



# ROGERS COUNTY DAV CHAPTER 44



Vol. 6 No. 1

February 2017

(918) 342-8990

801 W. DuPont (PO Box 2446) Claremore, Oklahoma 74018

Next Meeting: 20 February 2017

Dinner & Speaker @ 1800

Meeting @ 1900



DAV Chapter 44 Commander, C.J. Masters



I am encouraging all members to attend our February 20<sup>th</sup> Chapter's meeting. We will once again introduce Cara and Becky who will provide a presentation and demonstration of the Neurolumen Pain Management Device. Neurolumen's patented technology is designed to improve circulation and help relieve pain and swelling associated with a variety of disorders and diseases. If you have any of the following: neuropathy, diabetes, vascular disease, arthritis, Wound care, sciatica, and injury, Cara and Becky are excited to tell you more about this new technology "ePhotonic Therapy", a pain treatment protocol that delivers three modes of healing energy in the form of Laser, LED and TENS simultaneously through a wrap. I have one and can give a testimonial on my successes and procedure to acquire a device.

For those of you have not been in our DAV Chapter Building, let me invite you in to see the new changes that we made. Our contractor did a wonderful job presenting our new professional office. We are openly excited about the changes and the professional environment it projects. We are open on Tuesdays and Thursdays from 12 pm to 5 pm. We will be making adjustments to the numbers of days a week we are open for Vet-

erans assistance by our CSOs. We have been averaging 25 Veterans each day

One commonly shared characteristic among veterans is a desire to serve, even after actively a part of military service. This giving spirit is deeply ingrained in the veteran community, and indeed it is what makes organizations like ours so strong.

Commitment to service is the reason we are able to provide more than 140 no-cost rides to medical appointments for veterans each year. It's why our volunteers provide roughly 2,606 volunteer service hours annually to VA medical facilities, visiting veterans and assisting families in need.

See you Monday, February 20th.

+++++

## Tulsa DAV 5K Update

- ☺ The first-ever Tulsa DAV 5K raised \$77, 977; \$27,977 more than our expected \$50,000
- ☺ Participation was 1000+ with 50% being veterans
- ☺ Media (radio, TV, newsprint, social medial) had 130,966,994 impressions
- ☺ Tulsa DAV 5K Radio: 12,000 / 30 second spots on 5 sets of stations and 5 additional stations
- ☺ Jan/Feb 2017 DAV magazine cover is from Tulsa DAV 5K
- ☺ National Commander had so much fun in Tulsa for the 5K, he is returning to be the National Guest at this years State Convention

### Table of contents:

- Page 1—Commanders comments
- Page 2—Upcoming events
- Page 3-8—News You Can Use & Articles
- Page 9—Advertising

# Upcoming Events

## JANUARY AUCTION RESULTS

**Before Jesse Boyd left for Texas, he donated five assorted pistols and rifles for us to raffle as we saw fit. At the January meeting we will be holding live auction for two pistols. The Ruger 357 was won by Charles W Smith for \$260. The Feli Tanfoglio .22 was won by Frank Kiker for \$175.**

**Thank you everyone for participating and supporting our veterans.**



The City of Chelsea sends THANK YOU to Chapter 44 for the Christmas Light Pole to help make their city shine with Christmas cheer. Thank Jim and Rae Ann Baughn for taking on this beautiful task.



### Shop @ the Meeting

Show your chapter pride with a Chapter 44 T-shirt

Chapter T-Shirt—\$20 (sold @ Chapter Bldg)

Can Koozies—\$3 ea or 2 for \$5

Pins: Branch Seal—\$3

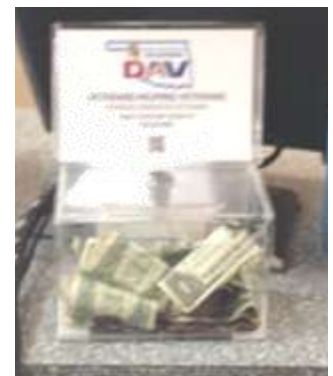
Branch Seal Stickers—\$3

Bumper Stickers—\$4

Branch Tote Bags—\$10

Branch Watch Caps—\$10

(These items also sold at the Chapter.)



Sign up for  
**DAV CAN,**  
[www.dav.org/  
learnmore/  
legislation/join-  
action-network-  
takeaction](http://www.dav.org/learnmore/legislation/join-action-network-takeaction).

**TAPS**  
Remembering the ones  
we lost in 2017



- N/A

**WELCOME**  
New members in 2017

- Mark Lester----- Jan
- Robert Olson----- Jan
- Mark Stork----- Jan
- James Wildman----- Jan

+++++

**January 2017 Meeting Highlights**

Sickness & Distress:

Chris Murray and his family; Don Summers; Donna (Ronnie) Elliott; Roger Marler, David Taylor

Finance—January 31, 2017:

Ending Savings Account: \$23,995.11  
Ending Checking Account: \$6,286.20  
Total Fundraising & Donations: \$7,117.55  
Total Expenses: \$7,201.42

Service Officers:

- Annual CSO training will be held in June at the Hard Rock Convention Center in Catoosa again this year. The registration date is 18 June and the training dates are 19-20 June. Mark your calendars. The State Convention convenes the evening of 20 June and ends on the 22nd.
- Chapter 44 is hosting the State Spring Conference on 25 March. This is a great time to attend and see what the State chapters are working on during the year, not just at the annual convention time. It will be held at the Holiday Inn Convention Center (the old bowling alley).

Chapter Honor Guard:

Tommy Sellers, Sr. will be commanding the HG and will work on a SOP. If you are interested in being a part of the Honor Guard, contact Tommy. We need at least 5 participating members.

Legislation (Tommy Sellers, Sr):

- Veteran Representation in US Congress  
As reported from the previous year, the number of United States representatives and senators has been on a steady, continuous decline since the 1980s. According to the National Defense PAC, the total number of veterans in congress remains the same from the previous year.

	Total	114th	%	115th	%
Senators	100	20	20	21	21
<u>Representatives</u>	<u>435</u>	<u>78</u>	<u>18</u>	<u>77</u>	<u>18</u>
Total	535	98	18	98	18

Note: for whatever reason, there is no definitive data on either the senate or house websites. Depending on the interpretation of various state elections the above figures could rise or fall (+-) one percentage point.

- Significant Federal Legislation
- New regulation decreases cost of outpatient medication:
  - ⇒ The Department of Veterans Affairs (VA) is amending its regulation on copayments for Veterans ' outpatient medications for non-service connected conditions. These copayment amounts will be effective February 27, 2017:
    - ⇒ \$5 for a 30-day or less supply - Tier 1 outpatient medication
    - ⇒ \$8 for a 30-day or less supply - Tier 2 outpatient medication
    - ⇒ \$11 for a 30-day or less supply - Tier 3 outpatient medication
  - ⇒ VA 's rule establishes a presumption of service connection for diseases associated with exposure to contaminants in the water supply at Camp Lejeune.
  - ⇒ On January 13, 2017, the VA established the presumption of service connection applies to active duty, reserve and National Guard members who served at Camp Lejeune for a minimum of 30 days (cumulative) between August 1, 1953 and December 31,



# News You Can Use



1987, and are diagnosed with any of the following conditions:

- ⇒ adult leukemia
- ⇒ aplastic anemia and other myelodysplastic syndromes
- ⇒ bladder cancer
- ⇒ kidney cancer
- ⇒ liver cancer
- ⇒ multiple myeloma
- ⇒ non-Hodgkin 's lymphoma
- ⇒ Parkinson's disease

- State Legislation

⇒ Nineteen pieces of veteran legislation have been introduced by the current senate and house. Although the final wording of the legislation has yet to be approved, I have included the following bills as they relate to veterans. More to come as the wording and impact changes. Updates will be provided at future meetings.

⇒ SB = Senate Bill

⇒ SJR = Senate Joint Resolution

⇒ HB = House Bill

- ⇒ SB57: Clarifying certain standards relating to collection of payments from patients.
- ⇒ SJR5: Exempting certain property owned by specified disabled veterans and surviving spouse.
- ⇒ HB1022: Appropriation; purpose; budgetary procedures; limitations. SB33 modifying authority to approve certain construction contracts. SB87 adding exception for purchase of automobiles.
- ⇒ SB49: Providing exemption related to certain public construction contracts. SB51 providing exemption for forestry equipment.
- ⇒ SB62 Providing exemption for certain for-

estry equipment. SB79 prohibiting certain persons from possessing firearms. SB42 updating reference to federal law. Emergency.

- ⇒ HB1110: Updating language and statutory citations; repealing provision relating to group employer accounts.
- ⇒ SB111: PEO co-employers; repealer. Emergency.
- ⇒ SB76: Creating Prisoner of War and Missing in Action plates; creating revolving fund.
- ⇒ HB1073: General appropriations; purposes.
- ⇒ HB1072: General appropriations; purposes.
- ⇒ SB68: Authorizing certain motorcycle special plate; modifying certain special plate; creating specified ABATE special plate and revolving fund.
- ⇒ SB126: Modifying exemption for retirement benefits received from Armed Forces.
- ⇒ SB14: Creating Oklahoma License to Educate and Piedmont Education Foundation special license plates.
- ⇒ SB55: Creating Sooner State ABATE special plate; creating specified revolving fund and designating use of fee.

- DAV Mid-Winter Conference (February 26-March 1, 2017, Washington DC)

I will be attending the above conference. Accordingly, if any members have any inquiries for their federal representatives, please let me know on or before February 20, 2017.

- For additional federal or state legislation inquiries please refer to the OKDAV website ([www.okdav.org](http://www.okdav.org)), the VA website ([www.va.gov](http://www.va.gov)) or call me at 918-813- 9559.



# News You Can Use



## Bipartisan Bill to Provide Assistance to Burn Pit Vets Introduced in Senate

A bipartisan bill has been introduced in the Senate that aims to finally help veterans who were exposed to toxic burn pits while serving in Iraq and Afghanistan.

The “Helping Veterans Exposed to Burn Pits Act” was introduced on Tuesday by senators Thom Tillis, R-N.C., and Amy Klobuchar, D-Minn., and aims to create what they say is a ‘center of excellence’ within the Department of Veterans Affairs.

“Many of our brave men and women in uniform were exposed to harmful substances from toxic burn pits in Iraq and Afghanistan, and we have an obligation to care for them,” Tillis said in a statement.

Klobuchar shared Tillis’ sentiment.

“With an increasing number of our brave men and women returning home from Iraq and Afghanistan citing illnesses potentially caused by burn pits exposure, it’s clear that we can’t afford to wait,” she said.

The issue of burn pits and their use on military bases during the wars in Iraq and Afghanistan has been referred to as “the new Agent Orange,” as scores of soldiers returned home from the fight with a myriad of health issues—many of which proved lethal.

Civilian workers and private contractors are also suffering from cancer, respiratory problems and blood disorders and, like military victims, they say they are being ignored.

During the wars in both Iraq and Afghanistan, burn pits were used to get rid of waste and garbage generated on bases. Everything was incinerated in the pits, say soldiers, including plastics, batteries, appliances, medicine, dead animals

and even human waste. The items were often set ablaze with jet fuel as the accelerant.

The incineration of the waste generated numerous toxins. Thousands of U.S. military personnel who served on bases in Iraq and Afghanistan inhaled dense black smoke from burn pits which were often positioned right next to their barracks and base.

Nearly 64,000 active service members and retirees have put their names on a Burn Pit Registry, but documenting their plight doesn’t guarantee coverage.

“It’s a failed registry. It doesn’t work. It could take 20-30 years for someone to get assistance,” Joseph Hickman, author of the 2016 book [“The Burn Pits: the Poisoning of America’s Soldiers,”](#) told FoxNews.com in April. “It’s not fair. They need help now.”

“The clouds of smoke would just hang throughout the base,” Army Sgt. Daniel Diaz, who was stationed at Joint Base Balad, in Iraq’s Sunni Triangle from 2004-2005, told FoxNews.com last year. “No one ever gave it any thought. You are just so focused on the mission at hand. In my mind, I was just getting ready for the fight.”

Diaz returned from duty in 2008. A year later, he started developing health problems including cancer, chronic fatigue and weakness, neuropathy and hypothyroidism. Nearly every base he was stationed at during his four tours in Iraq and Afghanistan had burn pits nearby - and pungent smoke everywhere.

The new bill aims to help soldiers like Diaz by providing resources to the VA to give them the ability to better study the health effects caused by burn pit exposure and provide dedicated staff and resources to treat patients.

Still, victims’ advocates fear the relief may not come in time to save men and women now suf-



# News You Can Use



fering from the effects of burn pit exposure.

"We need a medical screening process in place now not in 20 years," said Rosie Torres, founder of Burn Pits 360, an advocacy group for service members who have fallen ill. "Our service men and women are dying now and many more will die by the time the center is implemented."

+++++



## NCA leads Nation in Satisfaction Survey

For the sixth consecutive time, the Department of Veterans Affairs National Cemetery Administration (NCA) was ranked first in customer satisfaction among the nation's top corporations and federal agencies in an independent survey conducted by the CFI Group utilizing the science of the American Customer Satisfaction Index (ACSI).

"NCA continues to embody our MyVA principles focusing on a culture of continuous performance improvement so that families trust us during important times of need," said Interim Secretary of Veterans Affairs Robert Snyder. "We are simplifying operations and providing Veterans quality care and services. We want them to view VA as MyVA; a world-class, customer-focused, Veteran-centered service organization."

The ACSI is the only national, cross-industry measure of satisfaction with the quality of goods and services available in the United States. Beginning in 1999, the federal government began using the ACSI methodology to measure citizen satisfaction with its agencies.

For 2016, NCA achieved a customer satisfaction index of 96, currently the highest ACSI score in either the private or public sector. The score is nearly 32 points above the 64 point average for federal agencies. NCA participates in the ACSI every three years, previously in 2001, 2004, 2007, 2010 and 2013. This is the sixth time NCA participated and the sixth consecutive time NCA received the top rating among participating organizations.

The ACSI survey polled the next-of-kin or other people who arranged for the interment of a loved one in a VA national cemetery, six months to one year prior to the survey's commencement.

NCA received ratings in the categories of: customer service, respectfulness of the service and interment and maintenance of the national cemetery, achieving an aggregate score of 96 out of a possible 100 points, indicating respondents are extremely pleased with their experience at VA national cemeteries and with its employees. The score for customer service was the highest received for this measure since the survey's inception. Respondents also reported particularly high levels of satisfaction around the respectfulness of the service and interment and the maintenance of the national cemetery. In addition, respondents were willing to recommend NCA's services to others.

Ft. Gibson and Ft. Sill National Cemeteries Director and staff wish to thank the Veterans and families within our local community, Veterans Service Organizations, volunteers, our partners at the Veterans Health Administration and Veterans Benefit Administration, the Department of



# News You Can Use



Defense Military Funeral Honors Teams, and funeral home directors and staff for their continued support of our national shrine. We all give our hearts to Veterans and families together each day. Our customers are our greatest focus and we cannot give of ourselves without the continued assistance from our friends and supporters in the community.

Burial in a VA national cemetery is open to all members of the armed forces and Veterans who have met minimum active duty service requirements, as applicable, and were discharged under conditions other than dishonorable. Members of the reserve components of the armed forces who die while on active duty or who die while on training duty under certain circumstances are also eligible for burial, as are servicemembers and former servicemembers who were eligible for retired pay at the time of their death.

A Veteran's spouse, widow or widower, minor children, and, under certain conditions, unmarried adult children with disabilities, may also be eligible for burial. Eligible spouses and children may be buried even if they predecease the Veteran.

VA provides the gravesite, grave liner, opening and closing of the grave, government headstone or marker, U.S. burial flag, Presidential Memorial Certificate and perpetual care of the gravesite at no cost to the family.

Information on VA burial benefits is available from local VA national cemetery offices, from the Internet at [www.cem.va.gov](http://www.cem.va.gov), or by calling VA regional offices toll-free at 800-827-1000. To make burial arrangements at any open VA national cemetery at the time of need, call the National Cemetery Scheduling Office at 800-535-1117.

Pre-need eligibility information and VA Form 40-10007 can be found at:

<http://www.cem.va.gov/pre-need/>

## #HonoringVets:

### Share your community's Veteran memorial

We want to spotlight the memorials and monuments in your area. Send us a picture of a memorial with the name of the site, the location, your name – and Instagram handle (if you have one) to [newmedia@va.gov](mailto:newmedia@va.gov).

\*\*\*\*\*

### Donating Your Used Car to a Veterans' Service Organization Can Be a Good Idea

Have you ever considered donating your no longer needed vehicle to the DAV? The DAV has a national car donation program. <https://www.dav.org/vehicle-donation/>

Help the brave men and women who have served by donating any car, truck, RV or boat—in any condition and from any location and get a tax deduction at the same time!

It's quick, easy and a great way to get rid of an old or extra vehicle. Turn your vehicle into resources that help ensure our nation's heroes have the opportunity to enjoy the freedoms their sacrifices have made possible.

To donate your vehicle or for more information, please call 877-999-8322

#### All Vehicles Accepted

We accept all vehicles—cars, trucks, motorcycles, RVs, boats, airplanes, heavy equipment, farm machinery, etc.—whether they're running or not.

(Continued on page 8, second column)



# News You Can Use



## VA Dietitians Suggest Homemade Smoothies as a Heart Healthy Option

<http://www.blogs.va.gov/VAntage/35018/vadietitiansuggesthomemadesmoothiesasahearthealthyoption/>

February is American Heart Month. A great way to take care of your heart is to live a healthy lifestyle which includes what you eat and drink. If you want a way to add more fruit, veggies, and fiber to your day try an option beyond what's on your plate. Sip and slurp your nutrients through a yummy and heart-healthy smoothie.

As a registered dietitian at the Rockford, Illinois VA Clinic, Anne L Koth encourages veterans to eat and drink things that are heart healthy. A great way to get in a lot of produce is through a smoothie. There are many ways to make a smoothie: most recipes use a milk or yogurt base, or a milk substitute such as almond milk or soy yogurt.

The next step is to add fruit and/or vegetables. If your smoothie is your breakfast meal or if you are trying to get more protein into your day, you can add peanut butter or other nuts, oats, seeds like chia or flax or even protein powder — the possibilities are endless. But beware – not all smoothies are truly a healthy choice. Some bottled and fast food smoothies contain lots of hidden sugars and calories.

No blender? No problem. Use soft fruit such as ripe banana, ripe mango or berries. You could steam vegetables and include those, too. Mash the fruit as much as you can in a bowl with a fork. Then add liquid gradually continuing to whisk it with the fork until it's all blended up.

It's important not to confuse smoothies with juice drinks or "juicing". The juice of fruits and vegetables contains nutrients, but it lacks a very important item: fiber. Smoothies generally have the whole fruit or vegetable pureed into the product. This texture and fiber helps you stay full. For more information on this potential benefit, please see the following study (<https://www.ncbi.nlm.nih.gov/pubmed/27235823>) in the medical journal *Appetite*.

Many recipes for homemade smoothies exist, and your VA dietitian can share ideas as well. Take a look at page 67 for a smoothie recipe from our *Yummy Benefits Cookbook, Vol. II* ([http://www.nutrition.va.gov/docs/UpdatedPatientEd/Yummy\\_Benefits\\_Cookbook2.pdf](http://www.nutrition.va.gov/docs/UpdatedPatientEd/Yummy_Benefits_Cookbook2.pdf)) and consider mak-

ing an appointment with your team dietitian, to customize your smoothies to meet your individual health goals.

\*\*\*\*\*

(Car Donation continued from Page 7)

### Free Tow Service

With more than 3,500 tow companies at our disposal, we can provide free pick-up anywhere in the country.

### Tax Benefits

You are entitled to receive a tax deduction equal to what the vehicle is sold for if you itemize your deductions. If the vehicle is sold for less than \$500, you can deduct the fair market value up to \$500. You will receive a tax receipt stating what your vehicle sold for within a few days of the sale.

Consider helping a fellow Veteran with your car donation for the following reasons:

⇒ **It helps a fellow Veteran in need**—With the typical vehicle donation, the car is sold at an auction, and the proceeds go toward helping Veterans in need.

⇒ **It helps Veterans' families**—Oftentimes, it's not only a fellow Veteran, but also their loved ones that will benefit from your vehicle donation.

⇒ **It will make you feel good**—Supporting charities can have a noticeably positive effect on your physical and mental health.

⇒ **You can benefit from tax advantages**—Many folks who donate their used vehicles to a qualifying charity will be able to deduct a fairly significant sum—the full proceeds that the Veteran's group receives when a vehicle is sold.

⇒ **It's virtually hassle-free**—DAV isn't going to bicker with you over condition, mileage and the like. Some groups even have a policy to take any used vehicle at all, regardless of whether it's running or no

⇒ **You can inspire your children**—Inspire the next generation to grow up caring for veterans and others by demonstrating charitable behavior.



## DAV-AUXILARY NEEDS YOU!

Your membership is very important to continue the successful mission of the DAV Auxiliary. As long as disabled veterans and their families need us, we'll be there.

- We provide and set-up our pot-luck dinners before the monthly meetings.
- We assist with fundraisers
- Spouses and family members, please join us

### Unit 44 Officers:

**Donna Elliott, Commander**

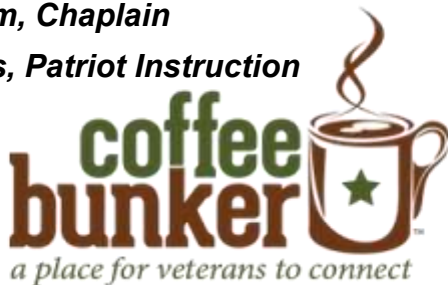
**Pam Steele, Adjutant/Treasurer**

**Suzanne Crawford, Sr Vice Commander**

**Sherry George, Jr Vice Commander**

**Joanne Willm, Chaplain**

**Becky Harris, Patriot Instruction**



**Vet Centers serve veterans** and their families by providing Individual, Group and Marriage and Family Counseling to all combat veterans including members who are still on active duty serving in the local area. Military Sexual Trauma and Bereavement Counseling is also available. Vet Centers are the VA Liaison with Community Agencies. Any questions, call (918) 628-2760 for assistance. Tulsa Vet Center is located at Eastgate Metroplex, 14002 E 21st St, Tulsa

LOOKING FOR VETERANS  
NEEDING A HOME



Greater Green Country Property Management will donate \$100 to Rogers County Chapter 44 for every veteran bought home.

Call Rusty Goodman for more details at (918) 851-1998 or (918) 382-8017