



Gamecock #5 Newsletter

Sumter, South Carolina

October 2016 Edition

Commander's Corner

Chapter 5 Commander

Betsy West 803-499-1003

I would like to thank everyone who attended and volunteered with our pancake and sausage supper. The food was very good and the funds we raised will benefit veterans locally.

Annual fundraising for Military Appreciation at Golden Corral will continue through November 14th. Please sign up to volunteer for a shift or two and join us **5-9PM for the Military Appreciation Dinner on November 14th, 2016.**

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 bring with you to our meetings. 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.

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.

NEXT MEETING WILL BE October 25th 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 Andrew W. Muller, James W. Lewis, and Nira Hinkle 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 Sharan Elder, Levi, 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 assisted 25 Veterans at our chapter home in September.

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.

Trash 2 Treasure Sale

Oct 21, 2016

Dorn VAMC

The sale was postponed. We'll let you know when we get the new date.

Marine Corps Birthday Dinner

Nov 10, 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.

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](#)

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

Fundraising Events

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

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.

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

Veterans Can Apply for Health Benefits by Phone.

The VA published a final regulation on Monday that allows former service members to complete VA health care applications by calling 877-222-8387.

The line is manned by VA employees who walk the veterans through the process, including providing them information on copayment requirements and third party insurance.

Previously, VA required veterans to apply in person at a VA medical center or submitting a paper application to the department. But the system was beset with problems, creating a backlog of 847,882 applications that stretched back nearly 15 years and included submissions from more than 300,000 deceased veterans.

It also embarked on an effort to clear the backlog, starting with 30,000 combat veterans who should have automatically qualified for the benefit but were placed in the system by mistake.

Veterans can continue to apply for benefits in person as well.

Legislative Happenings Cont.

House Passes VA Accountability and Appeals Reform

On September 14, the House passed [H.R. 5620](#), the “VA Accountability First and Appeals Modernization Act of 2016,” by a bipartisan vote of 310-116 that included the support of 69 Democrats. The bill now awaits consideration by the Senate. H.R.5620 calls for the following actions:

- Shortening the firing/demotion/appeals process for rank-and-file VA employees from more than a year on average to no more than 77 days;
- Removing entirely the Merit Systems Protection Board from the firing/demotion/appeals process for VA senior executives;
- Providing VA whistleblowers with a means to resolve problems at the lowest level possible, while offering them protection from reprisals and mandating strict accountability for those who reprise against them;
- Giving the VA secretary the authority to recoup bonuses and relocation expenses from misbehaving employees;
- Giving the VA secretary the authority to reduce the pensions of senior executives convicted of felonies that influenced their job performance; and reforming the department’s broken disability benefits appeals process.

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



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, fiances 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 Coordination: Kathy Dent
Email: Kathy@PatriotConnectionsLLC.com
Cell: 803-960-2501

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





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
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