



Veterans-For-Change Newsletter

A Voice of the Veterans

Week Ending Sunday, April 28, 2019

Volume 10, Issue 17



This-N-That

This month I lost a very good friend, and honoring his wishes I can't tell you his name, but he was a US Army Veteran who had been by my side almost since the inception of Veterans-For-Change.

And unlike all the others who claimed to be "friends", he never listened to all the BS being spread, he was the only one who always believed me and believed in me.

In many ways, he was almost like a second father

to me after my father passed. He is no longer in any pain, and has been laid to rest next to his wife who had passed away some time ago.

Not only did his faith in me never waiver, he was always there for advice, suggestion, help, and always encouraged me to continue my fathers mission and never let all the nay Sayers get in my way of fulfilling a promise made, a promise made to help any and all Veterans in the best way possible to obtain their medical care and benefits.

There have been many times I have wanted to shut it all down, walk away, and let someone else do the work, and my friend was always there to talk me out of the funk and depression. And trust me all the various issues within the VA Healthcare System can be and are very daunting tasks, huge battles, but the message was and still is, FIGHT ON!

He never walked away, never turned his back on me, never believed any of the BS and was probably the only person on the planet I would ever open up to, even allowed into all the inner workings of Veterans-For-Change.

I will certainly miss him as much as I miss my own father. Rest in peace dear friend, you've earned it.

LT Bobby Ross is also down right now too!

He went to the VA this week for blood clots in his leg, and as seems to be the case with all others he was sent home and not much done.

He was taken back to the VA Emergency Room in sever pain, and personally knowing how bad blood clots can be, and even more so if left untreated can be quite deadly.

So I'd like to ask that everyone say a pray for Bobby Ross, that he receive immediate care, and has a speedy recovery.

There are quite a few "Take Action" posts in the newsletter, and the number of take action notices is growing which means finally Congress is taking action for Veterans.

Veterans and civilians alike can help make those come to life, get to the floor, be voted on and with enough people harassing those in office, politely of course can make sure they pass!

While some bills won't help all Veterans, but it will help your fellow Veteran who is suffering just like you are, and other bills will help you, and not

others. The point being, if everyone does their part, we can make change happen.

As I've said a million times or more is: What Employer any where in the world hires staff, walks off, and assumes they will do what they were hired for? The answer is simple, NO ONE!

Except here in the United States, that's precisely what we do. When you cast your vote, and whether the person you voted for or someone else gets that seat in Congress, their salaries are paid for by Taxpayer Dollars, this means they are our Employees and we are their Employers.

So it's our duty to constantly remind them of our concerns, expectations, and demands! Failing to do so automatically gives them carte blanche to do as they damn well please.

If we continually send off the Pre-Written E-Mails, follow those with phone calls every single week, sharing the information in an E-Mail and send off to our entire E-Mail address book, asking them to also send off the Pre-Written E-Mails and follow those up with telephone calls too, we increase our chances dramatically.

I was able to add 70 new web links this past week, and there are still over 100 more to be added, but early this week I had cataract surgery so I was not able to complete the task, and will spend Sunday trying to get the rest added.

We're still looking for a new hosting service and a web master who is very familiar with our software as we are currently experiencing a few minor issues that need attention, so if you've attempted to create an account so you can access the entire system, not just a sampling, send me an E-Mail and I will create an account for you through the back office.

If you post a comment, please be patient and give me 24-48 hours, and I will also approve those manually through the back office as well.

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



VA Won't Ramp Up Security After Rash of Suicides on Premises. Here's Why.

In the wake of a troubling trend of veteran suicides and at least one shooting on the premises of Department of Veterans Affairs facilities in recent weeks, VA leaders are preparing for congressional scrutiny and hearings on the matter. What they're not doing, however, is planning to ramp up security at VA centers through the use of metal detectors. While incidents at individual VA facilities may prompt local reviews, the majority of security decisions are not made at the national level. It's a delicate balance between providing a safe environment at the VA and keeping facilities safe and accessible to all, said Dr. Keita Franklin, the VA's national director of suicide prevention. And officials, she said, are sensitive about taking steps that might undermine that message of openness. Read more about the decision [HERE](#).



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 for Mental Health and are currently seeking a new Licensed Mental Health Worker, where you can seek help or just ask questions.

We average **2,415** hits per day, and downloads average **2,318** per day with a total **4,921,866** 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 **17,242** documents on-line (Updated: 04/11/19)
- 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: 10/30/18) (37 Added)
- News (Articles On-Line: **8,451**)
- Polls
- Web Links, more than **4,779**, Added **70** New Links (Updated: 04/22/19)

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





H.R. 1527, the Long-Term Care Veterans Choice Act

Representative Clay Higgins introduced H.R. 1527, the Long-Term Care Veterans Choice Act. This bill would provide veterans who are no longer capable of living independently an alternative to nursing home care, in which the veteran would continue to receive the care that they need in an intimate home-like environment through VA's Home-Based Primary Care program, and the Medical Foster Home (MFH) attendant program.

Started in 2000, VA Medical Foster Homes provide veterans who need nursing home level of care an alternative to being placed in a nursing home. VA Medical Foster Homes merge traditional adult foster care with comprehensive longitudinal care provided in the home by a VA interdisciplinary team that includes a physician, nurse, social worker, rehabilitation therapist, mental health provider, dietitian, and pharmacist. Since its inception, over

4,000 veterans have resided in Medical Foster Homes.

However, many service-connected veterans who wish to reside in a VA Medical Foster Home are unable to do so because of substantial out-of-pocket costs of approximately \$1,500 to \$3,000 per month. Because VA does not have the authority to cover these costs, veterans are placed in nursing homes which VA pays for but cost more than twice as much.

As the veteran population continues to age, the need for long-term care services will continue to grow. Home-based community programs like MFHs will enable VA to meet the needs of aging veterans in a manner closer to independent living than institutionalized care. With the passage of this bill, veterans would have the option of care that more closely aligns with their independence while maintaining their quality of life.

This bill is in accordance with DAV Resolution No. 085, which calls for legislation to improve the comprehensive program of long-term services and supports for service-connected disabled veterans regardless of their disability ratings.

Please use the prepared letter to write your Representative to cosponsor and support passage of H.R. 1527, the Long-Term Care Veterans Choice Act. Thank you for your efforts and support of the Commander's Action Network.

Take Action



Military Exchanges Tune Out TV News Due to 'Divisive Political Nature'

Televisions in military food courts, customer service centers, malls and other common areas will no longer show news channels "due to their divisive political nature," according to the agency that oversees retail services. TVs mounted on walls in food courts and other areas on bases around the world frequently show a loop of news channels including Fox, CNN and MSNBC. The Army and Air Force Exchange Service, headquartered in Dallas, sent a memo to facility managers last week with the subject line: "Change in TV policy." "The exchange has elected to play sports channels/sports programming on all common area TVs" when its own informational service known as EXTV isn't being shown, the memo said. Read more about the change [HERE](#).



~Follow Veterans-For-Change on MEWE Social Media~

Follow us on [MEWE](#)! We've move to [MEWE](#) and after three months, membership has grown and the support staff at [MEWE](#) is responsive, open to suggestions and works very hard to protect your personal information.

IMAGINE A SOCIAL NETWORK WITH ALL THE FEATURES YOU LOVE AND NONE OF THE BS.

Where you are the customer to serve and not data to sell.

Where you share your real life and celebrate, not censor, diversity.

We know most people don't like change, however, this new Social Media Site, [MEWE.COM](#) has no advertisers, truly respects privacy and protects your security far better than Face Book ever could. They also have a fantastic customer service group who actually does respond to your messages, suggestions, ideas and more!

We hope you will join us on this new site.

VETERANS-FOR-CHANGE

www.mewe.com/join/veterans-for-change

**HOMELESS HEROES PROGRAM OF
VETERANS-FOR-CHANGE**

www.mewe.com/join/homelessheroesprogramofveterans-for-change

AMVETS GROUP

www.mewe.com/join/amvetsgroup

VETERANS SOCIAL GROUP

www.mewe.com/join/veteranssocialgroup

**{USAVET} SUPPORTING GOD & ALL WHO
SERVED OUR GREAT NATION**

www.mewe.com/join/usavetsupportinggodallwhoserveandserve

AMERICANS FOR SOVEREIGNTY

www.mewe.com/join/americansforsovereignty



H.R. 303, the Retired Pay Restoration Act

On January 8, 2019, Representative Gus Bilirakis (FL) introduced H.R. 303, the Retired Pay Restoration Act.

This bill would extend concurrent receipt authority to longevity retirees with service-connected disabilities rated less than 50 percent disabling.

Under current law disabled veterans with longevity retirement from active military service who are also in receipt of a Department of Veterans Affairs (VA) disability determination of 50 percent or higher may retain both military retirement pay and their compensation.

DAV strongly supports H.R. 303 as it would end the unfair policy of forcing many military longevity retirees to forfeit some of their retired pay in order to receive equal amounts of disability compensation from the VA. This legislation is in accord with DAV Resolution No. 104 and would eliminate concurrent receipt for all longevity retirees.

Please use the prepared electronic letter or draft your own to urge your Representative to support and cosponsor H.R. 303. As always, we appreciate your support for DAV and your grassroots activism

in participating in DAV CAN. Thank you for all you do for America's veterans and their families.

Take Action



Lawmaker Renews Push to Get Vietnam-Era Airman Medal of Honor

A California lawmaker recently introduced legislation to upgrade an award for a Vietnam-era airman to the Medal of Honor. Rep. Salud Carbajal, D-Calif., last week presented [H.R.2330](#), which would authorize the president to award the military's highest award for valor to Air Force Col. Philip Conran for heroism in Laos during the Vietnam War. Conran lives in Santa Barbara and is a constituent of Carbajal. Read more about Conran's heroic acts [HERE](#).



April's Featured Song

Finally Welcomed Home

By

LT Bobby Ross

LT Bobby Ross - Voice Of America

Previous Featured Songs



S. 514, the Deborah Sampson Act to Improve VA Services for Women Veterans

Senator Jon Tester (MT), Ranking Member of the Senate Veterans' Affairs Committee, introduced S. 514, the Deborah Sampson Act. This legislation, a comprehensive measure addressing gender disparities, aims to improve and expand Department of Veterans Affairs (VA) programs and

services for women veterans.

The bill would permanently authorize counseling for veterans recently separated from military service and accompanying family members in group retreat settings, including in women-exclusive settings. It would extend the number of days, from seven to 14, VA may cover the cost of care for newborns of women veterans. It would also provide adoption assistance to veterans who have infertility conditions incurred or aggravated in the line of duty.

S. 514 aims to eliminate barriers to care by:

- Adding \$20 million to retrofit VA medical facilities to comply with environment of care deficiencies;
- Requiring every VA medical facility to have at least one full-time or part-time designated women's health provider on staff;
- Studying the staffing needs of Women Veteran Program Managers in addition to determining the need for a Women Veterans Ombudsman;
- Conducting mini-residency training for women's health providers;
- Requiring VA to create a training module for community providers specific to women veterans' unique medical needs;

- Providing support services for women veterans seeking legal assistance;
- Authorizing grants for organizations supporting women veterans and their families;
- Requiring VA to report on its use of various primary care models serving women veterans;
- Requiring VA to provide information on staffing levels of women's health providers including PACT team members and gynecologists;
- Requiring data collection and reporting on all VA programs serving veterans, by gender and minority status;
- Requiring VA to report on the availability of prosthetics for women veterans; and
- Centralizing all information for women veterans in one easily accessible place on VA's website.

DAV's 2018 report, [Women Veterans: The Journey Ahead](#) identified many of these gaps in VA programs for women and calls for comprehensive VA women's health services that appropriately recognize and honor their military service and sacrifices. This bill is also consistent with DAV Resolution No. 019, which supports enhanced medical services and benefits for women veterans.

Please contact your Senators to urge co-sponsorship and passage of S. 514. A letter has

been prepared for this purpose or you may write your own to express your personal views.

As always, thank you for your advocacy and support of our nation's women veterans.

Take Action



VA Looks to Create Artificial Organs, Even Bones, With 3D Printing

The VA has launched an aggressive campaign to put 3D printers in many of its medical centers. The initiative aims to improve patient care by aiding surgical planning, crafting assistive medical devices and prosthetic limbs and, eventually, creating bones and organs for transplant. The department has more than 100 printers at 23 medical centers, up from just three in 2017. And it has plans to expand to even more, making it a leader in the effort to adapt 3D printing for medical use nationwide, where fewer than 100 academic and private health facilities — mainly at research universities — use 3D printing, according to a VA official. Read more about the project on [HERE](#).



H.R 445, Help Hire Our Heroes Act

On January 10, 2019, Representative Julia Brownley introduced H.R. 445, the Help Hire Our Heroes Act. This bill would amend the VOW to Hire Heroes Act of 2011 to make permanent the Veterans Retraining Assistance Program (VRAP).

The VRAP was started in 2012 to provide training assistance to unemployed veterans between the

ages of 35 and 60 who are no longer eligible for the GI Bill. It provided up to 12 months of training benefits at community colleges and technical schools in occupations that the Department of Labor has identified as "high demand." Since funding for this program expired in March 2014, the VA has not been able to enroll new veterans in VRAP. This program gap means that thousands of older, qualified veterans have been unable to access the resources which could help them find work.

This bill would strike the end dates of the Veterans Retraining Assistance Program and would replace it with year to year authorizations. This bill is in accord with DAV Resolution No. 190 which seeks adequate funding and permanency for veterans' employment and training programs.

Please use the prepared letter to write to your Representative to cosponsor and support passage of H.R. 445, the Help Hire Our Heroes Act. Thank you for your efforts and support of the Commander's Action Network.

Take Action



The Coast Guard Is Giving Away 4 Historic Florida Keys Lighthouses

Ever wanted your very own lighthouse — a real one out in the open water, not the Lego kind? The U.S. Coast Guard has a deal for you. And they are free. Four designated historic lighthouses in Florida have been "determined to be excess to the needs of the U.S. Coast Guard" so the government agency is giving them away at no cost, in accordance with the National Historic Lighthouse Preservation Act of 2000. Read more about the decision [HERE](#).



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



Army Launches Registry for Troops, Families with Housing-Related Health Issues

The Army has launched a health registry to track service members and families with illnesses or conditions that may be related to living in substandard military housing. Army Surgeon General Lt. Gen. Nadja West sent a letter this month to 900 Army families who have filed work requests for their homes over health and safety concerns. According to the memo, U.S. Army Medical Command is establishing a "Housing Environmental Health Response Registry" and asking residents to respond. The database will allow the Army to provide additional information on environmental health hazards in housing and assist residents in obtaining medical care for housing-related illnesses or concerns. Learn more about the registry [HERE](#).





AMERICAN SOLDIERS

**WILLING TO DIE FOR THE COUNTRY
THAT ISN'T WILLING TO PAY THEM!**



Shanahan Launches New Task Force on Military Sexual Assault

The Defense Department has created a sexual-assault task force to study and make recommendations on improving how the armed services handle and prosecute sex crimes. Pentagon officials said April 16 that Acting Defense Secretary Patrick Shanahan ordered the establishment of a Sexual Assault Accountability and Investigation Task Force on March 27. That was the day after a Pentagon advisory committee [released a report](#) finding disparities in documentation of sexual-assault cases across the services. Among the discoveries were incomplete files on how commanders made prosecution decisions. Read more about the task force [HERE](#).



H.R. 840, the Veterans' Access to Child Care Act

Representative Julia Brownley introduced H.R. 840, the Veterans' Access to Child Care Act, authorizing the Department of Veterans Affairs (VA)

to pay for or provide child care for veterans traveling to and returning from a VA facility for regular or intensive mental health treatment or necessary health care services. Veterans-particularly younger women veterans returning from recent deployments-have indicated that lack of child care is a significant barrier in accessing medically necessary mental health readjustment services.

VA reports that younger veterans demonstrate high usage rates of VA mental health care services and data shows women veterans are especially likely to make intensive use of such services. In a recent study, a third of veterans indicated an interest in access to child care services and 10 percent reportedly have canceled medical appointments because they did not have child care. H.R. 840 would allow VA to pay for or otherwise furnish child care to those children for whom a veteran is the primary caretaker to allow the veteran to seek needed treatment.

DAV Resolution No. 173 supports VA's provision of child care services and assistance to veterans accessing needed VA health care, benefits, education, employment, rehabilitative or other specialized services offered.

Please help support passage of this important legislation by sending your representative the prepared letter or drafting your own version.

Thank you for your participation in the DAV Commander's Action Network and for your support of our nation's veterans.

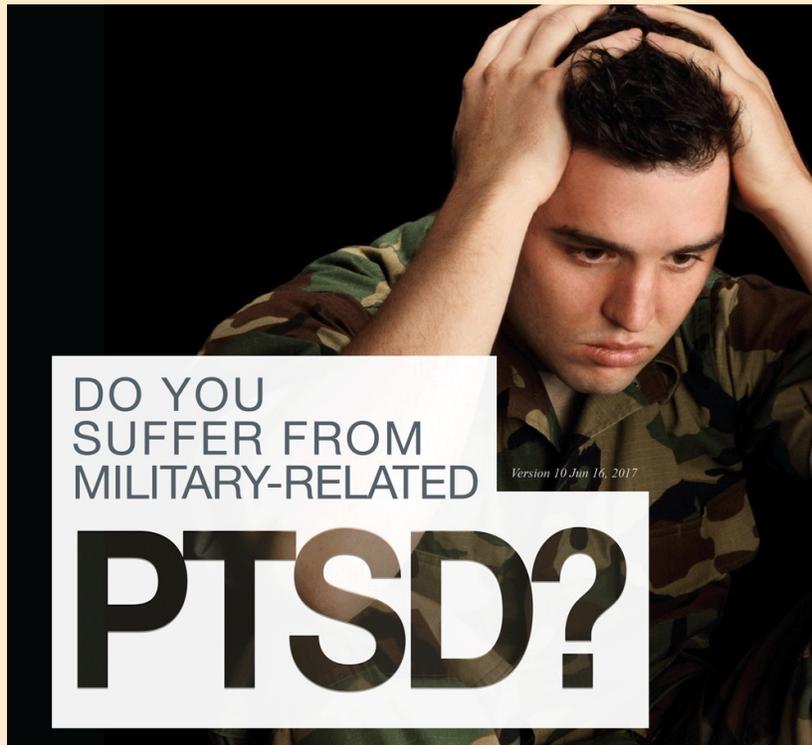
Take Action



Commissary's Spring Sidewalk Program Offers Savings

The Defense Commissary Agency is hosting its annual spring sidewalks sales between April 16 and May 31, 2019, at most locations worldwide, officials announced in a news release. Depending on weather, sales will be held outside and will include a variety of products, such as boxed mixes, drinks, canned goods and health items like baby wipes, soaps and pet foods. Customers can find the sale dates at their local [commissary on the system's website](#).





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



**S. 179/H.R. 712, Legislation Calling
for Clinical Trials to Evaluate the
Effectiveness of Medical Cannabis
for Chronic Pain and PTSD**

These companion bills, S. 179 and H.R. 712, would direct the Secretary of Veterans Affairs (VA) to carry out a clinical trial of the effects of cannabis on health outcomes of adults with chronic pain and post-traumatic stress disorder (PTSD).

These measures would require the VA Secretary to conduct clinical trials that look into whether cannabis is able to reduce symptoms associated with chronic pain such as inflammation, sleep disorders, spasticity, and agitation and effects on the use or dosage of opioids, benzodiazepines or alcohol for veterans with PTSD.

Research is necessary to determine the safety and efficacy of any drug. At this time there are few definitive answers about risks and benefits associated with the use of cannabis on various medical conditions and illnesses. Research is necessary to help clinicians better understand the safety and efficacy of cannabis use for certain conditions common in the veteran population such as chronic pain and posttraumatic stress.

These bills are in line with DAV Resolution No. 023 which calls for comprehensive and scientifically rigorous research by the VA into the therapeutic benefits and risks of cannabis, cannabis-derived

products as a possible treatment for service-connected disabled veterans.

Thank you for your support of our nation's ill and injured veterans. Please use the letters below to ask your elected officials to support S. 179/H.R. 712.

Take Action



Damaged USS Fitzgerald Leaves Dry Dock After 15 Months of Repairs

A U.S. Navy destroyer is afloat again as an overhaul continues following a [2017 collision off Japan that killed seven sailors](#). The U.S. Naval Sea Systems Command says the USS Fitzgerald launched out of a dry dock Tuesday at Ingalls Shipbuilding in Pascagoula, Mississippi. The Fitzgerald moored alongside a pier for work that Rear Adm. Jim Downey says will now include testing and outfitting. The Fitzgerald arrived in Pascagoula in January 2018 after a collision with a Philippine-flagged container ship caved in parts of the warship above and below the waterline. Learn more [HERE](#).



**Our values
match yours.**

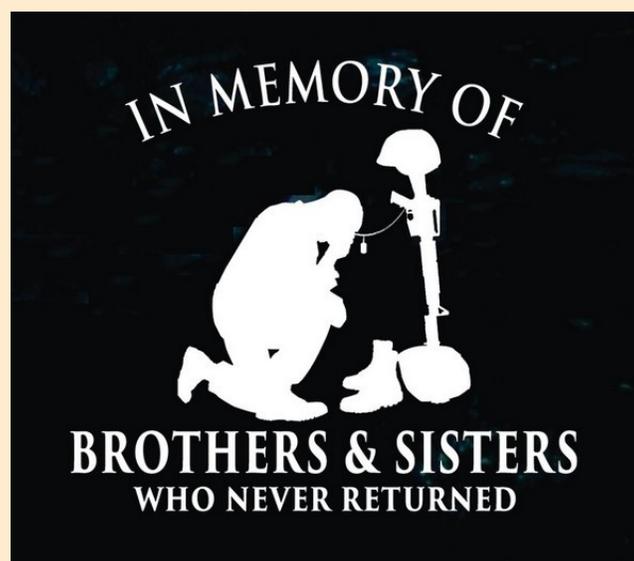


www.veterans-for-change.org



Dolphins from the USS Thresher Passed On

The Thresher dolphins, the submarine warfare qualification device worn by the late Lt. Cmdr. John Harvey, commanding officer of USS Thresher (SSN 593) before its tragic loss, were passed on to Lt.j.g. Thomas M. Grubish at the Submarine Birthday Ball on April 13. The dolphins are presented annually to the newest qualified junior officer at the ball. The Thresher and its 129 sailors and civilians were lost at sea while engaged in a test drive April 10, 1969. It was the first nuclear-powered submarine lost at sea and the largest loss of life in submarine force history. To honor and remember the sailors lost aboard the Thresher, Harvey's dolphins have been worn by a submariner ever since. Read more at Navy.mil.





H.R. 444, Reduce Unemployment for Veterans of All Ages Act of 2019

On January 10, 2019, Representative Julia Brown (CA) introduced H.R. 444, the Reduce Unemployment for Veterans of All Ages Act of 2019.

Currently, veterans with service-connected disabilities or other employment handicaps are able to receive career development services through VA's Vocational Rehabilitation and Employment program up to 12 years after they separate from military service. H.R. 444 would remove the limiting 12-year-period for eligibility.

In agreement with DAV Resolution No. 310, we support this legislation to eliminate the 12-year-period of eligibility. By removing the limited eligibility period, H.R. 444 will provide veterans the flexibility to receive the support they have earned and deserve throughout their lifetime and thus help reduce unemployment for service-connected

veterans.

Please use the prepared electronic letter or draft your own to urge your Member of Congress to support and cosponsor H.R. 444.

Standing up for veterans is vital and we thank you for your advocacy. Your actions help 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



Soldiers Save 4 After Plane Crash

Soldiers with the Alaska Army National Guard recently worked to save four people after a plane crashed about 35 miles northeast of Bethel, Alaska. According to a recent service news release, soldiers with the 207th Aviation Battalion were part of the rescue effort. An Army UH-60 Black Hawk and aircrew are stationed in Bethel. The soldiers were contacted by Alaska state troopers for help with the mission. They received grid coordinates for the crash site of the single-engine Piper PA-32 Cherokee Six and reached it only 20 minutes after departure. The four passengers were returned to Bethel uninjured, and the 207th Aviation Battalion was awarded four saves for the mission. Read more at Army.mil.



Joint Hearing on Student Veteran Protections

This week, the House Education and Labor Subcommittee on Higher Education and Workforce Investment and the House Veterans' Affairs Subcommittee on Economic Opportunity held a joint field hearing at Grossmont College in El Cajon, Calif., to address student veteran protections and their success on college campuses. House Committee on Veterans' Affairs Chairman Takano and Subcommittee on Economic Opportunity Chairman Levin both spoke about the importance of protecting the earned benefits veterans use to attain their education goals. The return on investment of student veterans can be incredibly valuable. The VFW thanks Chairmen Takano and Levin for making this issue a priority. [Watch the hearing.](#)





AMA Video from Board of Veterans' Appeals

In February, the VFW-championed Appeals Modernization Act (AMA) was fully implemented to provide veterans who disagree with their VA rating decision expedited options when appealing their claim to the Board of Veterans' Appeals. This week the Board of Veterans' Appeals released a video summarizing the AMA options. [Watch the video.](#)





New JCS Vice Chairman Nominated

The president has nominated Air Force Gen. John Hyten as the next vice chairman of the Joint Chiefs of Staff, replacing Air Force Gen. Paul Selva, who is retiring after serving out his second two-year term. Hyten was commissioned in 1981 after graduating from Harvard University. He currently serves as commander of U.S. Strategic Command, and previously headed Air Force Space Command. If approved by the Senate, he will join current Army Chief of Staff Gen. Mark Milley at the top of the Joint Chiefs. Milley was previously nominated as the next chairman of the Joint Chiefs. [Read Hyten's bio here.](#)





H.R. 553, Military Surviving Spouses Equity Act

On January 15, 2019, Congressman Joe Wilson introduced H.R. 553, the Military Surviving Spouses Equity Act. This bill would eliminate an unfair offset placed on many surviving spouses of service members who pass away during active duty or spouses of retirees who die of a service-connected disability.

Currently, purchased Survivor Benefit Plan (SBP) annuities are offset by the amount of any benefit payable under the VA Dependency and Indemnity Compensation (DIC) program. SBP is not a government gratuity benefit; rather, it is a type of insurance purchased out-of-pocket by military retirees for their survivors while DIC is a VA benefit intended to provide spouses of veterans who died from a service-connected condition some semblance of financial security. Thousands of survivors of military retirees are adversely affected

by this unfair offset between SBP and DIC benefits.

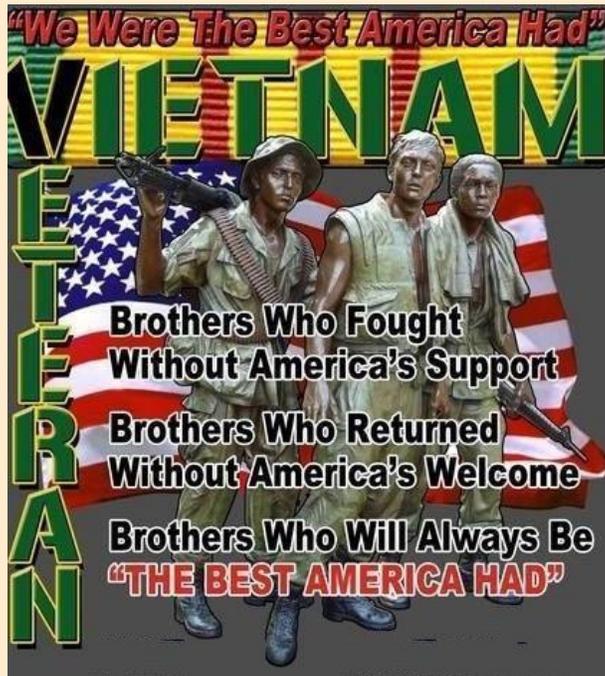
Upon the retiree's death, the SBP annuity is paid monthly to eligible beneficiaries; however, if a surviving spouse is also entitled to DIC, the SBP benefit is reduced by the amount of the DIC benefit (currently \$1,283.11 per month). In general, when DIC benefits are payable but the monthly rate is equal to, or greater than, the monthly SBP payment amount, beneficiaries lose the entire SBP payment.

This bill would eliminate the offset and allow surviving spouses to receive both the purchased SBP annuities and their earned DIC benefits. This bill is in accordance with DAV Resolution No. 014, which calls for Congress to repeal the offset between SBP annuity payments and DIC payments.

Please use the prepared letter to write your Representative to cosponsor and support passage of H.R. 553, the Military Surviving Spouses Equity Act. Thank you for your efforts and support of the Commander's Action Network.

Take Action





Links to Other Stories

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.

1. [After Court Mandate, VA Is Increasing Contracts With Vet-Owned Businesses](#)
2. [Agent Orange and other Veteran-cides](#)
3. [Deadline to transfer GI Bill benefits coming this July](#)
4. [Employee at Indianapolis VA reassigned after](#)

mix-up led to Veteran's leg amputation

5. Forever GI Bill May Get A Boost By Restarting Break Pay

6. Former Lockheed Counter-Intelligence Chief Nominated VA Deputy Secretary

7. Glyphosate Worse Than We Could Imagine

8. Guam EPA: Andersen Air Force Base violates Guam environmental law

9. Here's why no one was fired after VA mistakes cost a Veteran his foot

10. Marine Vietnam Vet Awarded Navy Cross 52 Years After Battlefield Heroism

11. Military, Vets' Groups Want Scrutiny of Commissary-Exchange Merger Proposal

12. Mom of Veteran who died by suicide says she told hospital, 'Do not let him go home alone'

13. Navy Veterans see hope for VA benefits tied to Agent Orange exposure

14. New Policy Will Automatically Review Some Military Valor Medals for Higher Award

15. Shanahan Launches New Task Force on Military Sexual Assault

16. Social workers' resources lifeline for Veterans

17. The Military or College? Insight from a Veteran

18. Three Veterans in five days die by suicide at VA facilities

19. V.A. Officials, and the Nation, Battle an

Unrelenting Tide of Veteran Suicides

20. Veterans group calls for multi-agency investigation after 3 Vets killed themselves at VA facilities in 5-day span

21. Want to buy beer or wine at your commissary? You may have to wait for the libation deliberation

22. Will the benefits for 'blue water' Vietnam Veterans be settled soon?

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



VA Provides Adoption, IVF

Veterans who lost their ability to reproduce due to a service-connected disability may be eligible for their adoption-related expenses to be reimbursed through VA or to receive coverage for in vitro fertilization (IVF). VA also provides infertility evaluation, management, and treatment services to veterans enrolled in VA health care — regardless of service connection. Veterans interested in infertility services should contact their VA provider or their local VA Women Veteran Program manager. Learn more about [VA adoption reimbursement](#). [Learn more about IVF](#).





TRICARE Beneficiary Bulletin #498

Listen to this week's podcast to hear about:

- TRICARE April 23 Facebook Event
- Freedom Quitline
- Military Kids Connect

Visit the Multimedia Center for this podcast and previous podcasts at www.tricare.mil/podcasts.



H.R. 1182, Veterans' Access to Acupuncture Services

HR 1182, Acupuncture for Our Heroes Act would provide access to acupuncture for veterans

enrolled in the Department of Veterans Affairs health care system. It would provide such care at a minimum of one VA medical center in each veterans' integrated service network and ensure access to such services for certain conditions by contract without need for the veteran to have a referral for such care.

DAV supports complementary and integrative medical practices such as acupuncture as part of a comprehensive medical benefits package under DAV Resolution No. 277. Veterans have increasingly sought such treatments as a means of providing relief from conditions that have not been effectively addressed by more conventional medical practices and to decrease or avoid the use of controlled substances, such as opioids, that have the potential for harmful side effects, including addiction.

Please consider sending the letter prepared below to encourage your Representative to support H.R. 1182.

Thank you for your support of our nation's wartime service-disabled veterans.

Take Action



CLICK HERE TO FOLLOW US ON TWITTER !



**Support SBP/DIC Offset Repeal (S.
622/H.R. 553)!**

Sen. Doug Jones (AL) has introduced legislation (S. 622) that repeals the SBP/DIC offset for survivors, sometimes referred to as the "military widows tax." Earlier, Rep. Joe Wilson (SC) introduced similar legislation in the House, the "Military Surviving Spouses Equity Act" (H.R. 553).

SBP and DIC payments are paid for different reasons. The Survivor Benefit Plan (SBP) is purchased by the retiree and is intended to provide a portion of retired pay to the survivor. Dependency and Indemnity Compensation (DIC) is a special indemnity compensation paid to the survivor when a member's service causes his or her premature death. In such cases, the VA DIC should be added to the SBP the retiree paid for, not substituted for it. It should be noted as a matter of equity that surviving spouses of federal civilian retirees who are disabled veterans and die of military-service-connected causes can receive DIC without losing any of their federal civilian SBP benefits.

TAKE ACTION







ADVISORY: Bipartisan House Committee on Veterans' Affairs Members to Address Veteran Suicide Prevention

Washington, D.C. - On Monday, April 29, 2019 at 5:00pm EST the House Committee on Veterans' Affairs Chairman Mark Takano (D-California) and Ranking Member Dr. Phil Roe (R-Tennessee) will hold a press conference ahead of the first hearing on veteran suicide scheduled for Monday, April 29th at 7:00 pm EST to discuss what additional steps Congress can take to prevent veteran suicide.

WHO:

Chairman Mark Takano

Ranking Member Dr. Phil Roe

Congresswoman Julia Brownley

Vice Ranking Member Amata Radewagen
Congressman Chris Pappas
Congressman Gus Bilirakis
Congresswoman Susie Lee
Congressman Mike Bost
Congressman Gil Cisneros
Congressman Jack Bergman
Congressman Max Rose
Congressman Daniel Meuser
Congresswoman Lauren Underwood
Congressman Colin Allred
Additional Members TBD & Subject to Change

WHAT: Bipartisan Committee members hold press conference to highlight the national suicide crisis and its impact on veterans.

WHEN: 5:00pm EST, Monday, April 29, 2019

WHERE: House Triangle on the Capitol's East Front, Washington, D.C. 20515

Note: The press conference will be live streamed on the House Committee on Veterans' Affairs [Facebook](#) page.

Background:

Given the most recent news of 3 veteran suicides at VA facilities in just 5 days, Chairman Takano and

Ranking Member Roe have made responding to the national suicide crisis and its impact on veterans their number one priority this Congress.



**S. 374/H.R. 1092, the
Servicemembers and Veterans
Empowerment and Support Act of
2019**

Senator Jon Tester (MT) and Representative

Chellie Pingree (ME) introduced S. 374 and H.R. 1092, the Servicemembers and Veterans Empowerment and Support Act of 2019.

This legislation will codify VA regulations regarding the adjudication of claims for mental health conditions, including post-traumatic stress disorder, associated with experiencing Military Sexual Trauma (MST). It would also add technological abuse, defined as "behavior intended to harm, threaten, intimidate, control, stalk, harass, impersonate, or monitor another person, [...] that occurs via the Internet, through social networking sites, computers, mobile devices [...] to the types of trauma and resulting conditions for which survivors may seek benefits and health care. Finally, the bill would require VA to re-establish specially trained teams to adjudicate MST-related claims for mental health conditions and to report annually to Congress to ensure that these claims are adjudicated equitably.

VA's regulations for adjudicating claims for mental health conditions stemming from MST allow the Department to consider sources such as a statement from police, a rape hotline, or corroborating reports from friends, relatives or roommates to substantiate a claim. However, in

2017 the Inspector General (IG) issued a report indicating VA had discontinued the specialized training and handling of MST-related cases which resulted in discrepancies in the outcome of many of these claims.

The IG reported it found that VA's manuals related to processing these cases were outdated and that more than half of the MST-related PTSD claims had been inappropriately developed and considered. This legislation will help to re-establish protocols for developing and adjudicating these cases thereby eliminating the disparity between awards for MST-related PTSD claims and other PTSD claims.

This bill is consistent with DAV Resolution No. 042 which calls for VA to conduct rigorous oversight of adjudication personnel who are responsible for evaluating disability claims associated with military sexual trauma and review of data to ensure existing policies are being faithfully followed and standardized in all VA regional offices.

Please ask your elected officials in Congress to cosponsor and support for final passage of S. 374/H.R. 1092.

Thank you for your support of the DAV CAN-

Commanders Action Network.

Take Action



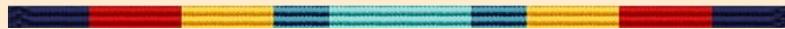
Budget Bill Stalls on House Floor

The FRA is thankful that the administration's proposed budget provides \$750 billion for Defense spending (\$34 billion more than the current budget). Thanks also goes to the House Budget Committee for voting to lift sequestration spending caps for two years. The House bill (H.R.2021) would provide \$733 billion for Defense spending in FY2020. Unfortunately, different factions in the House could not agree on spending limits and there were not enough votes to pass the measure. The bill was intended to be an opening proposition from House Democrats in budget talks with the White House and Republican-led Senate about spending levels. The Inability of the House to pass a measure to lift sequestration spending caps could be a sign

of gridlock in the legislative process. Without legislative changes, more sequestration cuts are scheduled for FY2020 that begins Oct. 1, 2019, potentially placing our national security at risk.

Budget cuts mandated by the Budget Control Act of 2011 (known as sequestration) pose a threat to national security and will substantially impact member pay and benefits. These automatic cuts require that 50 percent of the cuts come from the Defense budget, even though Defense spending makes up only 16 percent of the entire federal budget. The FRA believes the FY2020 Defense budget should provide adequate funding for "benefits and bullets."

Members are urged to go to the [FRA Action Center](#) to weigh in on this issue.



Office of Inspector General

1. Actions Needed to Improve the Use of Post-Disaster Contracts to Support Response and Recovery
2. Actions Needed to Strengthen Oversight and Coordination of Health Care for American Indian and Alaska Native Veterans
3. DOD Needs to Address Substantial Supply Chain Challenges
4. National Aeronautics and Space Administration



**Urge Congress to Pass the Retired
Pay Restoration Act**

Background: Military retirees who have a service-connected disability rating below 50 percent have their retirement pay reduced, dollar for dollar, by the amount of disability compensation they receive. This demeaning tax, created by Congress to save money, forces those who have dedicated their careers to military service to make due without benefits they need to provide for their families.

Take Action: Contact your members of Congress and urge them to cosponsor the Retired Pay Restoration Act. Our nation is still at war. We must ensure that benefits earned through honorable service to this country are improved, not eroded.

TAKE ACTION



**Now Enroll Your Family in a
TRICARE Plan Online Using
milConnect**

Staying current on how to enroll in TRICARE health and dental programs will help you and your family get the most out of your TRICARE coverage. Online enrollment through Beneficiary Web Enrollment now takes place through milConnect.

Read the full article [here](#).



Protect Bankrupt Disabled Veterans from Losing Benefits

Sens. Tammy Baldwin (Wis.) and John Cornyn (Texas) have introduced the Honoring American Veterans in Extreme Need (HAVEN-S.679) bill to shield veterans' disability benefits from debt collectors when a veteran declares bankruptcy.

Under current law, when a disabled veteran declares bankruptcy debtors can seize their disability benefits because they are considered disposable income. Yet social security benefits are exempt from being included as disposable income. Disability benefits in any form are not taxable and therefore should not be considered disposable income. The legislative sponsors noted that it is unfair veterans may be forced to give up their disability benefits when declaring bankruptcy, while the general population receiving similar benefits from social security do not.

Sen. Baldwin believes this bill will help veterans with mental health issues by easing their financial burdens. Members are encouraged to weigh in on this issue by contacting their Senators through the [**FRA Action Center**](#) online.



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



S. 318, the VA Newborn Emergency Treatment Act

On February 4, 2019, Senator Patty Murray (WA) introduced S. 318, the VA Newborn Emergency Treatment Act. The bill would authorize the VA Secretary to provide payment for emergency transportation of a woman veteran's newborn who requires more specialized treatment at a newborn care facility. In some cases, women veterans are transferred with the newborn and payment is authorized by VA. However, VA believes it lacks clear authority to pay for the transportation of the newborn infant alone. This legislation would provide such authority.

DAV Resolution No. 019 calls for enhancing women veterans health care services. DAV

believes women veterans deserve a robust maternity care benefit that allows their infants initial coverage for care that would be covered under Medicaid and many private insurance plans. Maternity care is an important benefit to the significant portion of women veterans now under VA care. Many women veterans for whom VA coordinates maternity care are at high risk for pregnancy complications, including pre-term labor or low-birth weight newborns, because of service-connected conditions. Infants born to these mothers often require more specialized and intensive services after birth; however, not all hospitals have such services available and transportation for the infant, but not necessarily the mother, becomes necessary.

Please help us ensure that VA covers the expense of emergency transportation for newborns of women veterans. Use the letter below to ask your Senators to support this important measure.

Thank you for your support of America's disabled veterans and the Commander's Action Network.

Take Action



S. 785, the Commander John Scott Hannon Veterans Mental Health Care Improvement Act

Jon Tester (MT), introduced S. 785, the Commander John Scott Hannon Veterans Mental Health Care Improvement Act to improve eligibility and access to transitioning service members and veterans to federal programs such as transitional assistance programs and health care, including mental health care, to reduce suicide rates and improve mental health among veterans.

The Department of Veterans Affairs (VA) mental health program experienced tremendous growth (86%) between 2005 and 2017. Troops returning from deployments in Iraq and Afghanistan required mental health care services including treatment for PTSD, substance use disorders, depression, and anxiety. During this time VA also identified an upward trend in suicides among veterans.

Homelessness and unemployment were considered contributing factors, particularly for some subgroups in the veterans' population such as women and minorities.

The bill would:

- Improve access to transition services for veterans by extending VA health care eligibility to a year after discharge from military service;
- Create a grant program to help veterans obtain employment and help identify the many non-profit programs available to veterans in their communities;
- Create a new suicide prevention program to include new grant programs designed to reach veterans at risk of suicide who are not obtaining VA mental health care;
- Help facilitate post-traumatic growth services through community partners;
- Encourage peer support by organizing education and awareness of Buddy Checks;
- Require VA to track and report on goals and objectives in its suicide prevention plan and direct the Government Accountability Office to evaluate VA's case management program for veterans at high risk of suicide;
- Require VA to update guidelines on suicide

prevention including using gender specific risk factors and treatment options

- Require VA to create treatment guidelines for trauma comorbid with chronic pain and substance abuse; and
- Require certain oversight reports and improve authorities to assist in recruiting mental health providers and increasing veterans' access to telehealth.

The following resolutions lead DAV to strongly support this bill. DAV Resolution No. 293 supports program improvement and enhanced resources for VA Mental Health Programs, emphasizing the importance of timely access to mental health and readjustment services for transitioning service members. DAV Resolution No. 304 urges Congress to monitor programs in place to assist those service members transitioning to civilian life with access to appropriate federal programs.

Please contact your Senators to ask them to support this comprehensive bill to support our nation's veterans. Please use the letter prepared below or draft your own letter to ask for their support.

Take Action



U.S. FOOD & DRUG
ADMINISTRATION

1. Alvogen Inc. Issues Voluntary Nationwide Recall of Fentanyl Transdermal System Due to Product Mislabeling
2. Jurox Incorporated is Voluntarily Recalling Two Lots of Alfaxan Unpreserved, an Intravenous Injectable Anaesthetic
3. Legacy Pharmaceutical Packaging, LLC Expands Voluntary Nationwide Recall of Losartan Potassium Tablets, USP, 50mg Due to the Detection of Trace Amounts of N-Nitroso N-Methyl 4-amino butyric acid (NMBA) Impurity Found in the Active Pharmaceutical Ingredient (API)
4. Updated: Torrent Pharmaceuticals Limited Expands Voluntary Nationwide Recall of Losartan Potassium Tablets, USP and Losartan Potassium/Hydrochlorothiazide Tablets, USP
5. Use of the Stryker Wingspan Stent System Outside of Approved Indications Leads to an Increased Risk of Stroke or Death: FDA Safety Communication
6. Weis Markets Issues Recall for Undeclared Egg Allergen In WQ Banana Puddin Ice Cream





H.R. 713, Provide Beneficiary Travel Funds to Veterans Seeking Specialized Treatment for Military Sexual Trauma

Representative Jackie Walorski introduced H.R. 713, a bill that would require the Department of Veterans Affairs (VA) to provide beneficiary travel for veterans seeking specialized outpatient or residential treatment at another VA facility for conditions related to military sexual trauma (MST).

DAV Resolution No. 138 recognizes the current VA policy on beneficiary travel is a barrier to some veterans obtaining appropriate care and calls for changes to improve veterans' access to specialized care for MST-related conditions.

One in four women and one in 20 men using VA health care services screen positive for MST. While all VA medical centers are required to offer screening and related treatment for MST, about a

third claim that staffing shortages compromise their ability to provide such care. Travel is often necessary for veterans to obtain the right type of specialized treatment in an environment veterans consider safe and appropriate to discuss sensitive issues. These perceptions are often the basis for choosing a provider and/or group of their own gender or where they feel most comfortable.

Please write your Representative today to urge co-sponsorship and enactment of H.R. 713. As always, thank you for your efforts and for participating in the Commander's Action Network.

Take Action



Continuing TRICARE Health Coverage after Retirement

When you retire from active duty or turn age 60 as a retired reserve member, your TRICARE coverage changes. After either of these Qualifying Life Events (QLEs), you must take action and enroll in a TRICARE retiree health plan so that you and your family members don't have a gap in your TRICARE coverage after retirement.

Typically, you have up to 90 days after your retirement date to enroll in a TRICARE plan as a retiree.

Read the full article [here](#).





H.R. 1200, the Veterans' Compensation Cost-of-Living Adjustment Act of 2019

On February 13, 2019, Representative Elaine Luria (VA), Chairman of the House Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs and Ranking Member Michael Bost (IL), introduced H.R. 1200, the Veterans' Compensation Cost-of-Living Adjustment Act of 2019.

This bill, if enacted, would authorize a cost-of-living adjustment (COLA) for veterans in receipt of compensation and pension, and for survivors of veterans who died from service-incurred disabilities and are in receipt of Dependency and Indemnity Compensation (DIC). It would provide a COLA increase by the same percentage as Social Security and would effective December 1, 2019.

Receipt of annual COLA increments aids injured and ill veterans, their families, and their survivors to

help maintain the value of their VA benefits against inflation. Without COLAs, these individuals, who sacrificed their own health and their family life for the good of our nation, may not be able to maintain a quality of life in their elder years. DAV strongly supports H.R. 1200 as it is in accord with DAV Resolution No. 031.

Take Action Today! Please use the prepared electronic letter or draft your own to urge your Representatives to support and co-sponsor H.R. 1200.

As always, we appreciate your support for DAV and your grassroots activism in participating in DAV CAN. Your 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



**Activating Soon? Your TRICARE
Options May Change**

Are you a member of the National Guard or Reserve? If so, you may become eligible for active duty medical and dental benefits when called or ordered to active duty under federal orders for more than 30 days. Your family members also become eligible for active duty benefits. Activating is a change in your sponsor status. This is a TRICARE Qualifying Life Event. This means you may not be able to continue your existing coverage.

Read the full article [here](#).



Tax & Credit Information



1. Dirty Dozen part 1: Taxpayers should be aware of these tax scams
 2. Don't fall for myth-leading information about tax refunds
 3. Expanded Self-Correction Program – Rev. Proc. 2019-19
 4. Six things taxpayers should know about the sharing economy and their taxes
- 



H.R. 663/S. 191, Burn Pits Accountability Act

On January 17, 2019, Representative Tulsi Gabbard (HI) introduced H.R. 663, the Burn Pits Accountability Act in the House and Senator Amy Klobuchar (MN) introduced a companion bill, S. 191, in the Senate.

Since the Persian Gulf War, a common waste disposal practice at military sites outside the United States was the use of burn pits. Smoke from these pits contained toxic substances that may have short- and long-term health effects, especially for those who were exposed for longer periods. Many service members reported acute symptoms of respiratory or eye irritation, gastrointestinal distress, or rashes during or shortly after exposure, but the research thus far has been inconclusive about whether there are longer lasting consequences to these exposures as many veterans, who are still struggling with health

conditions that arose during or after military service believe.

Both bills would require the Secretary of Defense to ensure that periodic health assessments ascertain whether a service member has been at a location when an open burn pit was used or exposed to toxic airborne chemicals. It will further require the Secretary to enter into an information sharing agreement with the Secretary of Veterans Affairs (VA). If a service member was exposed, the VA Secretary will enroll the member into the VA Airborne Hazards and Open Burn Pit Registry, unless the member elects not to enroll.

In agreement with DAV Resolution No. 069, DAV supports H.R. 663 and S. 191-legislation that would ensure that exposure to burn pits and airborne chemicals are recognized by both the Departments of Defense and Veterans Affairs.

Thank you for all you do for America's wartime service-disabled veterans and their families.

Take Action





MIA Update

The Defense POW/MIA Accounting Agency has announced the identifications of five American servicemen who had been missing and unaccounted-for since World War II. Returning home for burial with full military honors are:

Navy Fireman 3rd Class Harold K. Costill was assigned to the battleship USS West Virginia, which sustained multiple torpedo hits as it was moored off Ford Island in Pearl Harbor, Hawaii, on Dec. 7, 1941. The attack resulted in the deaths of 106 crewmen, including Costill. Interment services are

pending. [Read more about Costill here.](#)

Navy Seaman 2nd Class Ray H. Myers was assigned to the battleship USS Oklahoma, which capsized after sustaining multiple torpedo hits as it was moored off Ford Island in Pearl Harbor, Hawaii, on Dec. 7, 1941. The attack on the ship resulted in the deaths of 429 crewmen, including Myers. Interment services are pending. [Read more about Myers here.](#)

Army Pfc. Dale W. Ross was a member of Company E, 35th Infantry Regiment, 25th Infantry Division, who was reported missing in action on Jan. 14, 1943, following a patrol on Guadalcanal in the Solomon Islands. A search was conducted but his remains were not found. Interment services are pending. [Read more about Ross here.](#)

Army Pfc. Dewey W. Harris was a member of Company C, 1st Battalion, 110th Infantry Regiment, 28th Infantry Division, who was reported missing in action on Nov. 14, 1944, after fierce combat in the Hürtgen Forest, near the German village. Due to ongoing combat operations and extensive land mines throughout the forest, American forces were unable to search for him. Interment services are pending. [Read more about Harris here.](#)

Army Pfc. John W. Hayes was a member of Company M, 3rd Battalion, 335th Infantry Regiment, 84th Infantry Division, who was killed in action on Jan. 4, 1945, when a German tank round struck his foxhole near Mâgôster, Belgium. Following the war, American graves registration teams had no record of Hayes' remains being recovered or buried. Interment services are pending. [Read more about Hayes here.](#)



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

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
GoDaddy Email Marketing®