

Department of Alabama News & Views

November 2022



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Editor/Publisher
Cassie Igou

clhagg@hotmail.com



Department of Alabama
2023 Mid-Winter Conference
5-7 January 2022

Embassy Suites by Hilton
300 Tallapoosa St,
Montgomery, AL 36104

See you soon!

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Commander

Earl Frazier

Greetings Comrades,

As we approach the mid-way point for our current fiscal year there are numerous holidays and events for the months of November and December 2022. On Friday, November 11, 2022 many will be celebrating Veterans Day to honor and remember our men and women veterans whom have served in the Armed Forces. As you participate in the various parades and events throughout the State of Alabama as well as within the MALT don't forget to thank a veteran for their service. I would like to say "thank you for your service", to all whom will receive the newsletter. For veterans whom continue to receive the call to serve their fellow veterans and giving back to their communities I salute you. Participating Golden Corrals will be honoring our veterans on Monday, November 14, with a military appreciation night from 5 p.m. to 9 p.m.

Thursday, November 24, will be our national Thanksgiving celebration for all our harvest and blessings from the past year. As you sit down to dinner this year whether it's with family, relatives, friends or co-workers while watching parades or football games and reflect upon this year. Remember every day is thanksgiving. As we closeout 2022, Christmas is another gathering with family, relatives and friends from far and near. Many families have traditions that are passed down from generations to generations. For some it's putting decorations on the tree, singing songs together, trading gifts or trading secret family recipes. Which is your favorite tradition?

When I look back it's not the gifts families remember most, but the other family traditions they do year to year that make the biggest impressions.

I look forward to our annual midwinter conference, January 5th, 6th and 7th 2023. Our NSOs are looking forward to training our CSOs and getting everyone certified. I look forward to seeing everyone, just remember to stay safe, stay positive and take care of each other. Well that's all I have for this edition of news and views. We all have the ability to change people lives. Not I, not me, not he, not she, but we.

"Thank You for Your Service."

"Airborne."

Respectfully,

Earl L. Frazier

Commander

News & Views Article Due Dates:

January Issue – Due 15 December 2022

April Issue – Due 15 March 2022

U.S. & AL State Holidays

November/December

11 Nov -Veterans Day

24 Nov -Thanksgiving

25 Nov -Day After Thanksgiving

19 Dec -Hanukka

24 Dec -Christmas Eve

25 Dec -Christmas Day

31 Dec -New Years Eve



Senior Vice Commander

Leon Grove

Comrades,

I hope that each of you are doing well. We hope that you are hitting your recruiting goals. As the membership Chair, I like to suggest several things about membership; first, add membership goals to your meeting agenda and discuss ideas for increasing membership within your organization. Secondly, plan a target date to do membership activities, and lastly, everyone can participate. Commander's, please introduce to each of your members this website; www.dav.org/warrior. This is a site where each member can create their own QR code or create a text version of DAV's electronic membership application.

Other ideas for membership include creating an electronic version of your Chapter's newsletter to send to members who don't typically attend Chapter meetings. Include your Chapter's appeals

for membership on the Chapter's website and include your QR code on your business cards. So, I hope that you are beginning to get the hint – the more you put it out there the more people will know that you are seriously looking for new members for your organization. Additionally, consider using the HOTLIST for Veterans who live within your Chapter's zip code who are not members of the DAV. Finally, be optimistic about achieving your membership goals. Chapter 87 in membership ideas and visiting with local vendors for their fundraising efforts. As Commander Blackman (Chapter 87) and I introduced ourselves to local vendors, we discovered that people are interested in Veterans' issues and they want to know how to tangibly make a contribution to support our efforts. Just remember, if you need ideas or are looking to increase membership in your organization, I am available to work with you through your Junior Vice Commanders of your respective districts.

As Senior Vice Commander, one of my primary goals is membership for the Department and there is a membership idea that I like to pitch to you in the coming months. Please support me as we move towards increasing activities to help each Chapter meet their membership goals. I look forward to working with you.

Semper Fi!

Respectively,

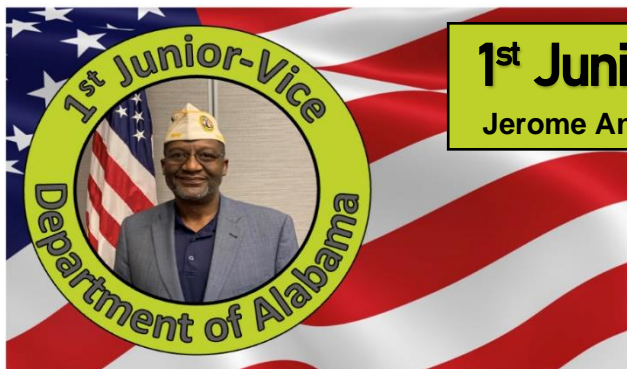
Leon Grove, DBA

Senior Vice Commander

Disabled American Veterans 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.

- 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.

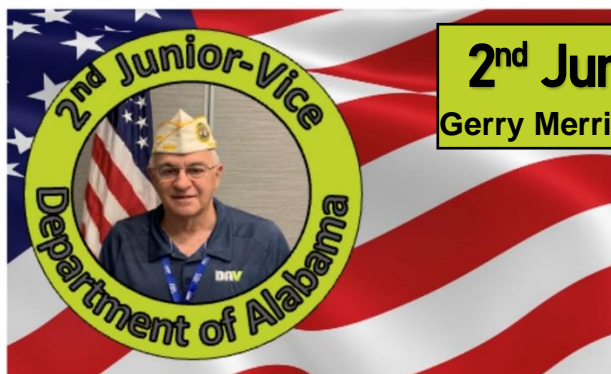


1st Junior Vice Commander

Jerome Anderson

(2nd District)

No Report.



2nd Junior Vice Commander

Gerry Merrihew

(4th District)

On 10/13/2022 The cost of living (COLA) of 8.7% for 2023 was announced. The increase will go into effect in January 2023.

I had the opportunity to attend Chapter 6 monthly meeting (October)

I attended chapter's 87 & 94 and installed new officers (October)

I will be attending the National Veterans Award Dinner on November 10, 2022

Change in National Cemetery scheduling office hours: Effective November 7, 2022 the National Cemetery is changing the weekend hours. New hours are as follows:
Saturday: 9:00am – 5:30pm (Eastern Time)
Sunday: closed

Thank you,

Gerry Merrihew

2nd Junior Vice Commander

Happy Thanksgiving! Hope you & your families have a joyous and safe Holiday!



Merry Christmas to all our veterans and their families, hope you have a joyous and Safe Holiday Season!



Chapter 6 News

Chapter 6 will be holding 2 fundraisers in the month of October and November: On October 29th a fundraiser was held at the Alberta Sausage Festival. On Thanksgiving Day and the day after a fundraiser will be held at the Poarch-Creek Indian Pow Wow at Atmore, AL.

Chapter 9 News

Chapter 9 Enterprise is the second largest chapter and has the most Chapter Service Officers in the State of Alabama. We have a busy 4th quarter between having participated in the 9/11 wreath laying Ceremony in Enterprise, fundraising, assisting Veterans and their families, Homeless team, recruiting Membership and Student Volunteerism, and preparing for our Christmas Party. We are about to conduct our largest fundraiser of the year at the National Peanut Festival in Dothan. As such, we are selling our raffle tickets for the chance to win two tickets to the Alabama and Auburn Iron bowl game! Therefore, our raffle is available to all chapters in the state! If you are interested in getting a raffle ticket, please contact our adjutant Derrick Rainwater at adjutant@dav9enterprise.com.

The new issue our Veterans are facing in our area is the Army is transitioning to a new MHS GENESIS system. This transition is causing as much as 5 hour wait times for the pharmacy to dispense their medicine! Therefore, we recommend that Veteran's transition their prescriptions to the VA so they can get their medicines through the mail. Just remember that the medications are only prescribed from formulary and there is an approved list of medications. The criteria to transfer your prescriptions to the VA are the following: (1) A Primary Care Provider is assigned to you; (2) You need to take your medical records from the non-VA provider and provide it to your VA health care provider. (3) The health care

provider that is assigned to you should agree with the medication prescribed by your non-VA provider. (4) Your VA health care provider can prescribe a medication recommended by a non-VA provider. Then you will get your medication through the mail without having to wait at a pharmacy! For more information, please contact the VA directly.

Pease Feel Free to visit our chapter on the second Thursday of each month at our monthly meeting at Shane's Rib Shack in Enterprise at 6:30pm. If you would like to fellowship and eat, please show up before 6pm. Our Christmas Party will be on the 8th of December at 6:30pm at the Baptist Center at the First Baptist Church in Enterprise. If you would like to attend, please contact our Adjutant so he can send you the RSVP link.

Chapter 9 will host the Annual Enterprise Wreath Laying Ceremony on Veterans Day November 11, 2022 at 1700 hrs. at Freedom Wall in Henderson Park.

Chapter 9 will also be participating on November 11th in the soldier/ veteran of the year for our city of Enterprise.

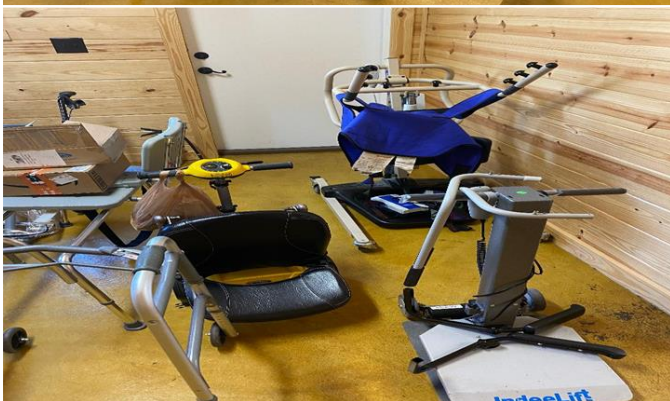
Chapter 45 News

Chapter #45 continues to hold monthly meetings at the Loxley civic center. We were honored during our August meeting with a visit by Sr Vice Commander Dr. Leon Grove, Dept Adjutant Hugo Perez and Treasurer Anita Perez. SVC Grove spoke of his plan for recruitment. William F. Green coordinator Horace Gilbert reported on the delivery of soft drinks, snacks and bodywash that was donated to the W.F. Green Veterans Home in Bay Minette, AL. The chapter voted to donate \$300 to the home for their day trip program. Additionally, members voted to increase Chapter 45's commitment to \$1000 for the supplement of the Departments' Junior-Vice Commanders' annual budget. Treasurer Anita Perez accepted a check for the Dept. Some members of our chapter attended the department C&A training in Alexander City and the DAVA National Fall Conference in Lexington, KY. While attending the National DAV Convention in Orlando, FL,

Commander Rick Steadman presented a \$1000 donation to the Dept of Kentucky for their flood relief fund. After our September meeting, Chapter #45 received a donation of several items of clinical and home use medical support equipment. A list of these items was announced as available by Judge Advocate Mel Apley during the September Town Hall. In considering the devastation caused in Florida by Hurricane Ian, the chapter voted at our October meeting to ship all of this equipment to central Florida in order to assist with the needs of the area. A special thanks to Sr Vice Commander Bill Bergman, Adjutant Ralph Beckham, CSO Talmadge Cain and our newest member Christine Sapp for their handling of this project.

Additionally, a donation of \$1000 to the Dept of Florida for hurricane relief was approved. In November, 3rd Jr-Vice Commander Richard Steadman, Auxiliary Sr-Vice Commander Linda Steadman and others will be attending the Veterans Day festivities in Birmingham while other members will participate in local activities or assist with our annual Wal-mart fundraiser in Fairhope, AL. Chapter 45 currently has 5 active CSOs and 3 members who are becoming familiar with the VA website and various forms prior to their certification training at the Department Mid-Winter Conference.

Some of the Donated Items Sent to Florida:



Chapter 87 News

During this period DAV Chapter 87 members have been pretty busy with community projects, mainly the Golden Corral Fundraiser. The project is going overwhelmingly successful and the community is 100% in support of this project.

Also, during this period, the Chapter conducted its annual election and installation of Officers on 20 November 2022. The ceremony was conducted by Mr. Gerry Merrihew 2nd JVC for District 4. Thank you, Mr. Merrihew, for supporting Chapter 87 in our community events.

Chapter 87 Golden Corral
CDR Blackman and Mr. Glenn Sykes:



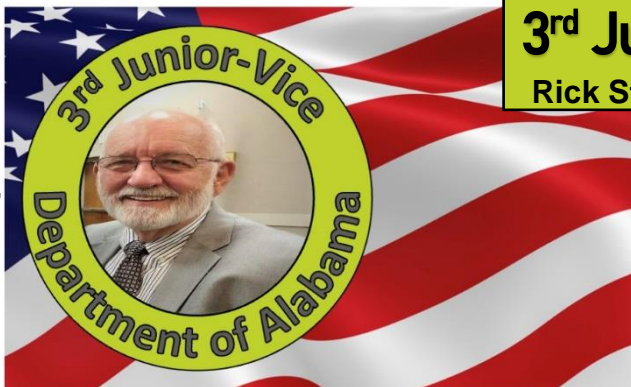
2nd JVC Swearing In
Newly Elected/Appointed Officers:



Chapter 94 News

On Veterans Day, 11/11/2022 the Chapter will sponsor a Veterans Day ceremony
The Chapter will be holding a fundraiser on 11/21 and 22nd for sale of Boston Buttes, Ribs and plates for Thanksgiving. No meeting in December but the Chapter will have lunch on December 19th

On November 15th New Officers of the Chapter were sworn in by the 2nd JVC Merrihew:



3rd Junior Vice Commander

Rick Steadman

(3rd District)

I hope this finds that all is well with everyone. I would like to thank the Nominating Committee for the confidence they have placed in me by the nomination as 3rd Jr. Vice Commander. I am truly honored to serve in this position.

I have been assigned to assist District 3 Chapters with any issues or questions they may have. To that end, I have met with all of the Chapters (12,13,14,61,31,66,95,100) in order to introduce myself. I was very well received by all the Commanders and members and feel that we will have an excellent working relationship. While at those meetings, I was able to inform everyone of our

Commander and Sr. Vice Commanders' vision and agenda for the upcoming year. I also stressed the importance of increased membership, LVAP Volunteer Hours and encouraged each one of them to participate in the Commanders Action Network (DAV CAN).

From August 4th thru August 8th I, along with several Dept Officers, attended the DAV National Convention in Orlando, Florida. We reunited with old friends and made some new friends, while having the opportunity to gain more insight into inner workings of the DAV at the National Level.

While at the Convention, I met with the Department of Kentucky Sr Vice Commander Robert Kaminski and presented him a check for One Thousand Dollars from Arnold-Byers Chapter 45 to be used for their flood relief efforts.

A special thanks to Chapter 95 Commander Ron Douglas for gathering hyperlinks to all the seminars from the National Convention and making them available to the general membership.

I and several of District 3 Commanders and members attended the C&A training in Alexander City. Also, I was

able to attend the DAVA National Conference in Lexington, Kentucky.

On October 14th we attended the Mississippi Mid-Winter Conference, and am looking forward to the

Louisiana Mid-Winter Conference on November 17th. On November 10th and 11th we will attend the Veteran of The Year Banquet and Parade in Birmingham.

Richard A Steadman

3rd Jr Vice Commander

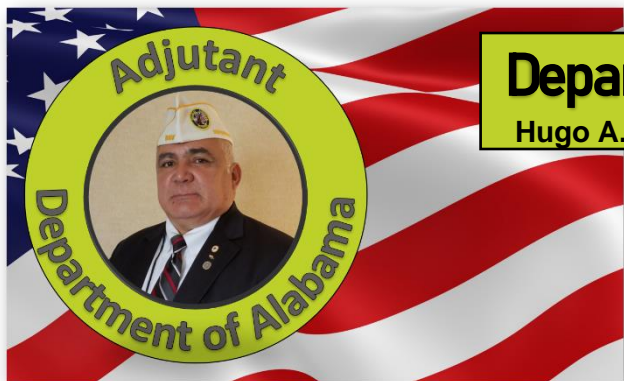


4th Junior Vice Commander

Frank Cannon

(1st District)

No report.



Department Adjutant

Hugo A. Perez

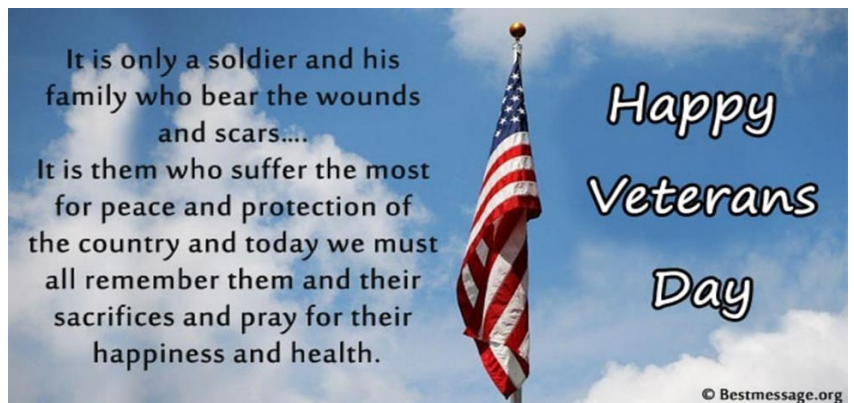
We appreciate and honor each veteran who has made our country proud. As you celebrate November 11 and enjoy the free meals take a moment and remember, smile, and thank veterans for their service.

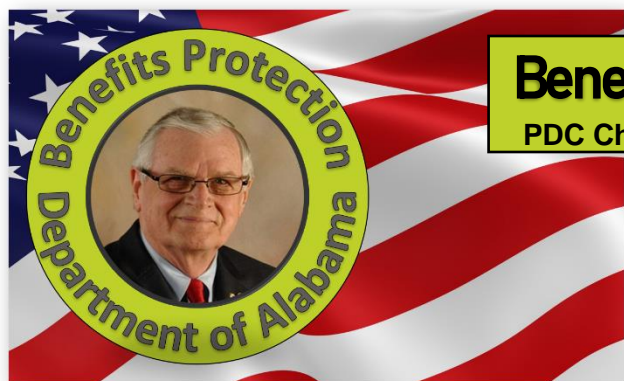
Hugo A. Perez

Adjutant

Comrades,

October is a fun month, the weather is getting colder, and as we give candy away let us be safe and as we enjoy the festivities. November is a month that I hold very dear, Veterans Day, as we celebrate let us remember all our friends and comrades that we have served with. I personally have served with some very brave and humble men and women. We have no words to thank all the veterans for the way they have fought for their country.





Benefits Protection Team Leader

PDC Chad Richmond

No report.



Department Meetings

ONLINE/OVER THE PHONE TRAINING

When: Every 4th Saturday 0800

How: Call (319) 527-4759
No access code needed



<https://join.startmeeting.com/debbwalk32>

Tired of feeling in the dark?

Want to know what is going on in the Department?

Would you like a little more help in conducting DAV business?

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Women's Veterans Coordinator

Tawanna Jones

Greetings to my DAV Family and Friends,

First, I give Honor and Glory to my Heavenly Father, for allowing me another opportunity in keeping Our Promise to America's Veterans.

Women Veterans are you getting your health care at a Veteran Affairs Medical Facility?

Women Veterans, it's time to consider getting your healthcare at a VA Medical Center. Women Veterans are the fastest growing group within the Veteran population? VA offers a wide variety of services to our women Veterans including comprehensive primary care, cancer screenings, general health screenings, immunizations, lung health, military exposures, and whole health. VA has designated staff and providers who have specialized training and interest in working with women Veterans

Release of the National Veteran Suicide Prevention Annual Report (Sept 19, 2022)

- Among women Veterans, the age-adjusted suicide rate fell by 14.1%, compared to 8.4% among non-Veteran women. The age-adjusted suicide rate for women Veterans in 2020 was the lowest since 2013, and the age-adjusted suicide rate for Veteran men was the lowest since 2016.
- In 2019 and 2020, Veteran suicides decreased in consecutive years by 307 and 343 deaths — the biggest decrease in the suicide count and rate since 2001.
- From 2018 to 2020, the age- and sex-adjusted suicide rate among Veterans fell by 9.7%
- From 2019 to 2020, Veteran suicide rates fell across all racial groups.

Suicide is preventable. It is one of the most serious public health issues facing our Veterans today. It is all our job, reach out to Veterans.

October is Domestic Violence Awareness and Breast Cancer Month. Remember to wear pink or purple in support and awareness.



The term, "intimate partner violence" also called domestic violence is describes as physical, sexual, or psychological harm by a current or former partner or spouse that occurs on a continuum of frequency or severity and does not require sexual intimacy or cohabitation. It includes physical violence, sexual violence, stalking, and psychological aggression by a current or former intimate partner. Intimate partner violence is a significant public health issue among Veterans and civilians. It includes physical violence, sexual violence, stalking, and psychological aggression by a current or former intimate partner.

- 1 in 4 women and 1 in 10 men have experienced sexual violence, physical violence, or stalking by an intimate partner during their lifetime.
- Roughly 10 million people annually experience domestic violence.
- Domestic violence does not have a specific race, age, or gender; it affects women, men and children of all different races, status, religions, and cultures.

Key Indicators of Relationship Health:

Healthy	Unhealthy
Physical safety	Lack of trust and communication
Individual autonomy	Not being considerate of a partner's feelings
Sexual respectfulness	Unequal access to income, employment, or resources
Making shared decisions	Insults and demeaning comments
Respectful listening	Isolation from family and friends
Respectful humor	Preventing independent decision making
Ignoring boundaries	Intimidation through looks or actions

The VA Medical Centers has an Intimate Partner Violence Assistance Program that recognizes Domestic Violence, and Intimate Partner Violence. If you have experience or witness an incident, VA encourages you to connect with VA Police, a VA Patient Advocate, an Intimate Partner Violence Assistance Program Coordinator, a mental health provider, your primary care provider, or a Women Veterans Program Manager. You can also find help by: Calling the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or TTY 1-800-787-3224.

Breast Cancer Awareness (Breast cancer screening guidelines save lives)



The National Cancer Institute estimates 19,250 new reports of breast cancer in 2022, 15% increase of new cancer cases. Lifetime Risk of Developing Cancer: Approximately 12.9 percent of women will be diagnosed with female breast cancer at some point during their lifetime, based on 2017–2019 data. As a result, VA encourages women Veterans to take advantage of the many valuable resources for breast cancer education and early detection.

- VA has adopted the American Cancer Society's breast cancer screening guidelines.
- VA recommends women get yearly mammograms by age 40 and every two for women between 50 and 74 years old.
- Each VA Medical Center has a Women Veterans Program Manager (WVPM) to advise and advocate for women Veterans.

DAV Legislative (Supports Improve Mammography) DAV supports H.R. 4794 - Making Advances in Mammography

One of every eight women will have invasive breast cancer during her lifetime. Companion legislation, H.R. 4794 the Making Advances in Mammography and Medical Options (MAMMO) for Veterans Act, would improve breast health programs and services available to veterans enrolled for Department of Veterans Affairs (VA) health care. Because women veterans are a minority population within the Veterans Health

Administration (VHA), they must often rely on community partners for gender-specific health services including their breast health. In 2020, one third of all gender-specific cancer treatment and screening for women veterans using VHA took place in the community, and VA does not expect that proportion of care to change in the near future.

Breast health is essential to a woman's overall health, yet there are often barriers to accessing these vital services. According to the VA's most recent budget summary fewer than half of VA's women patients received gender-specific care in fiscal year 2020—these numbers are particularly low (13%) for senior women veterans who are at the highest risk of certain gender-specific cancers, including breast cancer. In addition, only about 79% of VA's medical centers had a full or part-time breast health coordinator, which can hamper access to community mammography services. Anecdotal research also indicates that women receiving care in the community often report dissatisfaction with communication about eligibility for services, scheduling of timely appointments and getting results of completed diagnostic work. These findings suggest the need for a more strenuous breast health effort in VA.

The MAMMO Act would improve mammography services for veterans by requiring the VA to develop a strategic plan for breast imaging services and establishing a tele-mammography pilot program in states without VA mammography services and in locations where the provision of such services is not feasible. The bill would also require VHA to upgrade all mammography equipment to three-dimensional imaging and to study the availability of genetic testing for the breast cancer gene for veterans. These requirements, in addition to studies and increased partnerships with designated providers within the National Cancer Institute network and the Department of Defense should help improve access to high-quality breast cancer care for all women veterans.

DAV supports H.R. 4794 and S. 2533 in accordance with DAV Resolution No. 015, which calls for enhanced medical services, including gender-specific care, and benefits for women veterans.

Respectfully,

Tawanna

Women's Veteran Coordinator

"Every day we live is a priceless gift of God, Loaded with Possibilities to learn Something new, to gain Fresh insights in serving other"

AMERICAN
WOMEN
VETERANS



WOMEN VETERANS

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Upcoming Events

Jan 5-7, 2023 Dept of AL Mid-Winter Conference, Montgomery, AL

Feb 24, 2023: National Mid-Winter Conference, Arlington, VA

Aug 5-8, 2023: National Convention, Atlantic City, NJ

Feb 25-28, 2024: National Mid-Winter Conference, Arlington, VA

Aug 3-6, 2024: National Convention Phoenix, AZ

Aug 9-12, 2025: National Convention Las Vegas, NV



Department Chaplain

Debra Varner

No report.



DAVA Commander

Fredrick Green

No report.



eBenefits Info

Once a decision is rendered in either a claim or an appeal, we will have the opportunity to review the decision prior to your notification. If the decision is in accordance with the law, we will release the decision to the VA and provide you with an unofficial notification by mail. You can track the status of your claim through e-Benefits by signing up at:

[Click here for eBenefits.](#)



NSO Hours

VA Regional Office
345 Perry Hill Road
Montgomery, AL 36109

Office: 334-213-3365
Fax: 334-213-5661

NSO Office hours:
-By Appointment
-Office hours for telephone calls: 0900-1500



Department Contacts

Commander
Earl Lee Frazier
Tel: 334-277-7917
Cell: 334-451-0155
elfrazier357@aol.com

2nd Jr Vice Commander
Gerry Merrihew
Home: 802 238-3433
Cell: 802 238-3433
jerrymerrihew@yahoo.com

Department Adjutant
Hugo A. Perez
Fax: 256-392-3246
Cell: 719-229-5026
aldavadj@outlook.com

Department Chaplain
Debra Varner
Tel: 205-731-2628
Cell: 205-586-2419
godisone@bellsouth.net

Senior Vice Commander
Leon Grove
Tel: 251 343-0037
Cell: 251 343-0037
lgrove517@gmail.com

3rd Jr Vice Commander
Rick Steadman
Home: 251 239-8026
Cell: 251 239-8026c
ch45davcmdr@outlook.com

Benefits Protection Team Lead
Charles Richmond
Tel: 205-681-2352
Cell: 205-613-4230
aldavadj@earthlink.net

Auxiliary Commander
Willie Mae Looney
Home: 256-490-8069
Cell: 256-490-8069
wmllooney@comcast.net

1st Jr Vice Commander
D. Jerome Anderson
Home: 205 470-7299
Cell: 256 924-3066
aldavchpt26.hsv@gmail.com

4th Jr. Vice Commander
Frank R. Cannon
Home: 205 359-1865
Cell: 802-238-3433
fcannon43@gmail.com

Women's Veteran of Alabama
Tawanna Jones
Tel: 205-561-6069
Cell: 305-761-9353
jonesrtawanna_DAV@aol.com

LVAP Coordinator
Chris Jones
Home: 334-360-1719
Cell: 334-360-1719
aldept01lvap@gmail.com