



Gamecock #5 Newsletter Sumter, South Carolina November 2016 Edition

Commander's Corner **Chapter 5 Commander** **Betsy West 803-499-1003**

We have a committee working on the new Constitution and Bylaws for our Chapter, they will be read at the meeting in January or February.

The nominating committee will present its Officer nominations for the 2016-2017 year at the January meeting. If you are interested in running for a Chapter Officer position please contact Betsy West 803-499-1003.

Annual fundraising for Military Appreciation at Golden Corral will continue through November 14th. I want to thank everyone who volunteered. Please remember to come out and join us **5-9PM for the Military Appreciation Dinner on November 14th, 2016.**

I wish you all a Happy Thanksgiving, Merry Christmas, a Happy New Year and please enjoy and drive safe over the holidays.

The history of the \$200 club. As Jim Hinkle was cutting Charles Rayford's hair one day back in the late '90s they started talking about a way to raise money for a new building. The \$200 club came into being and continues today as a way to have funds on hand to make repairs to our building. We had to put on a new roof a few years back and our funds were pretty much depleted. We had a flood when our water heater kicked the bucket and that took our funds down to nearly nothing. Many of you responded last year and several more names were added to our plaque. Thank you! Let's keep this going in 2016 and see how many more names we can add to the \$200 club. (Make checks payable to DAV Chapter 5.) You will get your name on the plaque when your total reaches \$200.

Auxiliary News **Unit 5 Commander**

Nancy Spangler 803-499-4789

The **Christmas Project** will be held at the **November 22** meeting, please remember the items to bring include pajamas, sweats, underwear, slippers, socks, robes, reading glasses, hygiene items, lap blankets, stationery, puzzle books, etc. There is always a great need for items for our female Veterans. Our donations go to the Veterans who are inpatient at Dorn VAMC and those who live in the CLC. Nothing containing alcohol and no catalogs, please. Recent magazines and gently used paperback or hardcover books are welcomed as well.

DAVA collects food coupons throughout the year to send to service members overseas and canned goods to take to a local food pantry. Please bring your non-perishable items to our monthly meetings.

Please remember to record your volunteer hours in the Volunteer Book each month.

All ads have expired

Would you like to advertise with us? We have many spaces available and our newsletter reaches approximately 900 people. Your ad will run for a year and now your ad will have an online link to your website or any coupons you offer to our members and readers. For pricing, please call Paul at 803-840-1001.

Gamecock 5 Membership

41 new members will have us reaching our membership goal this year. Let's pick up the pace to reach our goal early this year. We can make 100% this year. Bring more Veterans with you to our meetings and get them signed up for membership.

NEXT MEETING WILL BE **November 22nd at 6:30PM**

Our meetings are the 4th Tuesday of each month. We encourage each DAV member and Auxiliary to bring a dish; side items and desserts, to ensure we have enough food to go around. We have chicken catered from Golden Corral.

Chaplain's Corner **Chapter 5: Fred Levi 803-481-4953** **Unit 5: Doris Dawson 803-499-4423**

Chapter 5 needs an assistant Chaplain. Please call Fred Levi if you would like to make a few phone calls or visit someone who is stuck at home. Could you write a card or two, it would be greatly appreciated? If you know of anyone who is sick, needs prayer, is hospitalized, or has passed away, please let us know.

Our thoughts and prayers go out to the families of Robert L. Davis, Leon B. Holloway, Cody McLeod and Samuel Dairyko as they grieve the loss of their loved ones.

Please keep Fred Levi, Bonnie Brown, Dickie Graham, Paul Fisher, Jim Dawson, T C Smith, D Davis, John Rogers, Andie Miller, Gladys Gilmore Scarborough, George Spangler, Ruth Muller, Jim Wilder, Lee Pearson, Lori Levi, Sharan Elder, Bill Short, and Lucy Amundsen in your thoughts and prayers.

Service Officers

DAV Service Officers are at the Chapter home on Monday and Wednesday mornings if you need claims assistance. We are assisting an average of 25 Veterans a month at this time.

HAPPENINGS AROUND TOWN

If you know of any events happening around town, please let us know so we can share with all of our readers.

Veteran's Day

November 11, 2016

We thank you all for your service and sacrifice for this country and those that call The United States of America, home.

Sumter has a very nice **Veterans Day program**. Please plan to attend. The parade begins at 10AM and the program begins at 11AM on November 11th.

Welcome Home to Carolina

Nov 12, 2016 from 12:00 to 17:30

For more information please click on the following link

[Welcome Home To Carolina](#)

Military Appreciation Dinner on November 14, 2016.

1700 to 2100 Sumter Golden Corral

Dorn VAMC "Taste and Learn" December 1 at 1000

Bldg 100 Main Lobby
Anytime Pizza

Gamecock #5 Christmas Party Dec 3 12:30 to 14:30

Sumter Golden Corral
Dutch treat, come join us for a meal, celebration and goodwill. You may bring your donations for Toys for Tots.

Vet's Christmas Charity Ride Dec 11 @ 1400

Parade Route will be from
Carolina Honda to Dorn VAMC
For more information [Vet's Ride](#)

Veteran's Coffee 0900-1030 2nd Tuesday each month

Blaney's Backyard Grill
1244 Pine St., Elgin, SC

Purple Heart recipients call 803-506-3120 to join the Sumter chapter of the Military Order of the Purple Heart.

Veteran's Day Discounts and Freebies

[Click here for the list](#)

Transportation

The DAV has provided van service for veterans who have appointments at Dorn VA Hospital. The van leaves daily at 7:30AM from the parking lot near the Sumter County Law Enforcement Center.

If you are interested in community service and would like to help our veterans, this is a very fulfilling duty. You do not need a special license to drive the van but you will have to pass a physical. You must also possess a valid driver's license and a clear driving record. There is always a need for more van drivers. For more information or to schedule a ride, please call Valerie Brunson at 803-436-2302.

Better Choices Better Health

We are scheduling right now for a class in Sumter. If you will be able to start class in the next couple of weeks, please contact us. There will also be classes starting the first of next year. It's the CDSMP (Chronic Disease Self-Management Program) or BCBH (Better Choices Better Health) for short. DAV Gamecock 5 has 2 facilitators so we can have a class as soon as we get our participants together. It is a 6-week class and meets for 2 ½ hours each week. Please contact D Davis for more information and registration at Veteransrep@yahoo.com

**Increase the font of your
Newsletter for easier reading If you
are using**

Google Chrome

If you are using Google Chrome then you will see a + symbol in the lower right-hand corner; if it is not there move your mouse to this area and see if it appears. Once it is there click on it until you are able to read the newsletter.

Newsletter Committee

Please email all newsletter contributions to D Davis by the 1st Tuesday of the month so we have time to compile everything and get it ready to publish.

[**Veteransrep@yahoo.com**](mailto:Veteransrep@yahoo.com)

Your input allows us to continue to have an award winning newsletter.

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Internet Explorer or Edge

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Chapter Home

Our Chapter home is currently unmanned. If you call, please leave a message with your name, phone number, date and the reason you called so that we may better serve you.

Fundraising Events

Please contact Paul Fisher at 803-840-1001 with any fundraising ideas or to volunteer for any events we have already planned.

Legislative Happenings

0.3% COLA Approved for 2017

Injured and ill veterans, their dependents and survivors in receipt of VA compensation benefits will receive a 0.3% Cost of Living Adjustment (COLA) increase beginning January 1, 2017.

On July 22, 2016, H.R. 5588, the Veterans' Compensation COLA Act of 2016, was signed into law by the President and became Public Law 114-197. The bill did not contain the contested round-down provision, which would have resulted in compensation rates being rounded down to the nearest whole dollar. Instead, VA compensation beneficiaries will receive their full COLA.

Legislative Happenings Cont.

0.3% COLA Approved for 2017 Cont.

On October 19, 2016, the Social Security Administration announced that Social Security beneficiaries would receive a 0.3% COLA increase. Because veterans COLAs are tied to Social Security adjustments, veterans compensation rates will increase by 0.3% effective December 2016 and will be realized in compensation payments beginning January 1, 2017.

DAV appreciates the COLA increase for 2017, but we will continue to press Congress for COLA increases that better reflect and keep pace with increased living expenses and are in line with the hardships and unique circumstances of our nation's injured and ill veterans, their dependents and survivors. To learn more, [Click Here!](#) Then click on Advocacy Campaigns and then click on COLA Approved for 2017. Spread the Word!

VA to Offer Routine Eye and Ear Appointments Without Primary Care Referral

Veterans receiving care at VA Medical Centers will now be able to schedule routine ear and eye appointments at local VA Audiology and Optometry clinics without a primary care referral. Before now, veterans seeking appointments with audiologists or optometrists had to first make an appointment with a primary care physician for a referral for a routine clinic consult visit. A clinic representative would contact the patient to set up the consult appointment, which could result in a several weeks'-long lag between the appointment and when the veteran was actually seen.

The Audiology and Optometry Direct Scheduling Initiative, which began as a successful pilot in 2015, is expected to be fully operational at all VA Medical Centers by the end of 2016.

As the holidays grow near you may want to say thanks to the Vet in your life, just click the banner below and you will be on your way.



The following are links to videos taken at the 2016 DAV National Convention in Atlanta. Another window will open and play the Youtube video. We hope that if you were not able to attend you will find them informative, educational and enjoyable.



[First Business Session 2016](#)



[Second Business Session 2016](#)



[Final Business Session 2016](#)



[President Obama Speaks at the National Convention](#)



[2015-2016 A Year in Review](#)



[DAV / DAVA Joint Opening Session](#)



[Service and Legislative Seminar](#)



[Benefits Protection Team Leader Seminar](#)



[Benefits Protection Team Seminar](#)



[Woman Veterans Seminar](#)



[Employment Seminar](#)



[Voluntary Services Seminar](#)



[Communications Seminar](#)



[Membership Seminar](#)



[IG / Fundraising Seminar](#)



[Outreach 101](#)



[2016 Outstanding Disabled Veteran of the Year - Bobby Body](#)

Would you like to know what is done with your donations to Voluntary Services at Dorn VAMC?

The following is a recipe from the “Taste and Learn” sponsored by Voluntary Services at Dorn, this will be continued each month until February 2017 (see the listing for monthly subject for the next five months to the right.)

Come join us and learn some new recipes and get your nutrition questions answered.

WJB Dorn MOVE and Nutrition Program—September 2016

5 Food Group Smoothie Recipe

Ingredients

- ¼ cup 100% Unsweetened Apple Juice
- ¼ cup 100% Orange Juice
- ¼ cup 1% Milk
- 1 small banana
- 1 medium carrot
- ½ cup fresh spinach
- 2 Tablespoons slivered almonds
- 2 Tablespoons Old Fashioned Oatmeal (plain)
- Ice (optional)

Directions: Blend all items together

Serves 1, 320 kcals, 46 carbs, 5g protein, 3g fiber

DORN VAMC “TASTE AND LEARN”

Come learn how to prepare healthy recipes and ask nutrition questions. Session starts at **10am** in **BLDG 100 Main Lobby**.

Food samples for Veterans only. Must show VA ID card. Thanks!

Tuesday, September 13, 2016
5 Food Group Smoothie

Thursday, October 13, 2016
3 Can Chili

Tuesday, November 1, 2016
Pumpkin Bread

Thursday, December 1, 2016
Anytime Pizza

Tuesday, January 10, 2017
Easy Spinach and Artichoke Dip

Friday, February 24, 2017
Broccoli and Potato Soup



WELCOME HOME *to Carolina*

Saturday, November 12
Noon - 5:30pm

JOIN US in welcoming home South Carolina's Vietnam Veterans as we honor their service and sacrifice on behalf of freedom, democracy, self-determination, and the American fight against communism. Entitled "Welcome Home to Carolina", the following events will be held to provide our Vietnam Veterans the long overdue reception they earned fifty years ago.



YELLOW RIBBON RALLY & RIDE

Riders will rally at Spirit Communications Park and parade to the T. Eston Marchant NG Complex in honor of the 982 fallen Vietnam warriors enshrined on South Carolina's Vietnam Memorial Wall. To find out more information and register to carry a ribbon in the ride, please visit our website at WelcomeHomeToCarolina.com

YELLOW RIBBON CEREMONY

Next will be the Yellow Ribbon Ceremony, where all 982 names will be read aloud and their respective ribbons placed into a commemorative locker. A powerful POW / MIA ceremony will then be conducted followed by the locker being ceremoniously delivered to the South Carolina Military Museum. There it will be placed on display as a reminder of South Carolina's fallen Vietnam warriors, their service, and their ultimate sacrifice.



COOKOUT & DOCUMENTARY FILM

The SC Vietnam Veterans will be treated to a free cookout, including Vietnam era music & entertainment. The day will climax with the premiere of a documentary film "In Their Own Words" which captures the personal stories of Vietnam Veterans throughout the Palmetto State.

www.WelcomeHomeToCarolina.com



WOMEN VIETNAM VETERANS & MILITARY SPOUSES' Reunion Tent

WOMEN VETERANS & SPOUSES

Even as our male Vietnam Veterans were forgotten, abused, and neglected, our Vietnam Women Veterans — and many female civilians — along with Service Members' Spouses, fiancés and significant others have seemed invisible. Invisible, that is, to everyone but those who know and honor their sacrifices.

These women served vital, yet often emotionally agonizing, physically taxing roles as nurses, caregivers and more.

The First Annual 'Welcome Home to Carolina' event is reserving a special space for these incredible women to come together, take time to reconnect, bond, and share their experiences. They are invited to relax, share light refreshments, and receive appreciation and support.

It is our hope that reconnections, new friendships and — above all — our collective recognition of their intense sacrifices and the unique medical, emotional and physical challenges faced by Women Veterans, spouses and caregivers will come further to light for us all.

The Women Veteran & Spouses' Reunion Tent's mission is to offer a special place for comfort and companionship.

Please Join us in Attendance:

Ladies, come gather and connect
Gentlemen, please come and express your support

When: November 12, 2016
the duration of the Benefits Fair

Where: National Guard Armory,
1225 Bluff Road, Columbia, SC 20201
(across from Williams Byrce Stadium)

In Memory of 2LT ELIZABETH ANN JONES



2LT Elizabeth A. Jones was one of the first military women killed in the Vietnam War and, thankfully, the only female KIA from South Carolina. She was assigned to the 51st Field Hospital in Saigon. 2LT Jones died when her 'Huey' helicopter had a wire strike over a river. Elizabeth was born in 1943 and raised in Allendale, SC; was a 1964 graduate in nursing of the Medical College of South Carolina at Charleston, and was assigned to the US Army Hospital, Fort Jackson, SC, before her service in Vietnam. She was engaged to be married to the pilot of the Huey, LTC Charles M. Honour, Jr.

Please Join us in Sponsorship:



The Reunion Tent's hosting sponsor invites your corporate or personal generosity in making this special space at the event possible. Gratefully, we shall recognize your sponsorship contributions at every opportunity.

Reunion Tent Sponsorship Contacts: Nicci Eisenhauer
Email: NicciEisenhauer@gmail.com | Cell: 717-515-2121

'Welcome Home' Event Coordinator: Kathy Dent
Email: Kathy@PatriotConnectionsLLC.com
Cell: 803-960-2501

• OUR GENEROUS OVERALL EVENT SPONSORS OF 'WELCOME HOME TO CAROLINA' •





SAVE THE DATE!

**Military Appreciation Night
Thank You Meal**

**Monday, November 14th 2016
5pm – 9pm**

*Click the advertisement above to find the
nearest Golden Corral here*



**16TH ANNUAL
Vets' Christmas
Charity Ride**

Learn more about
the Ride and how
to participate
by going to
www.vetsride.org
or calling
(803) 252-3381.



**If We Don't
Bring It,
They Don't
Get It.**

*Help bring Christmas
to our Veterans at
Dorn VA Hospital.*

PLEASE DONATE BY
Sunday, December 11, 2016

~ GIFT SUGGESTIONS ~

| | | |
|----------------------------|------------------------|--------------|
| Warm Socks | Underwear | Soft Candy |
| Warm Gloves | Scarves | Small Radios |
| Throw Blankets | Slippers | Backpacks |
| Sweat Shirts / Sweat Pants | Toilet Articles | Phone Cards |
| T-Shirts | Cookies (without nuts) | Ball Caps |
| Bath Robes (L or XL) | Gift Cards | Cash Gifts |

~ DROP-OFF LOCATIONS ~

COLUMBIA

Carolina Honda
All American Heating and Air
All South Federal Credit Unions
(all locations)
Carolina Chrome
Harley Haven
Truck Supply of SC

LEXINGTON

The Flight Deck

BATESBURG

Palmetto Propane
Mitchell Printing & Graphics



Lawyers 4 Vets

Free Legal Clinic for Eligible Veterans

A free legal clinic is available in the Columbia SC area for low income Midlands Veterans.

Only limited legal services provided. Call about getting help with:

- South Carolina child support orders and modifications
- Expungement of SC criminal records, and/or pardon applications
- Simple will and/or healthcare power of attorney (available for veterans and their spouse)

To be screened for an appointment call:

Toll Free (877) 289-6000

www.columbiasc.va.gov/Lawyers4Vets.asp

Clinics are by appointment only

Legal advice/assistance at no cost – but court costs or other fees are the responsibility of the veteran



Frequently Called Numbers

| | |
|---|--------------------------------|
| Admissions | (803) 776-4000 x4983/7190 |
| Appointment Line | (803) 647-5829 |
| | (800) 293-8262 |
| Billing and Insurance | |
| Collections – pay a bill | (888) 827-4817 |
| General questions..... | (866) 258-2772 |
| Medical claims..... | (803) 776-4000 x6763 |
| Chaplain Services | |
| 8 a.m. to 4 p.m. | (803) 776-4000 x6332 |
| After hours..... | (803) 776-4000 |
| Compensation and Pension..... | (803) 776-4000 x6183 |
| Enrollment Eligibility | (803) 776-4000 x7010 |
| Information Desk (Dorn VAMC)..... | (803) 776-4000 x4179/8055 |
| Medical Records..... | (803) 776-4000 x6283 |
| Mental Health..... | (803) 776-4000 x |
| MyHealtheVet..... | (803) 695-6783 |
| Patient Advocate..... | (803) 776-4000 x7998/6937 |
| Prosthetics..... | (803) 776-4000 x6323 |
| Release of Information | (803) 776-4000 x6290 |
| Shuttle Service..... | (803) 776-4000 x6780 |
| Telephone Advice Line | |
| Outside Columbia | (888) 651-2683 |
| In Columbia | (803) 647-5829 |
| Travel Office..... | (803) 776-4000 x4483/4525/4484 |
| Veteran's Transportation Service | (803) 776-4000 6398 |
| Veteran Service Organizations | |
| American Legion | (803) 776-4000 x7539 |
| AmVets..... | (803) 776-4000 x2421 |
| Disabled American Veterans | (803) 776-4000 x2422 |
| Military Order of the Purple Heart..... | (803) 776-4000 x2430 |
| Paralyzed Veterans Association | (803) 776-4000 x2432 |
| Veteran's of Foreign Wars..... | (803) 776-4000 x2443 |
| Voluntary Services..... | (803) 776-4000 x6780/7081 |

Community-Base Outpatient Clinics

Anderson CBOC
3030 N. Hwy 81
Anderson, SC 29621
Tele (864) 224-5450

Sumter CBOC
407 N. Salem Ave
Sumter, SC 29150
Tele (803) 938-9901

Greenville OPC
41 Park Creek Drive
Greenville, SC 29605
Tele (864) 299-1600

Orangeburg CBOC
1767 Village Park Drive
Orangeburg, SC 29118
(803) 533-1335

Spartanburg CBOC
279 North Grove Medical Plaza
Spartanburg, SC 29303
Tele (864) 582-7025

Rock Hill CBOC
2670 Mills Park Drive
Rock Hill, SC 29732
Tele (803) 366-4848

Florence CBOC
1822 Sally Hill Farms Blvd
Florence, SC 29501
Tele (843) 292-8383



This listing has been cut from the new Dorn VA Medical Center Newsletter, *Palmetto Post*. We hope it is helpful to all of our members and their families. Stay connected to the DORN VAMC using the following:

Dorn VAMC official Web site:

www.columbiasc.va.gov/

Dorn Facebook page:

[www.facebook.com/V](http://www.facebook.com/VAColumbiaSC)

[AColumbiaSC](http://www.facebook.com/VAColumbiaSC)

Dorn Twitter handle:

@VAMCColumbiaSC



Stay up to date on happenings around the state. Visit va.sc.gov