



MONTHLY MEETINGS

MEMBERSHIP

8:30 AM
Saturday
1 February 2014

EXECUTIVE COMMITTEE

6:00 PM
Thursday
27 February 2014

ALL MEETINGS HELD AT:

201 W. Watts Street
Enterprise, AL

FUNDRAISERS!!!

I need someone to give me a clue!
Should the command come up with a
calendar? When would you all like to
start raising money?

If you have a fundraising idea, bring
it up in the membership meeting this
month!

EVENTS

What? No Events? Come on people!
Let's start doing something!



Command Comments

Another great Mid-Winter training conference put together by the Department of Alabama.

Chapter #9 was able to get 13 individuals certified to be chapter service officers (CSO's), which will enable the chapter to continue providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service. I would like to extend a big thanks to the Fort Rucker Thrift Store in helping to make our CSO training affordable to the chapter. The Fort Rucker Thrift Store gave the chapter a grant for \$841 to help the chapter pay for the expenses incurred by sending individuals to Montgomery to participate in the mandatory training.

Chaplains Notes

In Remembrance:

Comrade Vernon Reynolds has departed for a higher command.

Van Drivers Dispatch

	Trips	Miles	Hours	Vets
Buddy Keen*	1	236	12	3
Tom Ferguson	2	472	24	1
Paul Skyles	1	236	12	2
Sonny Smith	1	236	12	2
Bill Voth *	1	236	12	0
TOTALS	6	1416	72	8



116 S Main St
Enterprise, AL 36330
334 347-7612

MITCHELL
MAZDA - LINCOLN - MERCURY
1222 Rucker Blvd. Enterprise, AL 3330

Bus: (334) 347-3461/ 9201
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Now that the holidays are over, the chapter will continue with fundraising monthly or bi-weekly. The chapter will also continue to participate in the Ruby Tuesdays "Giveback" program, which will allow those who don't have the time to sit in front of Wal-Mart for hours at a time to participate by going to get a good meal. Ruby Tuesdays contributes 20% of what you spend on a meal and gives it back to the chapter. All of the programs your chapter is involved in go to one big purpose, to help Veterans and their families.

TODD McVICKAR

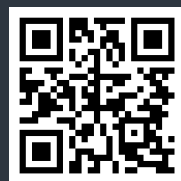
Please keep me informed of any members and their families who may be in need!

BILL BAKER

Veterans Crisis Line

(1-800-273-8255 press 1)

connects Veterans in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text (Text 838255). Veterans and their loved ones can call, chat online, and text message.



Department Crier

Department Townhall Meetings happen on 2nd Saturday at 8AM and Department Training is on 4th Saturday at 8AM. It is free to all and all are welcome to attend.

Conference Dial-in Number: (805) 360-1000

Participant Access Code: 991969#

The next training meeting will be on "Veterans Welfare" and how we do it! Come enjoy the class and ask questions!

As the Doc Sees It

A Perspective on PTSD--Part II

As I stated in the previous article on PTSD, PTSD is the only behavioral problem that, when significant enough to be diagnosed, is not considered to be abnormal behavior. PTSD is a normal reaction to a life incident or event(s) which human beings are not expected to encounter during his or her normal life span.

In order to be diagnosed with PTSD, first the person must be exposed on some way to an event or events that involved actual death, threaten death, injury, OR a threat to the physical integrity of his or her self OR others. Second, the individual's response to the event or events at some point at the time of the incident or in the future after the incident involved intense fear, horror, and/or hopelessness.

Furthermore, the individual has to show a minimum of six (6) behaviors out of seventeen (17) within three subsets:

A. The incident is experienced at present in at least one (1) of the five (5) ways:

- 1) recurrent and intrusive distressing recollections of the event;
- 2) recurrent distressing dreams of the event;
- 3) acting or feeling like the event is recurring;
- 4) intense distress at exposure to anything that remains the individual of the event;
- 5) physiological reactivity at exposure to anything that remains the individual of the event.

B. Persistent avoidance of anything associated with the event and numbing of emotions as a result of the event is present in a least three (3) of seven (7) ways:

- 1) trying to avoid thoughts, feelings, or conversations related to the event;
- 2) trying to avoid activities, places, people related to the event;
- 3) inability to recall an important part of the event;
- 4) markedly lack of interest in or participation in significant life activities;
- 5) feeling detached from others or from life in general;
- 6) unable to feel normal feelings such as being unable to have love feelings;
- 7) sense of a foreshortened future.

C. Persistent feelings of increased arousal is present in as least two (2) of the five (5) ways: difficulty falling and/or staying asleep; irritability or outbursts of angry; concentration problems; hypervigilance; and, exaggerated startle response.

There are a significant number of related disorders and symptoms either associated with or secondary to PTSD. These can be stand-alone issues with PTSD, or a combination of all of these can be determined to influence PTSD: Obvious symptoms secondary to PTSD include the following: adjustment disorders; alcohol related disorders; avoidant, antisocial, borderline, paranoid, obsessive-compulsive personality disorders; bipolar disorder; brief reactive psychosis; bulimia; delusional disorder; chronic depression; disruptive behavioral disorders; generalized anxiety disorder; induced mood disorder; hypochondrias; impulse control disorder; intermittent explosive disorder; major depression; nightmare disorder; panic disorder; primary insomnia or hypersomnia; schizo affective disorder; schizophrenia; shared - psychotic disorder; sleep terror disorder; sleep walking disorder; social phobia. Subtle symptoms associated with PTSD include the following: Agitation night-terrors, hyper-vigilance; scanning, avoidance, flight/fight, numbing, flashbacks, reliving experiences, loss of pleasure in things once enjoyed; hallucinations, illogical thinking, intrusive thoughts, poor concentration, irritability, anger, startled responses. Other symptoms include the following: survivor guilt; suicidal ideation; homicidal ideation; unrealized poor self-esteem; poor hygiene; thoughts of superiority; invincibility; reoccurring roles pertaining to power; irrational rationalizing; lone warrior syndrome (won the war alone), and over-exaggeration of deeds and event.

Today there is help available to those who have developed PTSD as result of involvement in an event or series of events causing emotional trauma. Veterans can participate in various activities available through VA. In addition, there are trained individuals within the local civilian health care system who are available to try to be of assistance. Anyone who is bothered by any combination of the main 17 symptoms is encouraged to seek assistance in a timely manner.

THERON COVIN

LVAP Coordinator Request

Helping around town volunteering? Going to meetings in the community? Going to church and volunteering in the choir, classroom or nursery?

If you are doing anything like this or even attending our chapter meetings you can log that time as LVAP reportable volunteer hours. You will be helping the department in

showing the Alabama State Government what we are doing in the community as veterans.

If not for the department, why not do it for the volunteer hour pin for your cap and the items you can purchase with your hours? [CLICK HERE](#) to download and fill out form and then email form to culverla1@yahoo.com.




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Service: 877-537-7516

CERTIFIED PRE-OWNED

Hyundai Hope On Wheels

EYE ON IT

January Memories



No Wonder Sherman liked the Air Force



Our Pride, The Nations Pride



Nat'l Commander Speaks



Parting Shot

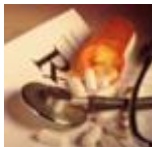


Sometimes you just have to visually express how you feel. Now, let's get out there and raise membership through recruiting and conversation!

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Theron M. Covin, Ed.D.

Center for Counseling & Human Development, Inc.

191 Katherine Avenue

Ozark, AL 36360

334-774-7704

Tricare, Major Medical Insurance Approved

This Month's Q&A for the Sage

Q: How do I get a fundraiser approved?

The Idea Guy

A: That's a great question Mr. Guy and I have some information you might be interested in knowing!

Sometimes you come up with a great idea for a fundraiser and don't know if you can do it or not.

When this happens you first need to make sure your commander knows about the proposed money making opportunity. Next you need to know how much money you might make.

Lastly you need to ensure it passes the test of being in line with the National, State and Chapter Constitution and ByLaws which are available online or in the chapter reading file.



Anything inside or outside of your chapter's area needs to be approved by the department. A simple call to the Department Adjutant and you might be allowed to conduct the fundraiser.

If you are anticipating a gain of >\$5000.00 during this opportunity the fundraiser needs approval of the Department Ways and Means committee. Don't sign a contract before approval.

Do not misrepresent the DAV at an unapproved or approved fundraiser.

The Sage

Interested in putting your business card on this page and having it printed in our department programs twice a year?
\$15 Business Card in program – 2months in newsletter/ \$25 Quarter Page in program 4 months in newsletter/ \$50 Half Page in programs - 6 months in newsletter/
\$100 Full Page in programs – 1 year in newsletter. Call the office at 308-2480 and leave a message or email



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Lelon & Laura Creazzo

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DAV Chapter 9 Enterprise-Coffee County

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Enterprise, AL 36331

PHONE:
(334) 308-2480

E-MAIL:
mcvikair@yahoo.com

We're on the Web!

See us at:

<http://www.davmembersportal.org/chapters/al/09>



Contact Us

Chapter #9 Officers DISABLED AMERICAN VETERANS

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Junior Vice	Kent Anger	334 379-8901	topdogxv@yahoo.com
Treasurer	Buddy Keen	334 806-7305	buddy_455@yahoo.com
Chaplain	Bill Baker	334 447-0003	bill.baker@centurytel.net
Adjutant	Steven Skeen	334 470-8171	
Exec Comm Chair	Harold Skelton	334 393-7972	haroldredskelton@roadrunner.com
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Women's Vet Coord	Teri Doby	347 996-6610	ladyt162@juno.com
Senior CSO	Bill Baker	334 447-0003	bill.baker@centurytel.net
Van Coordinator	Bill Voth	334 347-2944	billyfred@roadrunner.com
Honor Guard NCOIC	Armand Franco	334 393-9209	armand.franco@yahoo.com
Office Manager	Sherman Key	334 308-2480	shermankey@roadrunner.com
Fundraising Chair	Vacant		



Important Numbers

VA Medical Centers
1-800-214-8387

Coffee County Veteran
Service Officer:
(334) 894-5858

Birmingham VA Medical
Center (205) 933-8101

Dothan CBOC
(334) 673-4166

Wiregrass (Lyster)
CBOC (334) 503-7836 or
503-7831

Mission Statement..

We are dedicated to a single purpose: empowering veterans to lead high-quality lives with respect and dignity. We accomplish this by ensuring that veterans and their families can access the full range of benefits available to them; fighting for the interests of America's injured heroes on Capitol Hill; and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life by:

- Providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government;
- Providing outreach concerning its program services to the American people generally, and to disabled veterans and their families specifically;
- Representing the interests of disabled veterans, their families, their widowed spouses and their orphans before Congress, the White House and the Judicial Branch, as well as state and local government;
- Extending DAV's mission of hope into the communities where these veterans and their families live through a network of state-level Departments and local Chapters; and
- Providing a structure through which disabled veterans can express their compassion for their fellow veterans through a variety of volunteer programs.

About Our Organization...

OFFICE HOURS/READING FILE: The office is currently open Mon thru Thurs, 9:00 – 11:00 AM. Service officer assistance is appointment only. Contact the Commander or Service Officer ...telephone numbers provided in the newsletter.

Chapter Reading File: In the office for you to stop by and read. The office is also open during each executive meeting for you to come by and visit.

DAV VAN (Enterprise to Tuskegee): Our DAV Van operates from Enterprise to Tuskegee, departing Hardees at 5:15 Monday - Wednesday – Friday, arriving at Tuskegee at approximately 08:00. Please assist our drivers by having your hospital appointment notification for that day with you; a picture ID is also required. We take passengers on a first come first serve basis unless the Tuskegee HSC directs otherwise.

Boll Weevil Reveille Issue 1402 February

DISABLED AMERICAN VETERANS
Chapter 9 Enterprise-Coffee County
PO Box 310972
Enterprise, AL 36331