



Chattanooga Area Veterans Council

Serving veterans and their organizations of East Tennessee, North Georgia and North Alabama

Coolidge Award Nominations Due

The annual Charles H. Coolidge Veteran of the Year and Associate of the year awards will be presented at the CAVC Banquet in March. Every CAVC member organization is eligible to nominate a deserving candidate for each award. The selection is based on the nominee's contribution to the veteran community over the previous year. The nomination form can be found at CAVC's website: www.chattareaveterans.com

Save the date

Annual CAVC Awards and
Installation Banquet
18 March 2016

6:00 pm at Chattanooga
Convention Center. Advance
reservations will be required.
Individual cost is \$30 per
person. A table of 8 will be
\$225. Additional information
and the reservation form will
be in the February newsletter.

Special Thanks to our CAVC members

Chattanooga Area Veterans Council Board would like to say thank you to the following member organizations who have paid their 2016 dues:

American Legion Post 14, Chattanooga
American Legion Post 159, Hixson
Military Officers Association of America – Chattanooga
United States Submarine Veterans – Haddo Base
United States Submarine Veterans – Carbonero Base
VFW 4848 – Chattanooga
American Legion Unit 95, East Ridge
Southeast Tennessee Veterans Coalition

VA Clinic Expansion Update

As presented by Chris Adkins, Licensed Clinical Social Worker at the VA Clinic, at the December 2015 CAVC Meeting:

The good news: We have a new Dentist who is also the Dental Clinic Supervisor (Dr. Sims); We have added a 2nd CT technician so we're able to do a lot more CTs than previously; We have started a Podiatry Clinic this past June one day per week - Since then we have expanded it and starting December 11th it is up to three days per week. We hope to grow it to full time when we get additional space.

The bad news: We are still short 2 Primary Care Providers, several nurses, & several clerks. We are recruiting to fill those positions however.

Clinic Space: 3 phases – 1. We have leased an additional 10,000SF from Pointe Properties (off of East Brainerd). It will house our growing Mental Health Clinic and a new Eye Clinic and should be operational by early summer 2016. It is currently in design which will be followed by 2-3 months of renovation and then a month for installing furniture and equipment. Additional staff will be hired (MH staff, Eye Clinic staff, clerks, & police officers). The Main Clinic will have some extra space after Mental Health moves out. The plan is to expand Podiatry, Prosthetics, Clinical Pharmacists, Dietetics, Social Work, and Logistics. The new clinic 75,000 square foot and is projected to be operational in 2020. It will expand existing services & add services such as physical therapy and speech therapy. It is currently in the initial design and contracting phase.

VA Clinic information provided by:
Chris Atkins, LCSW, BCD
Transition and Care Management (TCM) Program
U.S. Department of Veterans Affairs
Tennessee Valley Healthcare System
Social Work Service
Chattanooga Outpatient Clinic
423-893-6500, ext. 27060
423-893-6516-FAX
christopher.atkins@va.gov
<http://www.oefoif.va.gov/>

Election Commission looking for more veterans

As you know, the Presidential Primary Election will be held on March 1, 2016 and The Hamilton County Election Commission is in need of additional poll workers. Many veterans active in the Chattanooga Area Veterans Council are working with the Election Commission but they would like to have more. Below are answers to some frequently asked questions that should prove to be helpful.

Frequently Asked Questions:

- Will I be paid to work on Election Day?
Yes. Your income will depend on the duty you perform, but the range is from \$100 to \$160 for the Officer of Election.
- Will training be provided?
Yes. As a new worker, you will attend one required training session and you will be paid \$20 to attend this class.
2016 Training dates: January 10 - 14 & January 18 - 23
Attend one training session, which usually lasts around 2 hours. A morning and afternoon session will be offered, as well as one Saturday.
- What will the hours be on Election Day?
You will need to report to your assigned polling location no later than 7:00am. You are required to stay at the polling place until the polls close at 8:00pm and all of the election equipment has been properly stored.
- What should I bring with me?
You should bring food, beverages and any medications you are required to take for the day. You may also bring a book or magazines.
- Job Requirements:
You must be a registered voter in Hamilton County OR at least 17 years old and a resident of Hamilton County. You must be willing to commit to work the full 14 hours on Election Day. You must be able to understand and follow written directions. You must be willing to attend the training session before each election. You will be cross-trained and expected to perform multiple jobs.

NOTE: Government employees cannot be election officials. School teachers and employees of higher education may work. While there is no law against it, close relatives of candidates on the ballot will not be hired.

For more information call or visit the Election Commission. To apply, fill out the application on the website and email or snail mail it to the address provided. The Poll Worker application is under the "Election Info" tab on the website.

Kerry B. Steelman / Administrator of Elections
Hamilton County Election Commission
700 River Terminal Road / Chattanooga, TN 37406 / P:
423.493.5100 / F: 423.493.5101
<http://elect.hamiltontn.gov/>

Veterans Crisis Line - What Happens on the Other End

The Veterans Crisis Line is an anonymous call center designed to encourage Veterans and their families and friends to make the call. The professionals on the other end of the line are simply called "responders." Yet they have a job that is unlike almost any other, anywhere. They are specially trained and experienced in helping Veterans of all ages and circumstances. Some of the responders are Veterans themselves and understand the challenges Veterans of all ages and service, their families and friends have been through. During their shifts (which can happen at any time, any day), responders immediately let the caller know that someone is on the other end who cares and will listen as long as needed. Responders stay on the line until they are either assured of the caller's safety via a family member, or forward the situation to local emergency rescue coordinators who have the situation in hand. A recent HBO film about the Crisis Line features two sequences that vividly portray the understanding and compassion required on the job:

- In one, responders work with an Afghanistan war Veteran and father of five who is tormented by recurring nightmares that have become unbearable. The responder tells the man, who served his country with the Marines, "You're their father. No one can replace you."
- In another, responders and tech people are involved in a daylong search for an anonymous caller in distress. At last, through brilliant detective work, the young man is admitted to an Army medical facility. A Crisis Line supervisor comments, "This is a good ending to the day." Success means keeping a caller engaged on the phone until they are out of danger.

If you are a Veteran in crisis, know someone who is, or are a concerned family member, please make the call. Receive confidential support 24 hours a day, 7 days a week, 365 days a year:

- Call 1-800-273-8255 and Press 1
- Chat online
- Or send a text message to 838255

For more information, visit <https://www.veteranscrisisline.net>. If you're interested in a job on the Crisis Line or supporting Veterans in many other ways, please visit VA Careers at <http://www.vacareers.va.gov/job-search/index.asp?q=veterans+crisis+line&cat=&radius=100&loc=new+york&search=search>. [Source: VAntage Point Blog | December 29, 2015 ++]

United States Navy Burial At Sea Program

Burial at Sea is a means of final disposition of remains that is performed on United States Navy vessels. The committal ceremony is performed while the ship is deployed. Therefore, family members are not allowed to be present. The commanding officer of the ship assigned to perform the ceremony will notify the family of the date, time, and longitude and latitude once the committal service has been completed.

Eligibility:

Individuals eligible for this program are: (1) active duty members of the uniformed services; (2) retirees and veterans who were honorably discharged. (3) U.S. civilian marine personnel of the Military Sealift Command; and (4) dependent family members of active duty personnel, retirees, and veterans of the uniformed services.

How to get started: After the death of the individual for whom the request for Burial at Sea is being made, the Person Authorized to Direct Disposition (PADD) should contact the Navy and Marine Corps Mortuary Affairs office at 1-866-787-0081 to request a packet and for additional information.

Supporting documents which must accompany this request are:

- (1) a photocopy of the death certificate
- (2) the burial transit permit or the cremation certificate
- (3) a copy of the DD Form 214, discharge certificate, or retirement order.

The Burial at Sea Request Form and the three supporting documents listed above make up the Burial at Sea Request package.

Burial Flag:

A Burial Flag is required for all committal services performed aboard United States Naval vessels, except family members, who are not authorized a burial flag. Following the services at sea, the flag that accompanied the cremains/remains will be returned to the PADD. If the PADD does not wish to send a burial flag for the service, a flag will be provided by the Navy for the committal service, but will not be sent to the PADD.

Cremated Remains (Cremains):

Cremains must be in an urn or plastic/metal container to prevent spillage in shipping. The cremains, along with the completed Burial at Sea Request package, and the burial flag will be forwarded to the Burial at Sea Coordinator at the desired port of embarkation (listed below). Prior to shipment, it is recommended that a phone call be made informing the coordinator of the pending request. It is also recommended that the cremains package be sent via certified mail, return receipt requested.

Intact Remains (Casketed):

Specific guidelines are required for the preparation of Casketed remains. All expenses incurred in this process are the responsibility of the PADD, who will select a

funeral home in the area of the port of embarkation. After this selection has been made and notification has been provided to the coordinator, the casketed remains, the request form, supporting documents, and the burial flag are to be forwarded to the receiving funeral home. The coordinator will make the inspection and complete the checklist for the preparation of casketed remains. It is recommended that funeral homes responsible for preparing and shipping intact remains contact the Mortuary Services office at Navy Casualty in Millington, TN to receive the preparation requirements.

PORTS OF EMBARKATION / COORDINATORS Norfolk, Va.

Commander, Naval Medical Center ATTN: Code 0210C620 John Paul Jones Cir. Portsmouth, VA 23708-5100 Phone: (757) 953-2617/2618

Jacksonville, Fla.

Officer in Charge Naval Hospital Branch Clinic P. O. Box 280148 Naval Station Mayport, FL 32228-0148 Phone: (904) 270

-4285

San Diego, Calif.

Commanding Officer Naval Medical Center Decedent Affairs Code:

09O434800 Bob Wilson Drive San Diego, CA 92134

-5000 Phone: (800) 290-7410

Bremerton, Wash.

Commanding Officer Naval Hospital Bremerton Code: 015-BAS/HP01 Boone Road Bremerton, WA

98312-1898 Phone: (360) 475-4313

Honolulu, Hi.

Navy Liaison Unit Tripler Army Medical Center, Tripler AMC, HI 96859-5000

Phone: (808) 433-4709(808) 577-7590

Questions concerning Burial-at-Sea? Please call Monday

-Friday, 0730-1600 Central Time

Commercial-(901) 874-6682 or 3858. Toll Free -1-866-787.

Chattanooga Area Veterans Council
PO Box 24984
Chattanooga, TN 37422

Check out our website at www.chattareaveterans.com

Billy Hewitt, Chairman	423-894-3568
Mickey McCamish, Chairman-Elect	423-394-0024
Alan Syler, Vice-Chairman	423-855-6876
Patty Parks, Immed. Past Chair.	423-326-0839
Mark Parks, Treasurer	423-326-0839
Carol Laing, Secretary	423-309-1457

CAVC is a 501c19 non-profit veteran organization.

Sea Cadet Program Looking For A Few Good Men and Women

The Signal Mountain Division started in January of 2012 and was commissioned in 2013! The biggest contributor of this success was due to our adult volunteers who have put their heart and soul into today's youth. As our cadets have graduated high school and have entered college or the service, our adult volunteers have moved on as well. We are looking for a **few, great men** who will instill military values and discipline into our future!



There are ten thousand young men and woman across this country that wear the uniform of a Naval Sea Cadet looking for guidance and leadership of the caliber that only a retired military Officer, Petty Officer or NCO can provide. Many more young people throughout the United States will miss out on the opportunity to participate in this fine program simply because there is a lack of volunteers to provide the leadership and moral example that are the cornerstones of the Naval Sea Cadet Corps (NSCC).

On September 10, 2015, the United States Naval Sea Cadet Corps celebrated fifty-three years of service to the young people of our nation. Public Law 87-655 enacted on that date in 1962, incorporated the Naval Sea Cadet Corps (NSCC) under the direction and guidance of the Navy League of the United States reporting to the Secretary of the Navy, with the cooperation of the Department of the Navy. Today, Navy Recruiting Command is it's Navy sponsor. The stated objective and purpose of the Naval Sea Cadet Corps is to encourage and aid American Youth to develop an interest, and skills, in basic seamanship and its naval adaptations, to train them in seagoing skills, and to teach them patriotism, courage, self-reliance, and kindred virtues.

The United States Naval Sea Cadet Corps is patterned after programs long in existence in England, Canada, The Netherlands, Sweden, Australia, New Zealand, Belgium, India, Bermuda, and Japan. All operate with the same stated goals, and some are funded by and organized under the control of their respective Navies. The United States Naval Sea Cadet Corps receives limited government funding, and is staffed by all volunteer officers and instructors (with the exception of an Executive Director and a small National Headquarters office staff). The NSCC is incorporated as a non-profit, tax deductible youth program.

Over the last fifty-three years, the NSCC has steadily grown from its first unit of 48 cadets and 10 officers at Great Lakes, Illinois. Today the NSCC musters over 10,000 cadets and approximately 2,000 volunteer adults who serve as its' officers and instructors. Naval Sea Cadet Units are throughout the United States, Puerto Rico and Guam. The Corps is open to youth 11 through 17, who are passing in school, have no criminal record and are physically able to commit to the rigors of physical training.

Sea Cadets learn about the Sea, Aviation, Construction and other occupational fields, in the Navy, Coast Guard, Marine Corps and Maritime services. This serves the Sea Services of our nation well in providing a pool of well-rounded young recruits and also serves our nation in promoting solid citizenship and good scholarship among all our youth. There is no requirement nor any commitment to join the Armed Forces, however, the program provides our nation with young people ready to take their place in society as leaders.



The United States Naval Sea Cadet Corps is proudly providing the next generation of leaders, not only ready for the Sea Services, but ready, willing and able to take their place as our next generation of leaders in Industry and American Society. But it can't be done without the volunteer leaders. Just where do I fit in, you ask?

"Your NSCC Cadets need you!"

Adult leaders are desperately needed to help train these fine young aspiring cadets. The good news is, you already have what you need to be successful. Knowledge of the Armed Forces of the United States, Discipline and a Patriotic desire see our young people be all that they can be.

Say "Yes" to the call again

Contact LT Stacy L. Kehoe, NSCC at 423/902-0309 or email at slkseacadets@gmail.com. Thank You!

Clinics for Disabled Individuals

Catalyst Climbing Clinics

WHAT: Catalyst Sports is a non-profit organization based out of Atlanta whose mission is as follows: to empower people by providing the highest quality of adaptive sports to the disabled community.

www.gocatalystsports.org

WHO: Individuals with physical disabilities, ages 5 up
WHEN: 3rd Thursday of each month, January - May
TIME: 5:30-7:30 pm
DATES: January 21, February 18, March 17, April 21, May 19 (you must sign up to attend)
WHERE: High Point Climbing and Fitness Center
COST: Free!
CONTACT: To sign up and for more information, questions, dates, times, etc. please contact Elaine at 423-697-1345 or eadams@chattanooga.gov

COST: \$5 (pizza will be provided)

Must RSVP (with your talent) by 3/8

April: Join us for an evening at the Creative Discovery Museum and Science Theater;

Wednesday, April 27th, 6-8 pm. This special evening will include pizza, science demonstrations and private museum time.

Cost: FREE!

Must RSVP by April 20th

May: Chattanooga Lookouts - TBD

Join us as we cheer on our local baseball team! More details to come...

PLEASE RSVP FOR ALL THE ABOVE EVENTS

BY THE REQUESTED DATES (along with any questions) TO:

Elaine at 423-697-1345 OR eadams@chattanooga.gov

This will assure you have tickets, make the list, are in the know about parking, any changes, etc.

Chillin' Like Villains

Young Adult Social Group

February: UTC Lady Mocs Basketball Game; Wednesday, February 17th at 6:30 pm. Tickets are limited (each participant may have only one additional ticket for a parent/caregiver. Additional tickets may be purchased at regular price through the ticket office).

Cost: FREE tickets are limited

Must RSVP by 2/10

March: Talent Show at the Chattanooga Zoo! Tuesday, March 15th, 6-8 pm. Education Center at the Zoo, enter through the back gate.

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C.H.I.P.S. Golf

Golf Program

WHAT: A weekly round of golf for individuals with disabilities.

WHO: Participants must be able to play nine holes independently with previous golf experience and able to play with minimal assistance.

WHEN: Tuesday evenings beginning in April

DATES: 4/12, 4/19, 4/26, 5/3, 5/10, 5/17 (dates subject to change)

TIME: 5:30pm-dusk

WHERE: Brown Acres Golf Course (406 Brown Road, 37421)

COST: \$5 each game

CONTACT: Elaine at 423.697.1345 or eadams@chattanooga.gov

Climbing Higher

Adaptive Climbing Program

WHAT: An indoor adaptive climbing program

WHO: Individuals with a variety of cognitive and/or physical disabilities, ages 6 and up

WHEN: Mondays, 5:00-7:00 pm

(first hour for younger participants, second hour for older participants)

DATES: March 14 - April 18

WHERE: High Point RIVERSIDE (formerly known as

Urban Rocks Climbing Gym- 1007 Appling Street)

COST: FREE!

CONTACT: Interested? Let us know ASAP as space is limited! To register or for more information, contact Elaine at 423.697.1345 or eadams@chattanooga.gov

Fundraiser for TRS

A Night at the

Flying Squirrel to benefit Chattanooga

Therapeutic Recreation Services

Join us at one of Chattanooga's hot spots on Main Street as TRS holds another fundraiser to support and expand the opportunities within our programs and events! The owners of the Flying Squirrel and the Crash Pad, who are also faithful volunteers in our adaptive climbing program, have generously offered a night to support

Therapeutic Recreation Services.

10% of all the money generated

that evening will go straight to TRS and we need YOUR HELP spreading the word!

Tuesday nights at the Flying Squirrel is 50% off wine!

They have a deliciously unique food selection with a beautiful atmosphere and decor, providing a perfect opportunity for a great night out with family and friends.

www.flyingsquirrelbar.com

WHO: Volunteers, participants, community partners, friends, friends of friends, families, etc. **ANYONE THAT IS 21 OR OLDER!**

WHEN: **Tuesday, March 1st.** Come anytime from 5 pm-close!

WHERE: The Flying Squirrel (55 Johnson Street)

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Hiking

Monthly Hiking Group

WHAT: A group comprised of individuals with disabilities, their family members and friends who want to explore the beautiful trails in Chattanooga together! All trails are easy to moderate, and the group naturally splits up (with a trail leader) based on desired hiking speed.

Hikes are scheduled to begin in April, check monthly newsletters for additional details.

PLEASE NOTE: All dates, times and locations are subject to change based on weather conditions. BE SURE TO GET ON THE LIST so you are in the know regarding meeting locations, cancellations, etc. Directions and exact meeting spot is provided to those who RSVP.

Project HEALTH

Adaptive Fitness and Health Program

WHAT: Project HEALTH (Helping Every Ability Learn to be Healthy) community classes are adaptive, health and wellness classes available to people of all abilities. Classes include circuit training, cardio, yoga, nutrition, step aerobics, functional movements, weights, as well as various sports and games. These classes help to improve muscular strength and endurance, cardiovascular endurance, flexibility, balance and healthy nutrition tips that participants can take and include in their daily lives. **LET'S TAKE OUR HEALTH SERIOUSLY!**

WHO: Individuals with disabilities, ages 13 and up

WHEN: TBD - Email Elaine to get on the list for more info. You don't want to miss a chance to get some exercise and meet new people all while having FUN!

CONTACT: Questions? Interested? Email **Elaine** at eadams@chattanooga.gov or 423.697.1345.

SPARC, A Chapter of DSUSA

Adaptive Cycling

This program is Co-Sponsored by SPARC (SPorts, Arts and Recreation of Chattanooga - a local chapter of DSUSA) and Outdoor Chattanooga

WHAT/WHO: SPARC is a local 501(c)(3) non-profit organization, which provides competitive and recreational opportunities to persons with disabilities in an integrated setting, i.e., persons with and without disabilities participating together. SPARC is a chapter of Disabled Sports USA, (DSUSA), which was founded by USA military veterans, with a motto of: "If I can do this, I can do anything."

An adaptive cycling program for individuals with disabilities. Hand cycles and tandem bikes are available for individuals who have physical and visual disabilities. Three wheeled bikes and additional bikes available too! In addition to this, Outdoor Chattanooga brings their bike fleet for additional support and traditional bike are available to check out. Depending on the cycle needed, participants will have to be approved by the group that owns the cycle and fill out liability forms from the specific group you use a cycle form. Visit the website for more info on SPARC www.sparctn.org

WHEN: Two Mondays each month, for the months of April, May and June

DATES: April 11, April 25, May 9, May 23, June 13, June 27

TIME: 6 pm-dusk

WHERE: The Tennessee Riverpark at the Hubert Fry Center (4501 Amnicola Hwy)

COST: FREE!

CONTACT: Elaine at 423-697-1345
adams_e@chattanooga.gov or Jerry at 423-596-5268
jhightower@ctiengr.com

Please note that equipment is limited and pre-registration is REQUIRED!

Minimum Requirements for the Safety of Participants:

(Continued on page 8)

Scenic City Adaptive Paddling Program

Adaptive Kayaking Class

WHAT: This program provides the opportunity for participants to learn the basic skills of kayaking under skilled instruction in a safe environment. All equipment and adaptations are provided.

WHO: Individuals with physical and/or cognitive disabilities and their family members. No prior skill or experience is necessary!

WHEN: TBD- get on the list to receive info - pool sessions will start in February

WHERE: TBD

COST: FREE!

CONTACT: Elaine at eadams@chattanooga.gov or 423.697.1345 You MUST get on the contact list in order to receive information on this program!

Special Events

RSVP and mark your calendars for these awesome events!

RSVP REQUIRED at least 5 days prior to each event!

Contact Elaine at eadams@chattanooga.gov or 423.697.1345

Sweetheart Dance

WHEN: Friday, February 5th

WHERE: Chattanooga Zoo, Education Building (enter at the back gate of the Zoo. This is accessed from the McCallie Avenue entrance to Warner Park).

TIME: 6-8 pm

COST: \$5 for each person who plans to eat

RSVP: to Elaine by 2/1

St. Patrick's Dance

in conjunction with ARC of Hamilton County

WHEN: March 5th

WHERE: Shepherd Recreation Center (2124 Shepherd Road)

TIME: 1-3 pm **COST:** FREE!

RSVP: to Elaine by 3/1

Spring Prom

in conjunction with Bridge Christian Church for the "Shine Prom 2016"

WHAT: This event will include a night of dinner, music and dancing, games, and fellowship for our guests. Each guest will have a designated escort to assist them during the festivities, if desired. Caregivers are welcome to participate with their loved ones or they may take a break to relax and enjoy some pampering in our respite room.

WHO: Individuals with disabilities, ages 15 and up. Guests are encouraged to "come as you are." Dress down with jeans and a t-shirt, or dressed in your best prom attire! We just want our guests to be comfortable and ready to enjoy the evening!

WHEN: Friday, May 6th

TIME: 7-10 pm

WHERE: The Chattanooga Hotel Ballroom

For more information, to volunteer, to see pictures from last year, to donate, or to RSVP, follow this link:

<http://www.shinechattanooga.org>



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Sunshine Ambassadors

Dance Program

WHAT: Sunshine Ambassadors, Inc. is a 501-c-3 public charity whose mission is to enrich the lives of individuals with disabilities through dance, utilizing both structured classes and public performances. We emphasize "progression" for individuals and the group, rather than "perfection" of either. Progression for one dancer may be learning to follow directions and to stay focused; another dancer may learn the joy of being active; one may improve in gross motor skills, while another may learn to work together in a group setting. Instruction provided by Tiffany Barrett.

WHO: all ages!

WHEN: Every other Monday

Jan 11, 25, Feb 8, 22, Mar 7, 21, Apr 4, 18, May 2, 16

WHERE: Hixson Community Center (5401 School Dr, Hixson, TN 37343)

TIME: 1:00-2:00 pm

CONTACT: Elaine to get on the list, or with any questions at eadams@chattanooga.gov or 423.697.1345

Team River Runner

Paddling for Wounded Veterans and Their Families

WHAT: Team River Runner (TRR), a 501(c)3 non-profit organization, gives active duty service members and veterans an opportunity to find health, healing, and new challenges through whitewater boating and other paddling sports. Therapeutic Recreation Services is Chattanooga's local chapter! (teamriverrunner.org).

WHO: Veterans and active duty service members who are service connected, and their family members. This includes PTSD, TBI, SCI and others that qualify as a disability. No previous kayak experience needed.

VA Claims Assistance Veterans Law Blog

The Veterans Law Blog at <http://www.veteranslawblog.org/tap-into-power-veterans-law-blog> is written by a VA Accredited Attorney and focuses entirely on Title 38 Claims for Service Connected Disability. It provides close to 1,000 posts of information, teaching you:

- How to file VA claims
- How to introduce evidence into your VA claim
- How to argue your claim more persuasively.
- How to understand Court decisions
- How to fill out forms
- How to prepare for hearings
- And more.

Note: The above is provided as an information source only and should not be considered a CAVC endorsement for membership (either the free or paid option) to access the blog. However, it could be useful in answering questions you have regarding claim initiation, status, appeal, and/or why nothing is happening.

Some additional data sources that could assist in increasing knowledge of your condition and how to submit a VA claim for its treatment and/or disability compensation are:

- https://www.youtube.com/watch?v=dN7huF_NYGU 4 Things You Need to Know about VA Sleep Apnea Disability Claims
- <https://www.youtube.com/watch?v=Hn76lRebzs> The straight honest truth about Sleep Apnea and CPAP
- <https://www.youtube.com/watch?v=xF24xmJQK1k> Sleep, Vitamins, and Heart Health (5 Part)
- <https://www.youtube.com/watch?v=NWuoH2VUsYE> VA Compensation Benefits Unemployability or IU
- <https://www.youtube.com/watch?v=hYBKrENQHlo> VA Disability Benefits and Secondary Service Connection
- <https://www.youtube.com/watch?v=sfy64yTjYCO> VA Disability Compensation and PTSD

[Source: Veterans Issues | Colonel Dan Cedusky | December 23, 2015 ++]

FIFTY YEARS AGO IN VIETNAM – DECEMBER 1965

The torrential monsoon storms continued in December wreaking havoc on the American war effort. The entire coastal plains of Vietnam were flooded. Roads and bridges were washed out and any place that was not paved became a mud quagmire. Logistics became a nightmare. Units and remote bases couldn't be resupplied because of road conditions and limitations on flights. At DaNang the strong northeast winds kept ships from getting into the piers for offloading and one of the two underwater 4 inch fuel offload pipes broke. Fuel of all types became critical. A heroic effort by a Navy Seal team in the heavy seas and murky waters was made to repair the fuel line break. For American troops the fight became how to stay dry.

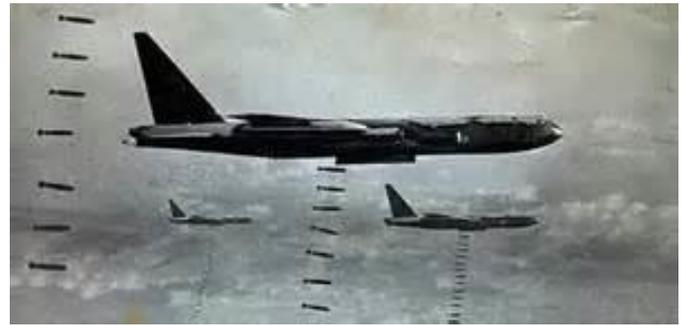


Following Secretary of Defense Robert McNamara's November in country situation review, he wrote in a December 8th memo to President Johnson that U. S. troop strength must be substantially augmented "if we are to avoid being defeated." He went on to say the NVA and Viet Cong's staying power was superior to ours. General Westmoreland presented a three point plan to "win the war" by 1967 with U.S. troops being the primary force to defeat the enemy. By the end of December there were 184,300 US troops in country and they had sustained a total of 2,445 deaths.

On December 18, 1965 the Navy established the River Patrol Force (Task Force 116) signaling the start of the effort to interdict communist supply efforts in the Mekong Delta and the Rung Sat Special Zone by river patrol boats.



The air war over North Vietnam called Operation Rolling Thunder and the bombing by the B-52's in Operation Arc Light continued unabated until President Johnson halted them for a called Christmas "truce" of six days. During this period the first diplomatic efforts to end the war were initiated with contacts through various countries that had embassies in the North and through Pope Paul. It was proposed that the US would stop the bombing of the North if the North would stop its infiltration of the South and stop supplying the Viet Cong. In a Christmas sermon the Pope called for "a just and brotherly peace." On December 29th he revealed that Ho Chi Minh had sent a message that the "United States leaders want war, not peace." He reiterated his hard-line stand that peace would only come to Vietnam only when all Americans are withdrawn.



One Medal of Honor was awarded for actions in December to Lt Harvey C. Barnum, Jr. of Cheshire, CN while attached to Co H, 2nd Bat'l, 9th Marines, 3rd Marine Division for action at Ky Phu in Quang Tin Province. While on patrol his company was suddenly pinned down and separated from the remainder of the battalion by heavy enemy fire causing heavy casualties. Upon finding his Company Commander mortally wounded, he took charge, rallied the troops and skillfully directed counterattacks. His gallant actions in attacking enemy positions was an inspiration to all and led his battalion in seizure of its original objectives.

Compiled by RADM Noah Long, CEC, USN (ret) from information in

1. Web Site of the Vietnam War Commemoration
2. *Vietnam, the Naval Story* by Frank Uhlig, Jr.
3. *The Pictorial History of the Vietnam War* by Jeremy Barnes
4. Web Site: militaryhistory.about.com/od/VietnamWar
5. *Chronicle of the 20th Century*

Fundraiser for Ringgold High School JROTC



FRESH strawberries from Plant City, Florida

The strawberries will be delivered between February 19th and March 18th, right after they come out of the fields – nice and ripe, plump and juicy!!!!

Each flat will contain 6½ pounds of berries for only \$20.00 each!!!!

For more information, please call Judy Williamson. Her son, Joshua, is a freshman at Heritage High School and is a member of the JROTC. Her husband, Robbie, is a US Army Veteran and long haul trucker.

Judy Williamson

The Pampered Chef
Independent Senior Consultant
706-623-1990

www.pamperedchef.biz/judywilliamson

<https://www.facebook.com/judyspamperedkitchen>

Hamilton County Mentors For Vets

The mentor program is in need of dedicated and experienced veterans who are willing to provide support and guidance to Veterans Treatment Court participants.

Veterans Treatment Court is a court-supervised treatment program whose goal is to help veterans address the issues that led to contact with the criminal justice system. The program is voluntary and includes regular court appearances before the Veterans Treatment Court Judge.

The Veterans Treatment Court Judge supervises progress in the program. A final decision of acceptance to the program is made by the Judge with the help of the treatment team.

Key Components of the Veterans Court:

- Ø Honor the service of Veterans through providing a comprehensive treatment based program.
- Ø Ensure that Veterans receive effective treatment and access to community resources available to him or her.
- Ø An individual treatment plan for each participant to address needs, barriers and goals. The treatment plan will include evaluations and assessments to determine the most effective treatment for the Veteran.
- Ø Each Veteran has a support team dedicated to helping the Veteran achieve their goals. The support team includes other Veterans, treatment providers, Court staff, and the Veteran Peer Mentor Support Program.
- Ø Each Veteran will come to court regularly to see the Honorable Judge Melissa Powers. Veterans are required to appear weekly or bi-weekly during the initial phase of the program. Veterans will be required to appear less often as they progress through the program. As you make progress in your treatment, your attendance may be reduced to every third week or monthly at the discretion of the Judge.
- Ø Frequent random alcohol & drug testing throughout the program (may be ordered through probation and/or treatment providers).
- Ø Veterans must follow the rules of Probation and orders of the Veterans Treatment Court.

If you know of anyone who may be interested, please have them contact Chris Dooley Mentor Coordinator, at 702-701-2858 or Ruffian19@gmail.com.

5th Annual Women Veterans Summit

April 29 & 30, 2016

***Hampton Inn & Suites Hamilton Place
Chattanooga, Tennessee 37421***

Fun, Food, Gifts & Networking Opportunities!

**Early Registration is \$50 per person through March 1
(\$60 per person AFTER March 1)**

**Register online at: <http://goo.gl/forms/xDZvKvaaVu>
Complete the Form & mail as indicated on form**

Hampton Inn & Suites Hamilton Place, 2014 Hamilton Place Blvd, Chattanooga TN

Rooms are blocked until April 8, 2016 at \$119 per night (for 2 adults)

(The hotel's cancellation & early departure fees apply to ALL reservations. Higher room rates will apply AFTER April 8)

Please call the hotel directly to make your room reservation: 423-602-7840

Say you are with "Women Military Summit" to get the \$119 rate

Attendees are invited to bring half or a dozen cookies to Friday evening's "Cookie Social." Light snacks and soft drinks will be provided along with comedic and musical entertainment. Vendors will be on hand to provide unique, appealing items as well as information on various support systems. Saturday's program is set to include presentations on various topics including Veteran benefits, medical services & employment opportunities. Other subjects such as financial security, interview tips, volunteer opportunities, etc., will also be discussed. An on-site catered lunch will be provided Saturday.

Seating is Limited to 150 Participants

Questions/Comments about the Summit?

Contact Patty Parks at 423-326-0839 or pattyjoparks@yahoo.com

