

VFW 1st District of California



DISPATCH



@vfwmighty1st



Above: District 1 Voice of Democracy winner Megan accepting award at VOD banquet

Below: Sr Vice Commander Hal Roach speaking at Dept C of A



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District 1 Commander Myles Fry



Greetings Comrades,
I hope everyone enjoyed the holidays and thank you for all of the community events! I'd like to pass on a few items from the latest

Council of Administration Meeting in Sacramento. We discussed the weekly department update during the last district meeting and I hope that the word is getting down to the deck plates. We still have lots of questions from the membership and the update is being passed out to the commanders. Please contact your commander if you are not getting the update. There are still quite a few issues in the canteens. Questions or concerns regarding the canteen should stay at the Post level for resolution and if not please contact the district. I cannot stress how important it is to use the chain of command. The department veteran service officer is still looking for a qualified VSO for San Diego. Quite a few interviews have been conducted but unfortunately a suitable VSO has not been identified. Please let the district know if you have somebody that you feel can take the position.

A lot of events are going on during the weekend of official visit. We have North County stand down and the Holtville Carrot Festival down in the Imperial Valley. Due to the state commander's busy schedule, we will still have our meeting at Post 2275. If the commander cannot make the meeting then please send a representative in his spot. We are over the hump for this year but please keep the pressure on for membership, reporting, and community service. Thank you for all you do and I look forward to seeing as many as you as possible during the official visit!

In Comradeship,

Myles Fry
Commander
Mighty 1st District



District 1 President Grace Leyva



Hello Brothers, Sisters
and Comrades of the
Mighty 1st District,

The Council of Administration in
Sacramento was very instrumental.

Commander Myles Fry and I had the honor of escorting Megan Pratt, 1st District Voice of Democracy winner to the Banquet at VFW Post 67.

We had a great time at Casino Night. PDP Emma T. Lopez won the raffle donation money from the 50/50.

Auxiliaries please continue to strive in submitting your reports, so that we can be a 100% in reporting. Your Program Chairmen are always willing to help you submit them. If you have any questions, please contact them.

We are looking forward to the Department Official Visit from 2/7/20 thru 2/9/20.

Don Diego VFW 7420 is having a Steak Dinner/Sombrero Night Friday February 7, 2020. The dinner starts at 5:00pm for a donation of \$15.00. If you did not make a reservation with Diana Kulhanek or Doug Carrington, you can pay for your Steak Dinner at Don Diego VFW 7420 the night of the dinner.

Here are the events for February:

February 6-9th NCVSD at Green Oaks Ranch, Vista.

February 9, 2020 District Auxiliary Meeting at VFW 2082 @ 9:00am.

February 25, 2020 Auxiliary Membership Meeting at VFW 11387 @ 6:45pm.

February 29, 2020 Acorn Casino Bus Trip
Bus leaves Encanto VFW 1512 at 9:45am.
Reservation contact information on the flyer.

Respectfully
Grace Leyva, District One President

SPREAD OUR WINGS
TO PROTECT OUR VETERANS

MARK YOUR CALENDAR!

2020 DATE	EVENT
Sunday, 2 February	Super Bowl Sunday!!  
Thursday, 6 February to Sunday, 9 February	State Commander's Visit SEE COMPLETE ITINERARY ON NEXT PAGE.
Friday, 7 February	North County Veterans Stand Down (NCVSD) Don Diego Auxiliary, 7420; Steak Fry 5 PM
Saturday, 8 February	North County Veterans Stand Down (NCVSD) Green Oaks Ranch, Vista
Sunday, 9 February	9:00 AM: 1st District Auxiliary Meeting, Post 2082
Wednesday, 12 February	Abraham Lincoln's Birthday
Friday, 14 February	VALENTINE'S DAY
Saturday, 15 February	Susan B. Anthony's Birthday
Tuesday, 25 February	Shrove Tuesday; Mardi Gras
Tuesday, 25 February	6:45 PM: Auxiliary Membership Meeting at VFW 11387
Saturday, 29 February	Acorn Casino Bus Trip. Bus leaves Encanto VFW 1512 at 9:45am. Reservation contact information on the flyer.
Saturday, 29 February	Voice of Democracy (VOD), Washington DC
Sunday, 3 May	District Convention and Election of Officers
Saturday, 9 May	Mass Installation of District Officers
Thursday, June 11 to Sunday, June 14	State Convention in Ontario



State Commander**Mike Kuznik****Official Visit****Itinerary 2/7/20-2/9/20****Friday 2/7/20****0900** Breakfast at Café 67

12381 Maplevue St Lakeside

Post 11387 Visit **3pm**Post 7420 Dinner **5pm****Saturday 2/8/20****0800** Breakfast Black Bear Diner

1025 Fletcher Pkwy El Cajon

Post 2080 (TDB)

Post 9578 12 Lunch (TBD)

Wheelchair Basketball Game/Presentation

1300

2260 Jimmy Durante Blvd

3pm (Free Private Event)

Sunday 2/9/20**0830** Commanders visit Aux meeting at

Post 2082

1000 D1 District Meeting @ Post 2275

Department President**Mary Ryser****Official Visit****Itinerary 2/7/20-2/9/20****Friday 2/7/20****8:00-10:00am** Breakfast at the Holiday Inn San Diego, La Mesa 8800 Parkway Drive La Mesa, CA 91942**11:00-12:00pm** Visit VA Hospital La Jolla 3550 La Jolla Village Drive La Jolla, CA 92161.**12:30-1:30pm** Lunch at Pete's Seafood & Sandwich 3382 30th St. San Diego, CA 92104**2:00-3:00pm** Veterans Museum and Memorial Center, 2115 Park Blvd San Diego, CA 92101.**3:15-3:45pm** Return to Holiday Inn San Diego, La Mesa.**5:00-9:00pm** Steak Dinner/Sombrero Night at Don Diego 7420**Saturday 2/8/20****9:00-11:30am** Breakfast at IHOP 632 Sycamore Ave Vista, CA 92083**12:00-3:00pm** NCVSD-Green Oak Ranch 1237 Green Oak Rd Vista, CA 92081.**3:00-4:00pm** Return to Holiday Inn San Diego-La Mesa.**5:00-8:00pm** Dinner at Bert Fuller 9578 844 Tavern Road Alpine, CA 91901**8:00-8:20pm** Return to Holiday Inn San Diego-La Mesa, CA**Sunday 2/8/20****9:00-12:00pm** District Meeting, Michael A.

Monsoor 2082 2885 Lemon Grove Ave. Lemon Grove, CA 91945



REPORTS FROM DISTRICT OFFICERS & CHAIRPERSONS

SENIOR VICE COMMANDER REPORT

Hello all,

We hit the ground running in January and before we know it May will be here and the convention will follow soon after. Keep a few dates in mind; Audits due today and April, reporting is April along with May 3rd District meeting and convention followed quickly by mass installation. As soon as Department puts out information about the convention we will get it out via email and on the website.

I just want to say a big "Thank You" to all those who have stepped up reporting and taking care of the items on the PSR. We have managed to take care of a few mistakes. If you know you have a mistake please bring it to our attention so it can be resolved.

Paula

D1 SVC



Left: Bud Lichtenstern, District Service Officer, is shown as he briefs veterans about VA Benefits at a recent Veteran Job Fair, Jan 23rd.

Right: District Commander Myles Fry, District President Grace Leyva and District Conductress Diana Kulhanek are among the guests and dignitaries attending the Voice of Democracy (VOD) Banquet in Sacramento at the C of A.



REPORTS FROM DISTRICT OFFICERS & CHAIRPERSONS



From the Desk of the Adjutant/Quartermaster



Just to let you know, it is that time of the year when the District Quartermaster will be handing out your Posts District Dues Assessment at the District Meeting on 9 February. If no one from your Post is present, it will be sent by snail mail to your Post. Before anyone gets upset, I recommend you read the 1st District By-Laws of 6/14. It states the following in Section VIII, " a Dues Assessment of FIFTY CENTS (\$0.50) per member based on the total membership as of 30 June of the prior year is due and payable on or before the next District Convention". Failure of a Post to pay this assessment will result in the loss of all privileges, including voting rights in the District, Department, and National Conventions.

Posts need to remember that starting this year, they will also receive an Invoice from the Department for the Veterans Service Fund. Section 4 of the Department By-Laws reads as follows: "The Convention at its annual session shall assess dues of not less than fifty cents (\$0.50) per annum on each member in good standing in every Post within its jurisdiction. The State Quartermaster shall invoice each payment based on the prior year's total membership and payable by 31 May. The monies received shall be applied to the Veterans Service Fund."

SABLE Post 2275 in El Cajon will host the OF 1st District Meeting on Sunday, 9 February 2020 at 10 am. Remember, this is the same weekend NCVSD will be wrapping up.

The VFW is heading into the last six months of the 2019-2020 year.

If your Post is trying for All American, Post Adjutant needs to ensure the All American Dashboard is up to date. It gives your Post a picture of where it stands in this endeavor. Posts for All-State need to remember that the Department will accept donations for programs. (\$150.00 per application or for all \$900.00). To be considered for All-State at the Convention, Posts need these donations to be listed on the Department donation form and received at the Department NLT 15 April, .

How many members of your Post are also a member of the National Home? Join the VFW National Home for Children family! Become a Life Member or an Associate Life Member and create a lasting bond between yourself and the mission of the National Home. There are two types of membership:

VFW and VFW Auxiliary members and organizations are eligible to become Life Members. Life Members may vote for the trustees who represent their National Home District and approve any proposed changes to our bylaws and articles of incorporation. Any individual or organization wishing to support the National Home's mission can become an Associate Life Member. Associate Life Members do not have voting privileges. (One time \$50.00) Both member types receive a membership certificate and wallet card. Life Member Pins can be gotten for an additional \$5.

Last, for a Post to remain vibrant, members are needed. A vital part is the retention of its current and new members. It is challenging to retain both current annual and new members. The DEPARTMENT MENTORSHIP PROGRAM can help with this. Mentoring refers to a developmental relationship between a more experienced mentor and a less experienced partner referred to as a mentee or protégé.

Yours-in-comradeship

Jerry Kochmlein

District Adjutant/Quartermaster.

REPORTS FROM DISTRICT OFFICERS & CHAIRPERSONS

DISTRICT 1 AUXILIARY CHAPLAIN REPORT



Hello everyone, brothers, sisters and comrades:

Heading into February!

Super Bowl Sunday (for you football fans), Presidents Day, Valentine's Day, and the weather improving soon.

Please kindly remember to send me the information on any Aux members who are having difficult times during this season, are ill, in the hospital etc.

Sending cards is a way to remind them they are not forgotten at any time of the year, especially now if their families are out of town or unable to visit.

Have a blessed 2020 for health, happiness and peace ahead.

Cards sent for December 20, 2019-January 20, 2020:

- 12/20 – card sent to family of Aux 5867 member, Sheila Ann Dickman, passed 11/27.
- 12/23 – flowers delivered to District 1 President Grace, post-surgery, feeling better and says thanks to all for prayers.
- 12/27 – sympathy cards to Jan Illig-Smith and Sara Jeyes, both Aux 3787 on the loss of their father/grandfather, Bob Illig passed unexpectedly the previous week.
- 12/27 – sympathy card to Denise Flores, Aux 7420 life member, who lost her father, Raymond Flores earlier that day. Denise is the daughter to our Dist. 1 President, Grace.
- 01/07/2020 -get well card to Dept. of CA Aux Hospital Chmn. Carla Powers, recovering from open heart surgery.
- 01/07/2020 – get well card to John Kehrl, Aux 9578-member, undisclosed illness.
- 01/07/2020 – get well card to Janice Simmons, Aux 9578-life member, undisclosed illness (past issues with cancer).
- 01/08/2020 – get well courtesy card for VFW State Parliamentarian Buford Maples, longtime partner of PDP Tootsie Dougherty. Had been in the hospital and is now home recuperating. No further details listed. No visitors/emails, phone calls/cards welcome. Info passed on to James Wright, Post Dept. Chaplain.
- 01/10/2020 – Auxiliary 1512 Life Member Pat Christiansen had passed away.
- 01/13/2020 – courtesy get well card to Dist. 3 Aux Secretary Charlotte Matthews, suffered heart attack.
- 01/16/2020 – sympathy card to the family of Antonia "Toni" Araujo, Past Dist. 1 President, tenure 1978-79 from Aux 7420, Don Diego. Sister in law to PDP Emma T. Lopez and PDP Alicia Ketcham, also at 7420.
- 01/17/2020 – sympathy card to the family of Janice Simmons, passed away today, long time Auxiliary member to Bert Fuller 9578. Funeral services pending.
- 01/18/2020 – get well card to Edith Simpson, Past Dist. 1 President (2000-2001) and current Auxiliary President for Silver Strand #5477 – broke her left leg and is recovering from surgery as of 01/19/2020. Flowers pending delivery as soon as Edith is at home post op and recuperating.

If you need assistance regarding the requirements, help with a memorial service, or suggestions for prayers, please reach out to me at sheilajo9578@cox.net or call/text me at 619-9900536.

I want to make sure that every Aux member who is ill is sent a card, and any Aux member who has passed is given the dignity, honor and respect for a sympathy card from District 1 to the family.

Thank you for your continued input and information.

With kindness and loyalty,

Sheila Jo Snyder, District 1 Auxiliary Chaplain

REPORTS FROM DISTRICT OFFICERS & CHAIRPERSONS

Chief of Staff Report

Comrades,

Here we are now in February. The next major accomplishment for all Posts is the upcoming *March* first nominations and the *April* elections of your Post Officers. Once that is complete the new or returning Post Commander needs to appoint the Chairmen and Committees.

WHO? Per our VFW Manual of Procedure, refer to Sections 215, 216 and 217. The **ELECTED POST OFFICERS ARE: Commander, Senior Vice Commander, Junior Vice Commander, Quartermaster, Chaplain, and Trustee(s)**. Ship 1774 has different position names: **Captain, Executive Officer, Navigator, Paymaster, Chaplain, and Trustees**.

HOW? Again, refer to afore mentioned Sections. For their duties and responsibilities descriptions refer to Section 218. Also read Section 221 for Voting.

All members should be familiar with the VFW National Bylaws Article I and Article II.

Your Post QM/Paymaster needs to complete the election form right after the elections and submit them to District, State, and National. In addition, please scan the document and send to: Roster Editor 20-21, and email to slainte1861@att.net

Keep up the great work that you are doing for our community, our active duty personnel, and especially for our Veterans and their families! See you soon.

Yours in Comradeship,

PDC Douglas Carrington

District 1 Chief of Staff

2019-2020



Greetings from VA Hospital VAVS

The Holiday Backpacks program, was held on Saturday 21 December 2019. It was one of the best yet.

Approximately 50 Volunteers, from 25 different Organizations, packed 200 Holiday Backpacks, with over \$8,300.00 worth of donated gifts and Canteen books. The Holiday Backpacks were purchased by the VFW First District, and a group of San Diego Chapters of the Daughter's of the American Revolution. The VFW First District Auxiliaries donated \$1,000.00 in canteen books. VFW Post 1512 Encanto, and VFW Post 3783 Ramona, also made donations.

We raised \$1,400.00 total for use in putting \$7.00 in canteen coupons books in each Backpack.

Next years Holiday Backpacks program will be on Saturday 19 December 2020, 10:00 am in the multipurpose room.

Contact the VA VAVS office for gift wish list, and to register to volunteer.

I would like to Thank the VFW and Auxiliary Support, with Logistics and Fundraising. Thank You VFW Deputy VAVS Representative Jerry Koehmlein, and VFW Auxiliary VAVS Representative Liz Pedregon, for your Outstanding Service to Hospitalized Veterans. Also Volunteering were members and Line Officers for VFW First District and Auxiliary. Among the Volunteers was VFW First District Commander Myles Fry, VFW First District Senior Vice Commander Paula Jansen, and VFW First District Auxiliary Senior Vice President Rachel Luke.

Thank You Again Everybody

Randall Treadway, Commander VFW Post 5431

VFW VAVS Representative, VA San Diego Healthcare System

REPORTS FROM DISTRICT OFFICERS & CHAIRPERSONS

Webmaster Report

Hi Everyone,

For you number people out there; our [Website](#) had 35 users last week, [Facebook](#) is up to 408 followers, [Instagram](#) has 118 followers, [Twitter](#) has 21 followers. These are all *up to date* resources that can be used to find out what is going on around our amazing district.

Let's get to 500 followers on Facebook! Next time you're at your post or district function ask the person next to you if they are following us on Facebook. If they aren't show them how to do so. Don't forget to "check-in" at the posts you are visiting too!

File management is important.

Remember that really awesome flyer you made a few years back for the Valentine's Day Dinner? Do you want to re-use it but just can't find it on your computer? Create folders and subfolders to keep your files organized. The file I'm saving this article to on my computer is VFW > Dist1 > DispatchArticles. The file name I am using is WM_2020-01. This tells me which article it is; the WM stands for webmaster and using the 4-digit year and 2-digit month keeps the articles in the correct order. Use abbreviations that you can easily understand.

Your loyal 'geek'

Sara Jeyes, webmaster@vfwcadist1.org

AMERICANISM REPORT

Hi all,

The blackout sheet is showing that we are at 54.5% reporting for Americanism in the District 1 Auxiliary! Any case anyone wants to know the blackout sheet can be found by going here:

<https://vfwauxca.org/di/vfw/v2/default.asp?pid=68831>

Remember to vote on March 3, 2020 in the Presidential Primary Election. Check in with others in your Post/Aux make sure they have a way to get to the polls.

Sara Jeyes, webmaster@vfwcadist1.org

D1 Americanism

PCC Meeting and Dinner Report

A good time was had by all who made the trek to attended the Dinner and Meeting at LT John Finn Post 2080 in Campo recently. A big thank you goes out to their Auxiliary President and crew who put on the meal. The Commander of the Post, also our District Commander, was unable to be present due to being home with flu-like symptoms. The next Dinner and Meeting, which will include nominations and elections for 2021 PCC Officers, will be at Mission Valley Post 3787 on Monday, April 20, 2020.

Meal information not provided at this time.

Jerry P. Koehmlein



NEWS: VFW

Editor's Note: Unless otherwise identified, all articles in the next three sections come from a Fleet Reserve Association publication called "News Bytes" and are provided by the District 1 Quartermaster/Adjutant, Jerry Koehmlein,

DHA Begins to Exclude Some Drugs from Coverage

The FY2018 National Defense Authorization Act (P.L.115-91, H.R.2810) that was signed into law Dec. 12, 2017, allows for the Defense Health Agency to identify drugs that provide little or no clinical effectiveness relative to available alternatives. The drugs can be partially or fully excluded from being covered by the TRICARE Pharmacy Benefit Program. Drugs excluded from coverage are referred to as Tier 4 on the prescription drug formulary list.

The DHA believes that this will align the TRICARE Pharmacy Benefit Program with industry standards among commercial healthcare plans. The exclusion has the potential to save the Department of Defense \$30 million per fiscal year. Previously, all prescriptions were categorized in one of three tiers – generic, brand name and non-formulary. Each having varying copay costs for beneficiaries.

The prescription drugs that DHA categorizes as Tier 4/non-covered and are excluded from coverage. These Tier 4 drugs are not available in pharmacies at military treatment facilities. They also are not available through the TRICARE Pharmacy Home Delivery Program.

Tier 4 drugs are only available at retail pharmacies and beneficiaries will have to pay the full price out-of-pocket. The costs for Tier 4 drugs do not apply to the annual TRICARE catastrophic cap. The FRA is working with other military organizations to ask the DHA to create an appeals process for drugs placed on the Tier 4/non-covered list.

VA to Reach Out to New Veterans

The Department of Veterans Affairs (VA) is launching a new program called the Solid Start Program. It will inform new veterans about benefits and support services at the VA in an effort to ease transition issues. The VA believes this will help with suicide prevention. These veterans will get three phone calls from the VA. The first call, expected within 90 days of separation from the military, will include an in-depth conversation with veterans about their goals and challenges, to better target what VA services may be of use to them. This program is expected to reach out to more than 200,000 veterans. Subsequent phone calls will check on the veteran's transition progress and answer any questions they may have about available VA benefits and services. Among the programs the callers will discuss, are the free VA mental health resources available for all separating service members during their first year of post-military life-regardless of discharge status or service history.



NEWS: MEDICAL AND MEDICAL BENEFITS

All

Concerning the email from 1st District Service Officer **on Blue Water Navy Vietnam Veterans Act.**

Post 7420 Quartermaster John Lewis, also SD County Service Officer, said he can assist in doing the claims and submit to VA. He has been doing lots of blue water claims. just let him know, he will be happy to assist.

Audit finds some military hospitals issued potentially dangerous amounts of opioids

[Patricia Kime](#) 1/15/2020

Defense Department health providers prescribed opioids at levels higher than those recommended by the Centers for Disease Control and Prevention, according to the DoD Office of Inspector General.

U.S. military hospitals overprescribed opioids to patients with chronic pain from 2015 and 2017, a dangerous practice that put them at risk for addiction and overdose, according to the Department of Defense Inspector General's Office.

At three military medical facilities, some non-cancer patients were prescribed pills at more than five times the level recommended by the Centers for Disease Control and Prevention. In just one year, one patient in Alaska received 2,450 oxycodone tablets, while another was prescribed 4,700 over the course of two years.

Despite an opioid crisis that began more than a decade earlier, the Defense Department did not have policies or procedures in place to track patient prescriptions until 2017. That year, the Defense and Veterans Affairs departments issued joint clinical practice guidelines for physicians to consider when prescribing opioids and DoD implemented new systems for monitoring prescriptions.

The National Bureau of Economic Research has released a study finding that combat exposure increases the risk of opioid, heroin addiction.

Patricia Kime

From www.militarytimes.com

Full article here:

https://www.militarytimes.com/pay-benefits/2020/01/14/audit-finds-some-military-hospitals-issued-potentially-dangerous-amounts-of-opioids/?utm_source=Sailthru&utm_medium=email&utm_campaign=EBB%201.15.20&utm_term=Editorial%20-%20Early%20Bird%20Brief



NEWS: MEDICAL AND MEDICAL BENEFITS

Legislation Introduced to Add Diseases Caused by Agent Orange Exposure

Reps. Josh Harder (Calif.) and Pete Stauber (Minn.) have introduced the Fair Care for Vietnam Veterans Act (H.R.5610). The bill would increase the presumptive conditions linked to exposure of the Agent Orange herbicide to include parkinsonism, bladder cancer, hypertension and hyperthyroidism. In October 2019, it was revealed that White House officials impeded the inclusion of these diseases as presumptive conditions despite a recommendation from former Secretary of Veterans Affairs David Shulkin to be added. Currently, Vietnam Veterans (including those that served of the coast of Vietnam) with specific health care problems developed as the result of exposure to Agent Orange during their service get "presumptive" access to VA benefits. However, some health problems that have been linked to Agent Orange by the National Academy of Medicine research done in 2016, are not covered. The decision to ignore the results of real scientific evidence and wait on the outcome of other studies means dragging out care for more than 83,000 Vietnam veterans struggling with bladder cancer, Parkinsonism, hypertension or hypothyroidism. They must struggle without the benefits they deserve.

Members are urged to use the Action Center at the URL below to urge their legislators to support this important legislation.

<https://www.fra.org/FRA/Web/Content/VotervoiceFullInfo.aspx?vvsrc=%2Fcampaigns%2F70680%2Frespond>

DoD Provides Updated List of Agent Orange Storage Sites and Dates

The U.S. Department of Veterans Affairs recently released an updated Department of Defense list of locations outside of Vietnam where tactical herbicides were used, tested or stored by the United States military. The DoD conducted a thorough review of research, reports and Government publications in response to a November 2018 Government Accountability Office report.

"DoD will continue to be responsive to the needs of our interagency partners in all matters related to taking care of both current and former service members," said Secretary of Defense Mark T. Esper. "The updated list includes Agents Orange, Pink, Green, Purple, Blue and White, and other chemicals and will be updated as verifiable information becomes available."

"This update was necessary to improve accuracy and communication of information," said VA Secretary Robert Wilkie. "VA depends on DoD to provide information regarding in-service environmental exposure for disability claims based on exposure to herbicides outside of Vietnam."

The list of locations in the U.S. includes Arkansas, Florida, Georgia, Indiana, Maryland, Mississippi, Montana, New York, Tennessee, Texas, and Utah. Specific sites are available online at the address below.

<https://www.publichealth.va.gov/exposures/agentorange/locations/tests-storage/index.asp>



NEWS: MEDICAL AND MEDICAL BENEFITS

SVAC Approves Veterans Suicide Prevention Bill

The Senate Veterans Affairs Committee amended and approved the FRA-supported Commander John Scott Hannon Veterans Mental Health Care Improvement Act (S.785) sponsored by Sens. Jerry Moran (Kans.) and Jon Tester (Mont.), SVAC Chairman and Ranking member respectively. The bill is a comprehensive and aggressive approach to connecting more veterans with the mental healthcare they need and earned. Their bill seeks to improve VA care by bolstering the VA's mental health workforce and increasing veterans' access to VA care in rural or hard-to-reach areas. The objective is to make sure veterans have access to alternative and local treatment options such as; animal therapy, outdoor sports, and activities, yoga and acupuncture. The bill now goes to the full Senate for consideration.

It is estimated that more than 20 veterans die by suicide every day. Of those, 14 did not receive treatment or care from the VA. The bill will improve outreach to veterans about their mental healthcare options in five major ways:

- Bolster the VA's mental health workforce to serve more veterans and placing at least one suicide prevention coordinator in every VA hospital.
- Improve rural veterans' access to mental healthcare by increasing the number of locations at which veterans can access VA telehealth services. Offering grants to non-VA organizations that provide mental health services or alternative treatment to veterans.
- Strengthen assistance for service members transitioning out of the military by automatically giving every service member one full year of VA healthcare when they leave the military. Improving services that connect transitioning veterans with career and education opportunities.
- Study and invest in alternative treatment options by expanding veterans' access to animal, outdoor, or agri-therapy, yoga, meditation and acupuncture.
- Hold the VA accountable for its mental health and suicide prevention efforts by examining how the VA manages its suicide prevention resources and how the VA provides seamless care for veterans seeking mental healthcare from both the VA and community providers.

Members are urged to use the Action Center at the address below to urge their Senators to support this important legislation.

<https://www.fra.org/FRA/Web/Content/VotervoiceFullInfo.aspx?vsrc=%2Fcampaigns%2F70746%2Frespond>



NEWS: MILITARY AND LEGISLATIVE

The FRA Weighs in on ANC Burial Restrictions

The FRA recently surveyed its members regarding proposed changes to eligibility criteria for burial at Arlington National Cemetery (ANC) that will include military retirees for above-ground inurnment. The survey was done in response to numerous calls from members who are upset about the changes. The FRA will share these survey results with the ANC, and key legislators. The results are as follows:

Should FRA oppose a regulation that prohibits in ground burial for retirees with no combat experience?

YES: 54% NO: 28% Undecided/Unsure/Don't care: 18%

Many retirees believe that twenty or more years of arduous military service has earned them the option to be provided an in-ground burial at ANC. Members can use the **FRA Action Center** to weigh in on this issue.

House Passes Joint Resolution to Start Pilot Program for Veteran Dental Care

The House suspended the rules and passed H.J. Res.80, sponsored by House Veterans Affairs Committee Ranking Member Rep. Phil Roe (Tenn.), to approve a request from the Department of Veterans Affairs to pursue a pilot program that increases veteran access to dental care. Currently, only eight percent of veterans have dental coverage from the VA for service-connected dental problems. The measure now goes to the Senate for further consideration. H.J. Res. 80 would approve the request.

Section 152 of the FRA-supported MISSION Act created a VA Center for Innovation for Care and Payment to test new payment and service delivery models that could increase the quality of care for the veterans while reducing taxpayer spending. The law requires the VA to submit a report to Congress requesting the waiver of any such authorities necessary for carrying out an innovative pilot program and requires that Congress pass a Joint Resolution approving the VA's request. The program will be limited to five years and must obtain appropriations funding.

On Dec. 6, 2019, the VA submitted a request to Congress asking to pursue the pilot program to increase access to dental care for veterans. They entered into arrangements with community dentists who agreed to provide free or discounted services to veterans who are enrolled in the VA healthcare system but are not eligible for VA-provided dental care. The request would allow administrative staff in VA medical facilities to educate veterans about their options in the community and to coordinate the dental care, as needed. Oral health is an important component of overall health. Connecting veterans, who cannot get dental care in VA facilities, with free or low-cost dental care would allow veterans to live better, healthier lives.

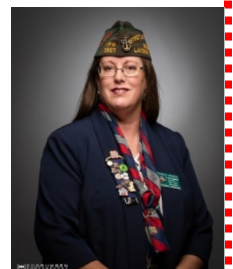
Women Veterans Chairperson Report

This is a new section of the newsletter where future articles will provide women veterans with useful and valuable information about programs, benefits and opportunities available to the women who serve or served in our armed forces.

Expect to see articles and information from these organizations on many topics of interest to our women vets:

- ◆ FaceBook
- ◆ Women's Wet Alliance
- ◆ She Served Too
- ◆ Proud Women Vets/VFW Department of California Women Veterans
- ◆ San Diego Women Vets Network
- ◆ SD Lady Vet
- ◆ Foundation for Women Warriors

Paula Jansen, Women Veterans Chairperson



RECENT EVENTS



Group picture of the District 1 Voice of Democracy winner accepting their award at VOD banquet



District 1 Voice of Democracy winner Megan and her mom with members from District 1 waiting at the airport.



District 1 Commander and Senior Vice relax after a long C of A.




Sr. Vice Commander Hal Roach speaking at the Department C of A.



District 1 memorial wreath entry, 2nd place









UPCOMING EVENTS



NCVSD
NORTH COUNTY VETERANS STAND DOWN

SAVE THE DATE: February 6-9, 2020
Please help us help our veterans!
Cash, Clothing, Time, or Talent; we appreciate it all.
ncstanddown.org



UPCOMING EVENTS



Scholarships Program

CONTINUING EDUCATION SCHOLARSHIP CONTEST

- Eligibility:** Open to members who wish to further their education by pursuing a college degree or a career direction at a vocational/technical school. Applicant must be 18 years or older. A qualifying member must have been a member of the Auxiliary for one (1) year prior to application. Spouses and children of members are also eligible to apply.
- Rules:** Each applicant must answer all questions on the application. Write an essay (300 words) describing their commitment to their goals and how this scholarship will help them attain these goals.
- Awards:** \$1,000 will be awarded to an applicant in each of the four conferences.
- Deadline:** February 15, 2020.

Mail to:
 VFW Auxiliary National Headquarters
 Attn: Administrator of Programs
 406 W 34th St. 10th Floor
 Kansas City, MO 64111

YOUNG AMERICAN CREATIVE PATRIOTIC ART CONTEST

- Eligibility:** Open to all students, including home-schooled students, in grades 9-12. Students must attend school in the state of the sponsoring auxiliary.
- Rules:** Art must be on paper or canvas. Watercolor, pencil, pastel, charcoal, tempera, crayon, acrylic, pen-and-ink, or oil may be used. Digital art is not accepted. Do not frame! Canvas may be stretched on a frame; other entries must be matted on white. If the American flag is used, it must conform to the Federal Flag Code as far as color, number of stars and stripes, and other pertinent rules of the code. Each entry must have been done during the current school year, and the art instructor's name on the application. Each student may submit only one (1) entry.
- Judging:** Entries will be judged by the originality of concept, presentations, and patriotism expressed; the content of how it related to patriotism and clarity of ideas; the design technique; total impact of the uniqueness.
- Awards:** Auxiliary and District awards may include recognition gifts, receptions and money. National Awards scholarships for the top eight recipients range from \$500-\$15,000. The first-place art will be featured on the cover of the VFW Auxiliary Magazine and on the Auxiliary website.
- Entry** Local Auxiliary – March 31, 2020
- Deadlines** District – tentative Date: April 7, 2020

There is also the Most Outstanding Promotion of the Young American Creative Patriotic Art Contest. There will be a Citation to every Auxiliary that promotes the Young American Creative Patriotic Art Contest. In addition, a Citation to and \$50 to one Auxiliary in the nation with the most Outstanding Promotion of the Young American Creative Patriotic Art Contest. Auxiliaries are to send their completed form to their Department Chairman, Nancy Boyd. A copy of this form was given to each Auxiliary President in August 2019. More information to follow.

Please remember to report to the District and Department Scholarships Chairmen. Let's continue to "Spread our wings to protect our Veterans." Members, let us be "Intelligent, Strong and Fighting compassionately for our Veterans and their families." Let's "Service our Veterans with Aloha" that we know truly comes from our heart. Be active and be present.

Loyally,
 Oneita Billings
 District One Scholarships Chairman
oneita.billings@gmail.com
 760-839-5324

UPCOMING EVENTS

CASINO BUS TRIP

TO ACORN ON SATURDAY
2/29/20 BOOK RESERVATION WITH
RACHEL LUKE AT 619-750-3627

ONE DAY OF FUN!

BUS DEPARTS AT 9:45 AM
AND RETURNS BY 5:00 PM
ONE CONVENIENT PICK-UP LOCATION
AT ENCANTO VFW 1512

- > \$20.00 DONATION
- > \$20.00 FREE PLAY
- > \$10.00 ADD'L FOR NEW MEMBERS
- > ONE PERSON WILL WIN A FREE TRIP
- > GIFT DRAWING, LOTS OF FUN
- > \$7.77 PRIME RIB

1st Annual 'CarVet'

CRUISE 'N FOR A CAUSE CAR MEET

FREE ENTRY * CHILI COOK-OFF * FREE LUNCH
LIVE MUSIC

SATURDAY 11AM-5PM
FEBRUARY 8TH

COME OUT AND SUPPORT OUR VETERANS DURING THE NORTH COUNTY VETERANS STAND DOWN

ALL CARS WELCOME!

MUSCLE * IMPORT * TUNER
CLASSIC * VINTAGE
SUPERCAR * RATROD
* MOTORCYCLE *

ALL DONATIONS WELCOME
CAR SERVICE

RSVP FOR EARLY ENTRY
TEXT 760-487-8353
WITH YOUR NAME AND VEHICLE INFO

WHERE? **GREEN OAK RANCH**
1237 GREEN OAK RD, VISTA, CA 92081

#CARVETSD

DON DIEGO POST 7420
2100 Logan Ave
San Diego CA 92113
HOSTS

OFFICIAL VISIT STEAK DINNER

FRIDAY FEBRUARY 7th

Served with Tossed Green Salad,
Baked Potato, Vegetable, Dinner Roll
\$15.00 per

Social Hour 5:00 PM Dinner 6:00 PM
SOMBRERO CEREMONY TO FOLLOW DINNER

Reservations cutoff will be
Friday 31 January 2020 at Noon
For Reservations send payment to Co-Chair:
Diana R Kulhanek (c) 619-206-7828 dirude@yahoo.com or
Doug Carrington 619-730-5610 slainte1861@att.net at
VFW Post 5867 12650 Lindo Lane Lakeside CA 92040-4212
Please make checks payable to the 1st District.



If you served in the
U.S. Military, you
EARNED
the help we offer!

**North County Veterans
Stand Down**
February 6-9, 2020 at the Green Oak Ranch
1237 Green Oak Rd. Vista, CA

Medical, Dental and Vision Care | VA Benefits
Housing & Employment Opportunities
Tickets and Misdemeanors CLEARED
Mental Health & Substance Counseling
Hairstyling Services | Full Service Pet Care
Clothing & Shoes | Hot Meals | Overnight Shelter
ENTERTAINMENT AND MORE!
Your family is welcome!

Interested? Click the "Attend" button at
www.ncstanddown.org



#ncvsd | Questions? Call 866-535-2038

CHARITABLE ORGANIZATIONS



VFW NATIONAL HOME FOR CHILDREN
Every child deserves a happy family.

Help deserving military and veteran families make a strong start in 2020.

As you know, the VFW National Home for Children is unique – nowhere else can a veteran's family find safe refuge in a caring community with a home, professional support services, and even daycare for their youngest children.

Thanks to gifts last year, families struggling to make ends meet got personal help with financial management; tutoring helped our kids learn and succeed; daycare services helped our parents make time for work or study; and across the country, hundreds of veteran and military families used our Helpline to find the assistance they needed regardless of the issue.

Unfortunately, the need for help continues to climb. And that's why our Annual Fund Drive is so important.

[Will you help us meet the challenges of 2020 with a gift to our Annual Fund Drive?
https://www.vfwnationalhome.org/donate?bblinkid=195919933&bbemailid=18186376&bbemailid=1338682939](https://www.vfwnationalhome.org/donate?bblinkid=195919933&bbemailid=18186376&bbemailid=1338682939)

Any help you provide will be greatly appreciated and will make a profound difference in the lives of the children and families entrusted to our care.

I hope you are proud of what you are helping us accomplish at the VFW National Home for Children. If you are ever in the Mid-Michigan area and would like to see firsthand how your donations are making a difference, please call Patti Marriott at 517-663-7010 to schedule a tour. We would be honored to show you the impact your gifts are making.

Thank you,

Frederick Puffenberger
~~Executive Director~~
Executive Director

P.S. Please give as generously as you can. As a privately funded organization, we rely completely on the caring hearts of people like you.

