
The U.S. Department of Veterans Affairs (VA) has announced actions it will take to address challenges and issues identified by the Government Accountability Office (GAO) when it placed VA on its [High-Risk List](#). The move is designed to address lingering deficiencies in its health-care system once and for all. Every two years, GAO calls attention to agencies and program areas that are high risk as a result of vulnerabilities and in need of transformation. VA is currently in the midst of a department-wide modernization that will build capacity for long-term management of GAO High-Risk List activities and strengthen VA's foundational business practices. VA expects the next GAO report to be released in early 2019.



Ready to Give Up the Smoking and Start Feeling Better?

Did you know that 7 out of 10 cigarette smokers want to quit smoking? Ask yourself, if you were to quit smoking today, in what ways would your life be better? If you're thinking it might be your time to quit, Freedom Quitline would like to help.

Read the [full article here](#).



**Our values
match yours.**



www.veterans-for-change.org

Sound Off: Was the Dino Re-Enlistment Really That Bad?

Internet outrage has landed with maximum force on top of an Air National Guard master sergeant who used a [dinosaur hand puppet](#) in her re-enlistment video. But is this much ado about nothing? Give your take in this [sound-off post](#).



Support S. 2565, the Veteran Employment and Child Care Access Act of 2018

Multiple studies and surveys reveal that a significant barrier for veterans seeking VA services is lack of child care. The Department of Veterans Affairs (VA) is not authorized to provide child care assistance or services, with the exception of a limited number of pilot programs and many veterans with children find it difficult to access to VA health care, mental health services, benefits, training and educational services.

S. 2565- the Veteran Employment and Child Care Access Act of 2018 introduced by Senator Tammy Duckworth (IL), would require the VA Secretary to provide child care assistance to an eligible veteran for any period that the veteran receives training or rehabilitation services under

the following VA programs: job counseling, training, and placement services; therapeutic and rehabilitative activities; homeless veterans reintegration programs; and homeless veterans with children reintegration programs.

In accordance with DAV Resolution No. 001, we support S. 2565 which would provide child care assistance to many service-disabled veterans- vastly improving their ability to successfully complete training, rehabilitative, and education programs.

Please use the prepared electronic letter or draft your own to urge your Senators to support and cosponsor S. 2565-the Veteran Employment and Child Care Access Act of 2018.

Your commitment and advocacy helps make DAV a highly influential and effective organization in Washington. Thank you for all you do for America's veterans and their families.

[Take Action](#)





TRICARE Supplement: Save on Co-Pays & Rx Costs

Get a Tricare supplement that pays your cost shares and can pay 100% of covered excess charges. [Get valuable coverage now.](#)



VA Updates and Improves Assistance Program for Transitioning Service Members

The turmoil at the very top of the Department of Veterans Affairs is continuing this week with the failed nomination of RDML Ronny Jackson to be

Secretary of Veterans Affairs. Despite that, the work of the VA continues and the following information was released recently.

TREA believes that TAP needs to be strengthened because it can be such an important program for those leaving the service and we are happy to see the VA working to do just that.

As part of the U.S. Department of Veterans Affairs (VA) ongoing efforts to help transitioning service members navigate and understand VA's various benefits, the agency recently updated VA's briefing portion of the [Transition Assistance Program](#) (TAP) - an interagency initiative authorized as a voluntary program in 1991 under the National Defense Authorization Act and made mandatory under the VOW to Hire Heroes Act in 2011 to help service members adjust to civilian life.

The new VA briefing is designed to be more collaborative and stimulating, helping service members make informed decisions about their health care, employment, housing and other benefits.

"Each year, thousands of military members leave the service and settle in communities around the nation, with the goals of establishing comfortable homes, attaining quality education for themselves and their families, and finding rewarding employment opportunities," said Acting VA Secretary Robert M. Wilkie. "Coming from the Department of Defense, I understand the importance of this great program, and I believe these changes will strengthen it further and provide real-life relevance to those who have given a portion of their lives to serving our nation."

Because no two transitions are the same, the updates deliver elements relevant to service members based on where they are in their career and life. The redesign will encourage whole-health support for service members and their family members, to include relevant information about [Veterans Service Organizations](#) (VSOs) and allow time to identify local VSO representatives.

The updates, released this month, incorporated suggestions made by Veterans, VSOs and post-9/11 Veterans groups, including taking a more holistic view of a service member's new life, as

well as the psychosocial aspects of the transition to civilian life.

"In fiscal year 2017, VA provided more than 63,000 events to educate more than 500,000 transitioning service members and family members," said Margarita Devlin, executive director of the [VA Benefits Assistance Service](#).

"VA consistently receives high evaluations from service members who attend these benefits briefings, and we have taken the next step by incorporating recommendations by other stakeholders to make the program even better."

VA will now work to fully integrate TAP objectives into the military lifecycle, and as an added benefit, will begin implementing a post-transition Veteran survey. To view VA's updated curriculum, visit <https://www.benefits.va.gov/TAP/>.

Source: TREA





AF Offers Secure Health Care Messaging

The Air Force Medical Service now offers a secure messaging platform for patients and families to communicate safely and quickly with their providers. The TRICARE Online Patient Portal Secure Messaging, or Secure Messaging, can be especially valuable for patients using a specialty provider. Some clinics receive progress reports and input from many sources, including teachers, guidance counselors, and other medical providers. Receiving all these documents electronically over Secure Messaging makes it much easier for patients, parents and clinic staff to organize and share the information. To learn more about Air Force Secure Messaging at Air Force clinic or to sign up, visit the Air Force Medical Service [website](#).





Never forget our fallen!



'Loyalty Day' Coming Soon

Never heard of the holiday celebrated every May 1 since 1958? You're not alone. But with its roots firmly in bucking communism and, yes, the Russians, Loyalty Day is as American as apple pie and as anti-communist as the Star Spangled Banner. For more details, see this page on [Loyalty Day](#).

Commissaries Feature Extra Savings in May

The letter "M" is a commissary patron's key to extra savings as the Defense Commissary Agency offers sales promotions for [May events](#)

such as Cinco de Mayo, Mother's Day, Military Appreciation Month and Memorial Day.

"We want to thank our military members and their family members for their dedicated service to our country and our freedom," said Tracie Russ, DeCA's director of sales. "And what better way to do this at your local commissary than to offer the 'Thank You for Your Service' sidewalk sale event."

Throughout the month of May, the commissary's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. Patrons can expect to see mass displays throughout the store as well as "end of the aisle" promotions celebrating key events in May.

Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions:

- "Thank You for Your Service Sidewalk Sale."
Commissaries worldwide are conducting this

[sidewalk sale](#) through May 31. Planned in conjunction with May's Military Appreciation Month, every commissary will have an outdoor (weather permitting) sidewalk sale, offering extra savings including special deals on some case and club pack items. Several commissaries will be partnering with their neighbor, the exchange. Check with your local commissary for specific dates and times and information on other military resale events linked to these sales.

- Cinco de Mayo. From April 24 through May 7, Old El Paso will offer savings worldwide on items from tortilla cups to grilled steak fajitas.
- VIP Race Experience. Smithfield is offering a chance to win its VIP Race Experience to stateside commissary patrons who purchase any three or more Smithfield brand products in a single transaction through May 7. Prizes include a grand prize trip to a VIP Race Experience and meeting NASCAR driver Aric Almirola. One grand prize winner will receive a three-day/two-night trip for two to the stock car race of their choice in the continental U.S., lodging, spending cash and more. In addition to the grand prize, 15 first prize winners will each receive a \$50 commissary gift card. Check local store displays for details on how

to enter.

- "Eggs-tra" special. Minute Maid and Kings Hawaiian is offering a joint promotion leading up to Mother's Day, May 13. Commissary patrons will receive a coupon for a free carton of eggs with the combined purchase of Minute Maid Orange Juice 59-ounce or gallon cartons and Kings Hawaiian Dinner Rolls. Mass displays will be located near the orange juice chilled display case.

- Memorial Day Summer Grilling Contest! Kraft Heinz Company is kicking off summer by offering high-value coupons and recipes for their top brands in commissaries worldwide from May 5 to June 3. Participating brands include Kraft, Heinz, TGI Friday's, Smart Ones, Cracker Barrel, Oscar Mayer, Velveeta and Capri Sun. Store displays will have more details.

- Supporting Armed Forces Day. Del Monte will have mass displays in commissaries worldwide promoting its 6-pack fruit and vegetable items from May 21 to June 3. Product giveaways and commissary gift cards are also part of this promotion.

- National Pet Month. From May 21 to June 3, Nestle Purina PetCare will promote an opportunity for one patron worldwide, to win a 32-inch

Samsung LED TV. Look for the ProPlan mass display in your commissary for more details on how to enter this free drawing. No purchase necessary.

- "We can't thank our military members and their family members enough for all the sacrifices they make to serve our nation," Russ said. "We encourage them to take advantage of all of the special sales events we are offering this month. They've earned it!"

Commissary patrons can also access the following features:

- [Commissary Rewards Card](#), which allows patrons to redeem coupons electronically at the commissary checkout. Patrons can pick up a card at their local commissary and register, where they can log into their account to load coupons on the card before they shop;
- [Commissary Nutritional Guide Program](#); learn more about the color-coded shelf labels that point out items with key nutrient attributes such as low sodium, whole grain, no sugar added, low fat, good source of fiber and organics;

Commissary brands now offer five product lines - Freedom's Choice for food items, HomeBase for nonfood items, TopCare for health and beauty products, TippyToes for baby products and Full Circle Market for organic foods.

Source: TREA



Veteran Crisis Resources

Veterans Crisis Line 1-800-273-8255 and Press 1

Military Crisis Line 1-800-273-TALK (8255)

National Call Center for Homeless Veterans

1-877-4AID-VET (424.3838)

VA Caregiver Support Line 1-855-260-3274



New TV Service Focuses on Uncommon Valor

ValorousTV is a recently launched subscription based TV service focusing on celebrating and telling the stories of the heroism, bravery, sacrifice, and uncommon valor of our nation's military and first responders. ValorousTV features thousands of hours of great films, documentaries, and the personal stories of those have served and continue to serve our nation. [Learn more about ValorousTV.](#)



Links to Other Stories

- 1) [‘They Didn’t Have To Kill Him’: The Death of Lance Corporal Brian Easle](#)
- 2) [5 New Psych Health Evidence Briefs are Now Live!](#)
- 3) [AMVETS recognizes VA employee for work on suicide prevention](#)
- 4) [Babies now allowed on the US Senate floor following rare move to change rules](#)
- 5) [Coping in the Aftermath of Community Violence: Self-care Strategies](#)
- 6) [Coping with Traumatic Stress Reactions](#)

- 7) [Electrical stimulation treatment helps PTSD patients](#)
- 8) [Four-legged therapist brightens day of former pilot recovering from TBI](#)
- 9) [Going Back to School After the Military](#)
- 10) [Medal of Honor going to airman killed in 2002 Afghanistan battle: report](#)
- 11) [Nearly \\$700 Million in State Veterans Home Funding Leads to New Construction Projects](#)
- 12) [Negative Coping and PTSD](#)
- 13) [New in 2018: Army decision coming on return of 'pinks and greens' uniform](#)
- 14) [Ronny Jackson's VA nomination on the rocks](#)
- 15) [Veterans serving Veterans: Researchers who served](#)
- 16) [White House fears VA secretary will get denied](#)

You can help VFC by reading articles posted and commenting at the bottom and rate the articles. If you don't have an account, sign up today, it's FREE. Your comments and rankings tell us what type of information you want most.

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



Tricare West Referral Waiver Period Ends

Tricare Prime users in the West region will now need specialty care referrals and other pre-authorizations after a waiver period ended April 15. For more details, see this [article](#).



CLICK HERE TO JOIN US ON TWITTER



Deadline for Women to Convert to Sub Ratings

The U.S. Navy has announced that the April deadline for enlisted women applying to convert to submarine force ratings would be extended to June 1. Selections from this round of applications will be for initial integration of USS Georgia (SSGN 729) in 2019, and to fill openings on previously integrated submarines in Kings Bay, Georgia and Bangor, Washington.

For more Navy news, visit the Military.com [Navy section](#). How much would you make with a promotion? View updated military [pay charts](#) for 2018.





MILITARY
AT THE
IN PARTNERSHIP

SATURDAY
10:00 A.M.
TPCSA

Veterans, active
retired military
invited to a JOP
local companies

THEPLAYERS.COM





Virtual Symposium Focuses on Spouse Careers

The Pentagon's second annual virtual military spouse symposium aims to connect military spouses with great career advice and inspiring speakers no matter where they are located. The symposium runs from May 21 to 24. For more details, see this [Spousebuzz post](#).



U.S. Government Accountability
Office Reports

- 1) [CMS Innovation Center: Model Implementation and Center Performance](#)
 - 2) [DHS Program Costs: Reporting Program-Level Operations and Support Costs to Congress Would Improve Oversight](#)
 - 3) [DOD Health Care: Defense Health Agency Should Improve Tracking of Serious Adverse Medical Events and Monitoring of Required Follow-up](#)
- 

Upcoming Career Events Nationwide

The American Legion is listing upcoming career events for veterans, servicemembers and military spouses on the American Legion [website](#).

Schedules subject to change. Follow the links for full details, including base access requirements if applicable, and keep tabs on other upcoming career fairs on the American Legion Career Fairs webpage. For more veteran job fair listings around the country, visit the Upcoming Veteran [Job Fair page](#).



3 Tips for Getting Your First Credit Card

Your first credit card can be a blessing or a curse, a convenience or a quick path to a financial implosion. If you're thinking about taking the leap, here's a [3-step roadmap](#) to making it a positive experience.



U.S. FOOD & DRUG
ADMINISTRATION

- 1) Eataly USA Issues Allergy Alert on Undeclared Walnuts in Artichoke Spread
- 2) Greenbelt Greenhouse Ltd Recalls Greenbelt Microgreens Brand Microgreens Because of Possible Health Risk
- 3) Labrada Nutrition Issues Allergy Alert on Undeclared Egg in "Leanpro8" Protein Powder
- 4) Lamictal (lamotrigine): Drug Safety Communication - Serious Immune System Reaction
- 5) Magnetic Resonance-guided Laser Interstitial Thermal Therapy (MRgLITT) Devices: Letter to Health Care Providers - Risk of Tissue Overheating Due to Inaccurate Magnetic Resonance Thermometry
- 6) NxtGen Botanicals Maeng Da Kratom by NGB Corp.: Recall - Possible Salmonella Contamination
- 7) OC Raw Dog, LLC RECALLS one lot of Chicken, Fish & Produce BECAUSE OF POSSIBLE HEALTH RISK
- 8) Voluntary Recall Notice of Happy Harvest Canned Spinach Due to Potential Undeclared Peanut Allergen from Product Mislabeling
- 9) Ziegenfelder Company Recalls Certain Ice Pops For Possible Health Risk



Women Veterans Missing Out on Benefits

Women veterans are missing out on the Department of Veterans Affairs' (VA's) Burial and Memorial Benefits. Most women vets do not realize that even if they are in a dual military or dual veteran marriage, they can choose between a shared or separate gravesite. Minor children and adult children who are disabled could also be eligible for burial in National Cemeteries. VA also makes available its [Pre-Need Burial Eligibility Determination](#). This is a way for women veterans to know they have communicated their wishes to their family to make it easier for the family to deal with things when the time comes. For more information, visit the National Cemetery Administration [website](#).



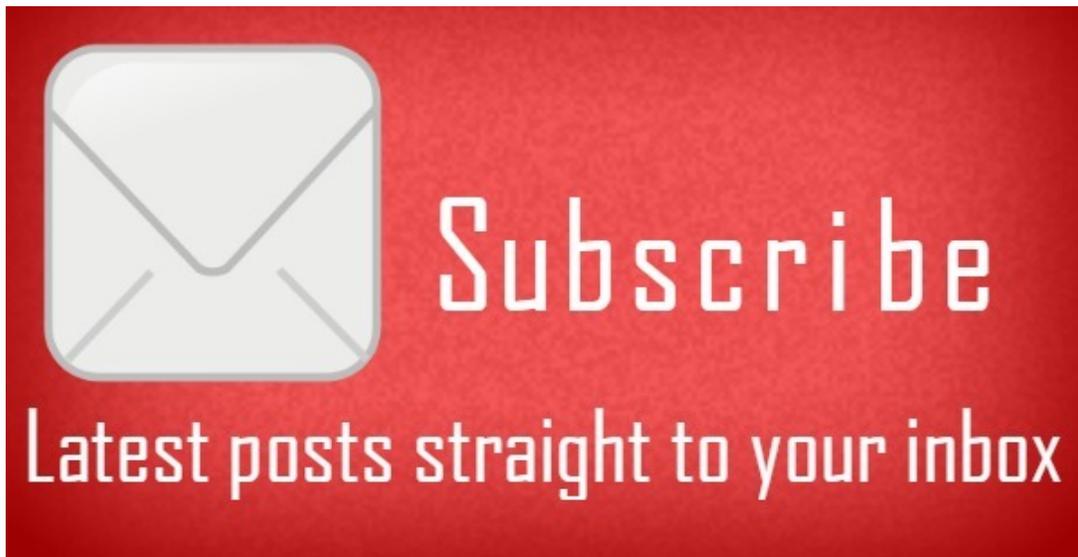


Veteran Outreach in Oklahoma

The American Legion is conducting a multi-county district revitalization and veterans outreach effort April 26-27 in Bristow, Okla. Wartime veterans in and around Craig, Delaware, Mayes, Nowata, Ottawa, Washington, Osage, Pawnee, Rogers, and Tulsa counties are invited to attend to learn about Legion programs and obtain veterans benefits assistance. The effort will take place from 9 a.m.-3:30 a.m. both days at Klingensmith-Long Post 126, 132 W 8th St., Bristow. A veterans service officer will be available both days to assist with Department of Veterans Affairs-related issues and other veterans benefits questions.



If you received this newsletter as a courtesy or a forward from a friend or relative, you can sign up to receive in your E-mail every week.



CLICK HERE TO SUBSCRIBE TO THE VFC NEWSLETTER TODAY!



Veterans-For-Change, Inc.

Riverside County, CA

Visit our website today

www.Veterans-For-Change.org

Serving those who served!

**Please pass on to all your Veteran Friends
and Family!**



Please do not reply to this E-Mail, this is an unattended E-Mail address, please send all correspondence to:

Jim.Davis@veterans-for-change.org

©2018 Veterans-For-Change, Inc. | Menifee, CA 92584-8870

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®

