



Gamecock #5 Newsletter

Sumter, South Carolina

September 2016 Edition

Commander's Corner

Chapter 5 Commander

Betsy West 803-499-1003

This month we will be having our pancake supper. Tickets are \$6.00. We are also selling sausage in 5lb packages for \$16.00. We need to have the orders in by September 23rd. Remember that it is all you can eat only if you eat with us. Take out is one plate for one ticket. Please see the advertisement [here](#).

Annual fundraising for Military Appreciation at Golden Corral will begin October 8th and go through November 14th. Please let us know when you would like to volunteer for a shift.

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.

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.

Auxiliary News

Unit 5 Commander

Nancy Spangler 803-499-4789

Please remember we collect throughout the year so we welcome any items you missed or forgot to bring to the July meeting. Items needed 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.

The 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.

Service Officers

DAV Service Officers are at the Chapter home on Monday and Wednesday mornings if you need claims assistance.

NEXT MEETING WILL BE SEP 27 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 Walter D. Hooks and Marvin G. Byerly 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, Leon Holloway, Jim Wilder, Lee Pearson, Lori Levi and Lucy Amundsen in your thoughts and prayers.

Gamecock 5 Membership

Hello, everyone, we are starting our year at a pretty quick pace. 42 new members will have us reaching our membership goal this year. Let's keep this pace to reach our goal early this year.

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.

Pancake Supper

Sept 29, 2017 17:00 to 20:00

18 Hardpack Rd., Sumter

\$6.00 at the door or purchase in advance
5lb. sausage \$16.00 a box, orders need to be placed before Sept 23, 2016.

Trash 2 Treasure Sale

Oct 21, 2016

Dorn VAMC

Now accepting donations, please bring them to Building 106, Room E-108A

Marine Corps Birthday Dinner

Nov 10th, 2016 at 1830

Inviting all who served honorably in the U.S. Marine Corps. Event will be at Carolina Skies Club and Conference Center on Shaw Air Force Base. Tickets are \$25.00. If you wish to attend and/or need access to the base you will need to contact Fay Cook at 803-775-5768 by November 1st.

Purple Heart recipients are welcomed to join the Sumter chapter of the Military Order of the Purple Heart. Call 803-506-3120 for more information.

Veteran's Coffee 2nd Tuesday each month
0900-1030 Blaney's Backyard Grill 1244 Pine St., Elgin, SC

Dorn VAMC has officially revived 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 at Veteransrep@yahoo.com for more information and registration

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.

New Digital Newsletter

Our newsletter is now available on our chapter's website and by email. To receive your newsletters by email please email Veteransrep@yahoo.com with DAV in the subject line. Include your name, membership number and email address.

We value all of our readers and do not wish to exclude anyone. If you do not have the internet you will still be able to receive your newsletter by mail. We will continue to keep our local members informed with a monthly newsletter mailed to your home if you do not have internet access. All others will now receive a newsletter quarterly.

**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

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

Fundraising Events

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

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

Internet Explorer or Edge

If using Internet Explorer or Edge you will find a + symbol in the upper 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.

Legislative Happenings

Congress Returns

On Tuesday, September 6, Congress returned to resume work on bills to ensure the government does not run out of money on October 1.

Additionally, Congress is working toward a Continuing Resolution to keep the government funded beyond Oct. 1, 2016. There is a debate between the Democrats and Republicans on how long it will last. Currently, none of the 2017 appropriations bills have passed both chambers of Congress.

Want more information or want to contact you Senators please use this link **DAV Commander's Action Network**

and click on the **"Important Legislation to Extend Existing VA Services"** link.

Legislative Happenings Cont.

Hearing Held on Commission on Care Recommendations

The House Veterans' Affairs Committee held a hearing on Wednesday, September 7, to examine The Commission on Care and the Future of the VA Healthcare System.

Nancy Schlichting, chair and Dr. Delos (Toby) M. Cosgrove, vice chair for the VA Commission on Care testified that their report calls for creation of a "fully integrated care system," which would leverage private sector care providers who fully understand the needs and experiences of veterans would be able to provide care in a system that integrates that care with that provided by VHA providers.

They also recommended the VA transform its internal processes, including information technology, supply chains, and personnel management. In addition, the commission recommended eliminating the geographic and wait time constraints on veterans obtaining care in the private sector.

VA Proposes Presumptive Diseases Connected to Camp Lejeune Water

The Federal Register issued a "public inspection document" on Thursday, September 8, (which it does the day before any rule is published), which indicates VA is proposing a presumptive rule of service connection for eight conditions for those who served at Camp Lejeune for no less than 30 days from August 1, 1953, through Dec. 31, 1987.

"In addition, VA proposes to establish a presumption that these individuals were disabled during the relevant period of service, thus establishing active military service for benefit purposes. Under this proposed presumption, affected former reservists and National Guard members would have veteran status for purposes of entitlement to some VA benefits." The conditions covered include (1) kidney cancer; (2) liver cancer; (3) Non-Hodgkin's lymphoma; (4) adult leukemia; (5) multiple myelomas; (6) Parkinson's disease; (7) aplastic anemia and other myelodysplastic syndromes; and (8) bladder cancer. There will be a 30-day comment period. You can read the publication here: [Lejeune Federal Register Proposals](#).

VA to Offer Routine Eye and Ear Appointment Without Primary 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 new process, the Audiology and Optometry Direct Scheduling Initiative, which began as a successful pilot at three sites in 2015, is being expanded to all VA Medical Centers.

The Audiology and Optometry Direct Scheduling Initiative is expected to be fully operational at all VA Medical Centers by the end of 2016.

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](#)



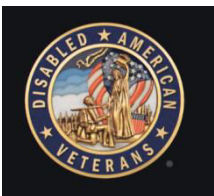
[President Obama Speaks at the National Convention](#)



[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

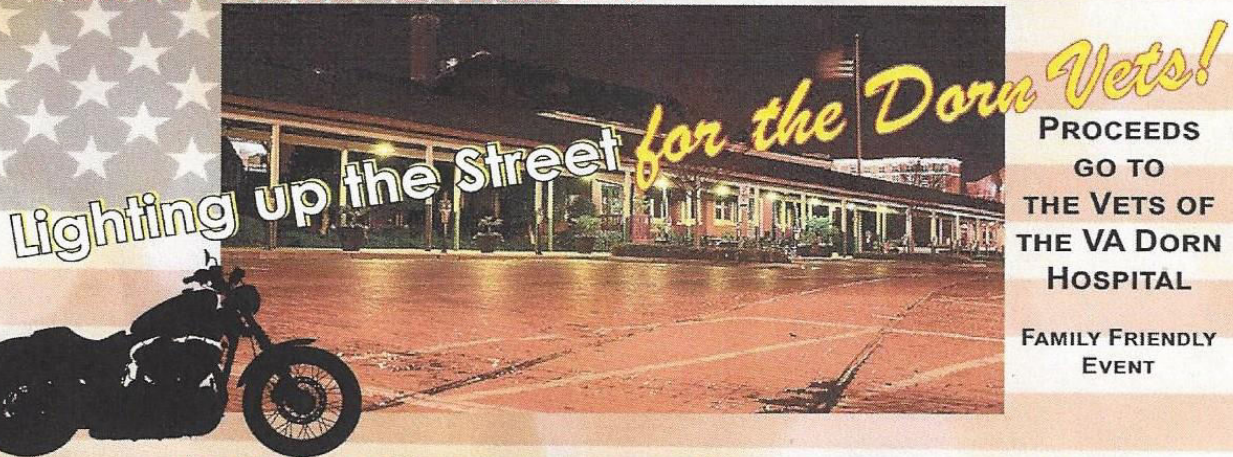
Friday, February 24, 2017
Broccoli and Potato Soup

THURSDAY SEPT 22ND VISTA BIKE NIGHT

COLUMBIA'S LARGEST BIKE NIGHT!

1200TH BLOCK OF
LINCOLN STREET

6-9PM



PROCEEDS
GO TO
THE VETS OF
THE VA DORN
HOSPITAL

FAMILY FRIENDLY
EVENT

SPECIAL All U Can Eat Buffet by Blue Marlin
including BarBQue and Shrimp & Grits \$20 per person

MORE FREE Street Parking for Bikes * Bagger Show
*** New Vendors * Games* and MORE**

TOKYO JOE BAND

**HOSTED &
SPONSORED BY:**

MB
McWhirter, Bellinger
& Associates, P.A.
Attorneys at Law

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POWERHOUSE

ALL AMERICAN
Heating & Air



www.motorcyclawgroup.com
The Firm That Rides*

The U.S. Department of Veterans Affairs cannot endorse or recommend any commercial products, processes, or services of the companies listed.



DISABLED AMERICAN VETERANS GAMECOCK CHAPTER #5, SUMTER, S.C.

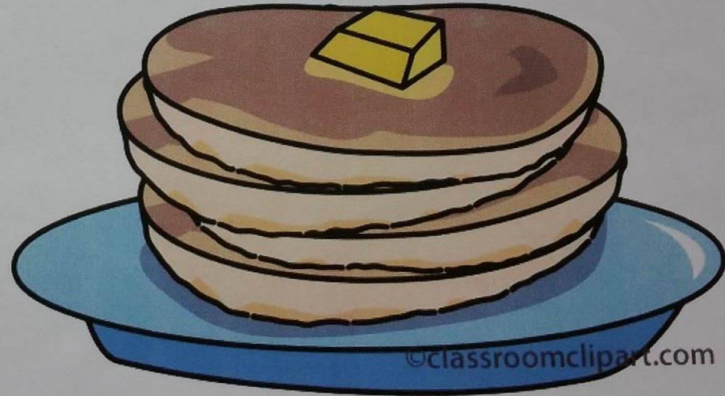
LOCATION: 18 HARDBACK RD.
(ON HWY #441... behind "TOP DOLLAR PAWN & SALES")

FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED

WHEN: SEPT. 29th
TIME: 5 – 7:30pm
TICKETS AT DOOR....\$6.00

☺ PANCAKE SUPPER ☺

"HOME COOKED"
PANCAKES AND (MILD)
SAUSAGE



SAUSAGE FOR SALE
5lb...\$16.00/box

Call Ken Miller (803) 720-1053
place order before Sept. 23rd



TRASH 2 TREASURE



**VOLUNTARY SERVICES IS NOW ACCEPTING DONATIONS FOR THE UPCOMING
TRASH 2 TREASURE SALE!**

THE EVENT IS SCHEDULED FOR OCTOBER 21, 2016

YOU MAY BRING YOUR ITEMS TO BUILDING 106, ROOM E-108A

Items not accepted:

- ❖ Food
- ❖ Clothing
- ❖ Liquids
- ❖ Shoes
- ❖ Glass



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
MyHealththeVet.....	(803) 695-6783
Patient Advocate.....	(803) 776-4000 x7998/6937
Prosthetics.....	(803) 776-4000 x6323
Release of Information	(803) 776-4000 x6290
Telephone Advice Line	
Outside Columbia	(888) 651-2683
In Columbia	(803) 647-5829
Travel Office.....	(803) 776-4000 x4492/4525/4484
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 Pearl 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/VAColumbiaSC

Dorn Twitter handle:

@VAMCColumbiaSC



SOUTH CAROLINA DIVISION OF
Veterans' Affairs

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