



# Amador County Veterans Newsletter April 14th, 2025 (Happy Easter)



**Paul Revere Statue**

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## CHAPLAIN'S CORNER



*O God, who in Jesus Christ turned the defeat of Good Friday into the victory of Easter, bringing dawn out of darkness and life out of death, make us faithful witnesses to the life-giving power of your crossbearing love. Keep us ever mindful of the Risen One's promise that we would do even greater works than he. And send us forth, with hope renewed and zeal aflame, to labor in the vineyard of the Lord.*

## QUOTE OF THE WEEK

*"I am closing my 52 years of military service. When I joined the Army, even before the turn of the century, it was the fulfillment of all of my boyish hopes and dreams. The world has turned over many times since I took the oath on the plain at West Point, and the hopes and dreams have long since vanished, but I still remember the refrain of one of the most popular barrack ballads of that day which proclaimed most proudly that 'old soldiers never die; they just fade away.'*

*"And like the old soldier of that ballad, I now close my military career and just fade away, an old soldier who tried to do his duty as God gave him the light to see that duty. Good Bye." – General Douglas MacArthur in Congressional Speech 4/19/1951*

## HISTORY THIS WEEK

4/14/1986:	U. S. launches air strikes against Libya
4/15/2002:	Operation MOUNTAIN LION begins
4/16/1953:	First Battle of Pork Chop Hill
4/17/1790:	Sloop-of-war Ranger captures a British brig.
4/18/1942:	Col. Doolittle leads 16 B-25 bombers for a raid on Tokyo
4/19/1989:	USS Iowa's number 2 turret exploded while on maneuvers northeast of Puerto Rico. 47 sailors were killed
4/20/1775:	British begin siege of Boston

## Memorial Day

*We hope that you all consider being a part of the upcoming events this year, which include:*

- Annual Commemoration at the Legion Hall in Sutter Hill – Monday May 26th
- Annual Flag Placements in Ione, Plymouth, and Jackson cemeteries (Dates: TBD)
- VFW Post 8254 first Poppy Distribution of 2025

# FROM THE VA



**Crisis Line.** Veterans experiencing a mental health emergency can contact the Veterans Crisis Line by calling 988 and pressing 1. Veterans, service members or their family members can also text 838255 or visit [veteranscrisisline.net](https://veteranscrisisline.net) for assistance.

## **GENERAL INFO**

**Sacramento VA Medical Center**  
10535 Hospital Way  
Mather, CA 95655-4200

**Main phone: 916-843-7000**  
**Mental health care: 800-382-8387**

## **LINKS**

[March 2025 Veterans Benefits Newsletter](#)  
[Federal Benefits Guide \(2025\)](#)  
[How to report a veterans death to VA](#)  
[Million Veteran Program](#)  
[PACT Act and your VA Benefits](#)  
[Survivors Pension](#)  
[Women Veterans Care - Mather](#)

## ***Take the Five Days to be Healthier Together challenge***

*A daily focus on living healthier*

*April 9, 2025 | VA Public Health*

*VA challenges you to take the Five Days to be Healthier Together challenge. By working together, we can be stronger and healthier together. Here is the challenge.*

**Monday.** [Enroll in health care.](#) Accessing health services is an important step to improving health. VA encourages all Veterans to access health care benefits to improve their health, fitness and well-being. VA health care covers physical and mental health, as well as a range of services, from checkups to surgeries to home health care, and to prescriptions and medical equipment. Check your eligibility and apply for VA health care.

**Tuesday.** [Talk with your health care provider.](#) Make sure your providers know your most recent medical history, discuss what preventative screening and vaccinations are recommended for you, and schedule your annual check-up. Before your appointment, write down questions you may have. Regularly meeting with your provider can help you reduce your risk of preventable diseases and make healthier decisions.

**Wednesday.** [Connect with buddies, peers or neighbors.](#) Loneliness is not just a bad feeling—it harms the health of individuals and communities. Staying connected to community is a proven way to prevent social isolation, improve mental health, reduce heart disease and dementia risk, and promote well-being. Checking in on friends and neighbors is a simple act that goes a long way.

**Thursday.** [Go tobacco-free.](#) Create a plan to quit smoking for good. Quitting will help you live a longer, healthier more active life, with more time to spend with family and friends. VA has resources to help you quit. Call 1-855-QUIT-VET or text VET to 47848 to get started.

**Friday.** [Develop and practice healthy habits.](#) Eating balanced meals and exercising regularly can improve your energy and help protect your health long-term. Start small: Try taking the stairs instead of the elevator, or take a walk around the block. Talk to your VA health care team if you have questions about what type of activities and food habits are best for you. Wash your hands regularly with soap and water, especially before preparing food or eating. Small changes make a difference!

# POW/MIA NOTIFICATIONS & PRESS RELEASES



**Marine Corps Pfc. John H. Newstrom**, 20, killed during World War II, was accounted for March 28, 2025. In the fall of 1944, Newstrom was a member of Company G, 2nd Battalion, 5th Marines, 1st Marine Division. On Sept. 28, Newstrom was killed by sniper fire while attempting to clear a cave near northeastern Peleliu, Republic of Palau. At the time, other Marines in his unit were unable to recover his remains and postwar recovery efforts were unsuccessful. Newstrom was declared non-recoverable in 1949.

**Army Cpl. Robert Lee Brewster**, 19, killed during the Korean War, was accounted for March 28, 2025. In July 1950, Cpl. Brewster was a member of L Company, 3rd Battalion, 34th Infantry Regiment, 24th Infantry Division. He was reported missing in action on July 8 after a battle in the vicinity of Cheonan, South Korea. He was not reported as a prisoner of war and subsequent searches of the battle area failed to recover his remains. With no evidence of his continued survival, the U.S. Army issued a presumptive finding of death of Dec. 31, 1953.

**Army Sgt. Elwyn Dean Nordyke**, 22, killed during the Korean War, was accounted for March 10, 2025. Late November 1950, Sgt. Nordyke was assigned to Medical Company, 3rd Battalion, 31st Infantry Regiment, 7th Infantry Division. He was reported missing in action on Nov. 28 in the vicinity of the Jangjin (Chosin) Reservoir, Democratic People's Republic of Korea, when his convoy was ambushed by opposing forces. It was later determined that Sgt. Nordyke was held at Camp 1 in Changsong, North Korea, where he died in captivity in the summer of 1951.

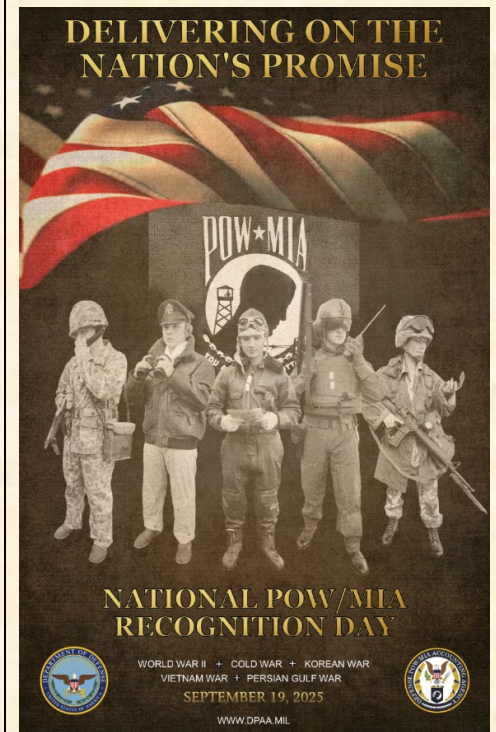
**Army Cpl. Delmont Johnston**, 21, who was captured and died as a prisoner of war during World War II, was accounted for March 18, 2025. In late 1942, Johnston was a member of 16th Bombardment Squadron, 27th Bombardment Group (Light), when Japanese forces invaded the Philippine Islands in December. Johnston was among those reported captured when U.S. forces in Bataan surrendered to the Japanese. And were subjected to the 65-mile Bataan Death March and then held at the Cabanatuan POW Camp #1. More than 2,500 POWs perished in this camp during the war. According to prison camp and other historical records, Johnston died on Dec. 30, 1942, and was buried in the local Cabanatuan Camp Cemetery in Grave 836.

## UNACCOUNTED FOR

As of April 9<sup>th</sup>, 2025, there remain:

- **71954 – World War II**
- 7430 – Korea
- 1573 – Vietnam
- 126 – Cold War
- 6 – Gulf War/Libya

**Red Numbers indicate a decrease from the number of last report.**



**The POW/MIA Recognition Day Poster is out for September 19<sup>th</sup>, 2025.**

**We will have more information in future editions of the newsletter.**

[February 22, 2025 story on DPAA Family Update in Sacramento](#)

### Current Identifications by Conflict for FY 2025

Unaccounted for DoD personnel are those who went missing during a designated conflict and who have not yet been accounted for.



WORLD  
WAR II

**50**



KOREAN  
WAR

**23**



COLD  
WAR

**0**



VIETNAM  
WAR

**1**

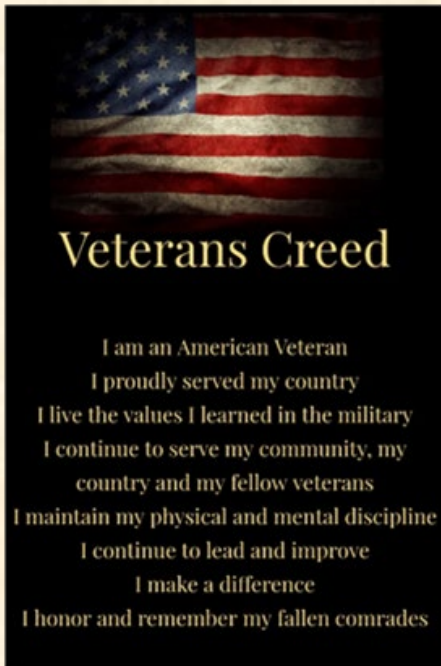
FY 2025 runs from October 1, 2024 – September 30, 2025

# COUNTY VETERANS SERVICE OFFICER



**Angela Sheble**  
**Amador County**  
**Veterans Service Officer**  
**10877 Conductor Blvd., Ste. 700**  
**209-223-6476**  
**Email:** [asheble@amadorcounty.gov](mailto:asheble@amadorcounty.gov)

**Hours:**  
**Mon, Tue, Wed (9-4)**  
**by appointment**  
**Thu (9-1) & (2-4) Walk-ins**  
**Fri – No appointments**



***The Women Veterans step-by-step guide to benefits and services***  
*Calling All Women Veterans, family members, caregivers and survivors!*  
*April 11, 2025 | Missina Schallus, CWV Communications Manager*

*Have you recently transitioned from military service, or are you looking to better understand the benefits and services available to you or a Veteran in your life? Here's a step-by-step guide on how you can apply for your earned benefits and services.*

- 1. Determine your eligibility.** Start by assessing your eligibility for various benefits. Visit VA's [Health Care](#) (877-222-8387), [Memorial Affairs](#) (800-535-1117), and [Disability Compensation](#) (800-827-1000) eligibility pages, among others, for detailed requirements.
- 2. Gather necessary documentation.** Gather essential documents, such as your discharge papers (DD Form 214), personal identification, any relevant medical records and supporting documents—like [VA Form 21-10210 Lay or Witness Statement](#), also known as a “Buddy Statement.” If you don't have these documents, you can request them online from the [National Archives](#), by calling 1-314-801-0800, or [mailing](#) an [SF 180](#) to:

National Personnel Records Center  
1 Archives Drive  
St. Louis, Missouri 63138

*If you are unable to print, you can also get a copy of an SF 180 at your local [VA Office](#) or call 1-800-827-1000.*

*Transitioning service members should make copies of all medical records, including inpatient records from any hospitals you were admitted to or had surgery in. You may request paper copies of your medical records from the military hospital or clinic records office. If it's been more than two years since your last appointment, you'll need to request copies of your records from the [archives](#). You must request a copy of your medical records from each individual health care provider you have visited.*

- 3. Find an accredited VSO.** Navigating VA can be complex, and that's where accredited Veteran Service Organizations (VSOs) come in. These organizations have trained professionals ready to assist you in understanding and applying for your benefits. You can find a list of [accredited VSOs](#) on VA's official website. Reach out to one today to ensure you have the support you need. You should never pay a fee to apply for your earned benefits and services; these are likely [scams](#).

- 4. Create a VA account.** If you haven't done so yet, set up an account [VA.gov](#). This will allow you to access and manage your benefits, track your application status and receive important updates. If you need assistance, you can call 1-800-827-1000 to speak to a subject matter expert.

**5. Apply for benefits.** Depending on the benefits you're seeking—[health care](#), [disability compensation](#), [education assistance](#), [burial and memorial affairs](#)—including [pre-need](#), [transition assistance](#), [Military Sexual Trauma](#), [Intimate Partner Violence](#) and [more](#)—you can submit your application online, by phone or in person at your nearest [VA office](#). If you have a [VSO](#), they can help you with this process, ensuring you complete your application correctly.

If you are a service member preparing to transition, you have the option to file a claim through the [Benefits Delivery at Discharge](#) (BDD) program 180 to 90 days before you leave active duty. This may help speed up the claims decision process so you can get your benefits sooner. An [Accredited Veteran Service Officer](#) (VSO) can assist you or you can file it online.

**6. Explore women-specific resources.** VA offers resources tailored specifically for [women Veterans](#). This includes [health care services](#), [mental health resources](#), [homelessness resources](#), [benefits](#), [burials and memorial affairs](#), [elderly Veterans](#) and [more](#).

You also have the option to reach out directly to your [VA Women Veteran Program Managers](#) (WVPM), who can help you connect with resources and steer you to the services you need. They are your advocates within the VA medical system. They help:

- Answer questions about available women's health services and claims.
- Create a welcoming and respectful environment for all women Veterans.
- Lead programs and services related to women Veterans' health care to ensure you receive comprehensive care.

You can also call 1-855-VA-WOMEN (1-855-829-6636) or text the [Women Veterans Call Center](#). The Women Veterans Call Center is your resource for information about a variety of services and benefits that you have earned and deserve through your military service. The Women Veterans Call Center can help with:

- How to reconnect with VA health care if you applied a long time ago but never used your benefits.
- How to connect with your local women's health contacts, including your local Maternity Care Coordinator or Women Veterans Program Manager, who will assist in coordinating all the services you need.
- How to find out what you are eligible for (including general questions about disability ratings) and other VA benefits like employment, education and home loans.
- How to refill your prescription or make an appointment.

There are Women Veteran Coordinators (WVCs) located in every [regional office](#) who function as the primary contact for women Veterans.

- WVCs provide specific information and comprehensive assistance to women Veterans, their dependents and beneficiaries concerning VA benefits and related non-VA benefits.
- They may assist you in the claims intake, development and processing of military sexual and personal trauma claims.

To learn more about your VA benefits and services available, including contact information, download the [2025 Veterans Benefits Guide](#) and the [VA Welcome Kit](#) to help guide you.

**7. Track your claim.** After you submit your claim you can track it via one of the below options: [Online](#), Calling 1-800-827-1000 (Monday through Friday, 8:00 a.m. to 9 p.m ET, or [Mobil App](#).

**8. VA decision reviews and appeals.** If you disagree with the VA benefits or claim decision, you can choose from [three decision review options](#) (Supplemental Claim, Higher-Level Review, or Board Appeal) to continue your case. If you aren't satisfied with the results of the first option you choose, you can try another eligible option.

**9. Stay connected.** Stay in touch, sign up for our [email](#), follow us on [Facebook](#) and [X](#) @VAWomenVets and [Pinterest](#) @DeptVetAffairs. We share information on benefits and services, events, stories, research, and more.

**10. Utilize support services.** If you have questions or need help, don't hesitate to reach out to us securely through [Ask VA](#) or your [VSO](#)! They can guide you through the application process and help clarify any uncertainties you may have.

Accessing your VA benefits is a key step toward receiving the support you deserve. It doesn't matter how long it has been—you can still apply! If you applied in the past and were denied, we encourage you to apply again. Don't wait any longer—start your application today, and let's continue to advocate for the rights and needs of women Veterans everywhere!



# Post & Aux 8254



**Post 8254.** We had another strong monthly meeting this past Wednesday and we welcomed three new members to our ranks – Kevin Rupp, Charles Donahue, and Jeff Black. Welcome aboard.

As for the Auxiliary, we had a visit from Past State President and current District 17 President Joyce Bilyeu who installed the duly elected officers.

Lots going on between now and Memorial Day and it's basically "all hands on deck" with MVCC, Walk for the Troops, hosting the District Convention, Day of Service, and Memorial Day activities. Be on the lookout as we will have a report here and on our Social Media page.

Our wonderful Auxiliary has set the dates for their annual Summer Pancake Breakfasts. The first one is set in stone on Flag Day, June 14<sup>th</sup>, with the second being TENTATIVELY August 9<sup>th</sup>. More information to follow.

## Action Corps Weekly – April 7<sup>th</sup>, 2025

**VFW Joins Maryland Governor's Veteran Roundtable:** VFW Washington Office Executive Director Ryan Gallucci and VFW Department of Maryland Commander Joe Cicchillo met with Maryland Governor Wes Moore and other members of the veterans' community for a roundtable discussion on key policy issues. Gallucci and Cicchillo are both residents of the state who offered the governor and his team insights regarding challenges facing Maryland veterans, such as accessing earned care and benefits. They also provided an update on the VFW's efforts to fight Claim Sharks at both the state and federal levels, and explained the VFW's "Honor the Contract" rallying cry, which calls on our nation's leaders to meet the contractual obligation of caring for those who served in uniform.

**Get the Facts on Toxic Exposure Screenings:** VA has conducted toxic exposure screenings for millions of veterans since the passage of the Honoring our PACT Act of 2022 (Public Law 117-168). However, myths persist regarding the law's purpose and scope, such as only older veterans are eligible for screening. To rebut common misconceptions, VA provides myth- or-fact clarification, as well as links to additional information resources. [Read more.](#)

**April is Sexual Assault Awareness Month:** Military sexual trauma (MST) relates to sexual assault or harassment that occurred during military service. Although VA is spotlighting MST education and treatment this month, it works year-round to raise awareness of its resources to address this issue. Learn more and explore VA's [MST resources.](#)

### Meetings

2<sup>nd</sup> Wednesday

Dinner @ 5:00 PM

Meeting @ 6:00 PM

Post Phone

209-274-0956

Post Hours

Tue-Fri (Noon-4)

Next Event

MVCC Show

Next Hot Dog Cart

MVCC Show

Post Website

Poppy Drives

May 23<sup>rd</sup> – 25<sup>th</sup>

July 1<sup>st</sup> – 3<sup>rd</sup>

August 29<sup>th</sup> – 31<sup>st</sup>

Nov. 7<sup>th</sup> – 9<sup>th</sup> & 11<sup>th</sup>

**VFW**  
#Still Serving  
AMADOR • SACRAMENTO • YOLO • NEVADA • PLACER • EL DORADO

www.vfwcadist17.org

**District 17 Meeting & Convention**

Saturday, May 3rd, 2025  
9:00 AM at Post 8254 • 215 S. Amador St., Ione  
Uniform: VFW Garrison cap, Polo shirt and jeans.  
Each Post must have a rep present.

**VFW** Post 8254 & Aux  
Dinner & a Meeting  
Wednesday, May 14th  
Dinner: 5:00 PM  
Meeting 6:00 PM  
215 S. Amador St., Ione  
209-274-4956



# DISABLED AMERICAN VETERANS

## CHAPTER 118

**Meeting Date.** The Chapter meets on the third Thursday of the month at 7:00 PM at the Ione Veterans Hall (207 S. Amador St.)

### LINKS

[DAV California News Magazine - March](#)

[DAV National Website](#)

[DAV Twitch Video Games](#)

[Veteran Caregivers](#)

[Battle of Iwo Jima Veterans Share Reflections 80 years later.](#)

[Unraveling the mystery of VA rating math](#)

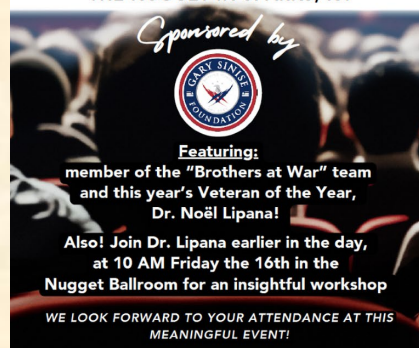
### CONVENTION

**103<sup>rd</sup> State Convention** will be held May 14<sup>th</sup> to 17<sup>th</sup> at the Nugget Casino in Sparks, NV.



**MAY 16, 2025 AT 6 PM**

*at the*  
**DAV CALIFORNIA CONVENTION**  
**THE NUGGET IN SPARKS, NV**



**H.R. 680, the Caring for Survivors Act of 2025**, would increase financial support for eligible survivors of disabled veterans by increasing the Dependency and Indemnity Compensation (DIC) amount from 41% to 55% of the veteran's monthly compensation rate. In addition, H.R. 680 would reduce the existing 10-year eligibility requirement for DIC benefits to five years. The Caring for Survivors Act will make it easier for survivors of veterans rated totally disabled at the time of death to qualify for compensation and ensure that benefits are in line with compensation rates provided to survivors of federal civil-service retirees.

DAV supports H.R. 680, in accordance with DAV Resolution No. 25, which calls for improving and reforming DIC Benefits and No.142, which calls for the reduction of the 10-year eligibility rule for DIC.

We ask all DAV members and supporters to contact their representatives and urge them to co-sponsor and support H.R. 680, the Caring for Survivors Act of 2025.

\*\*\*\*\*

Veteran caregivers play a vital role in supporting those who have served our nation. Many veterans face physical, emotional or psychological challenges resulting from their service, and caregivers ensure these heroes receive the care and assistance they need to maintain their health, dignity and quality of life. However, caregivers often find it difficult to understand Department of Veterans Affairs (VA) caregiver-related communications and program requirements. Likewise, they are frequently not recognized as an integral part of the veteran's care team.

**H.R. 109, the Transparency and Effective Accountability Measures for Caregivers Act or the TEAM Veteran Caregivers Act**, would require the VA to formally recognize caregivers through documentation in the veteran's health record, mandate standardized notification letters to ensure transparent communication regarding clinical determinations that impact caregivers and veterans, and provide a temporary 90-day benefit extension for veterans deemed ineligible under the VA Program of Comprehensive Assistance for Family Caregivers to safeguard their care during a transition period.

We strongly support H.R. 109, which is consistent with DAV Resolution No. 353, supporting legislation to improve and provide comprehensive services for caregivers of severely wounded, injured and ill veterans of all eras.

Please use the prepared email or your own letter and urge your Representative to cosponsor H.R. 109, the TEAM Veteran Caregivers Act.

# AMERICAN LEGION

## POST 108



**Legion Riders.** On March 22<sup>nd</sup> Chapter 108, Riders rode to Visalia to participate in a 22-A-Day Poker Run that was hosted by Chapter 18. This event was to help raise money and awareness to try and stop Veteran and Active Duty suicides. The run stopped at Veterans parks and memorials throughout Visalia and Lemoore.



### Post Leadership:

Post CDR: Mike Green (209) 267-9493  
ALA Pres: Lisa Giordano (209) 712-8189  
Sons CDR: Rick Boughner (916) 990-4252  
Riders Dir: Pat Burkhardt (530) 635-3878

### Office Information:

Rep: Kathleen Gast  
Hours: Tue, Wed, Thu (10-2)  
Phone: 209-267-9493

### Meetings:

Post: 1<sup>st</sup> Thursday, 7:00 PM  
Aux: 4<sup>th</sup> Thursday,  
Sons: 2<sup>nd</sup> Monday, 6:00 PM  
Riders: 2<sup>nd</sup> Monday, 6:30 PM

### Dues:

Legion: \$50  
Aux:  
Sons: \$15  
Riders: \$30

**2025 Blood Drives:** We are working on the dates. I hope to get the dates soon.

*As for 2024, the Blood Drives netted a total of 455 units of whole blood. Thank you Amador County!*

Please call 877-258-4825 to make an appointment. Or you can donate your blood as a 'walk-in'. The Blood Drive will be held at the American Legion Hall.

**Karaoke.** Jack Magee will be hosting Karaoke on the third Saturday of each month from 7:00 PM to Midnight.

**Bingo.** Bingo will start up at the Legion Post on the Second Thursday of each month.

### Links:

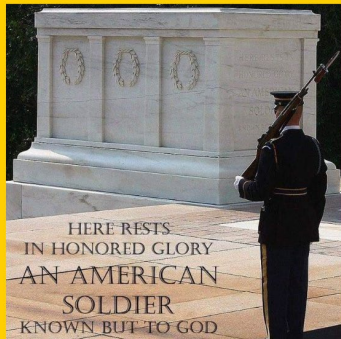
[Be the One Program](#)  
[Scholarship Information](#)



**Meetings** First Saturday of the Month,  
10:00 AM  
**Phone** 209-274-4956  
**Post Hrs:** Noon – 4:00 PM (Tue – Fri)  
**POC:** Senior Vice Rick Boughner  
**M/C Ball:** November 10<sup>th</sup>, Legion Hall  
**Next Event:** MVCC, Camp Plymouth  
April 16-19, 2025



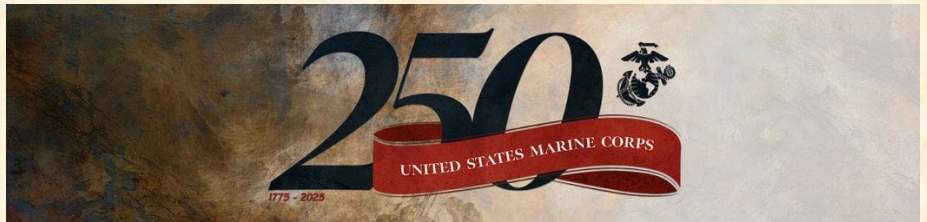
Det 1080 Monthly Meeting  
Saturday, May 10th, 10:00 AM  
215 S. Amador St., Lone



Memorial Day

**The May Meeting has been  
rescheduled to Saturday, May 10<sup>th</sup>.**

[Marine Corps League Membership  
Application](#)  
[Marine Corps League Recommended  
Reading](#)



## MARINE CORPS LEAGUE DET 1080

*One of our events is coming up and that is the Military Vehicle Show in Plymouth from 16-19 at the Amador County Fairgrounds. There will be food there and the displays are usually very good.*

\*\*\*\*\*

### Marine Corps Twitter.



#Marines with @3d\_Marine\_Div train with Korean Marines during the Korean Marine Exchange Program (KMEP) 25.1 in South Korea. KMEP provides opportunities for the Republic of Korea Marine Corps and U.S. Marine Corps units to train together, improving their combined capabilities.

# TRICARE COMMUNICATIONS

***New TRICARE Drive Time Waiver Policy Makes it Easier To  
Keep Your Primary Care Manager if You Move***  
*April 3, 2025 | By TRICARE Communications*

Are you [moving](#) to a new home? Is it more than a 30-minute drive from your [primary care manager](#)? If so, TRICARE is making it simpler to keep your [TRICARE Prime](#) coverage. Now, most families who live more than 30 minutes but less than 100 miles from their PCM can continue seeing them without taking action.

***What's new?*** In the past, if you moved more than 30 minutes from your PCM, you would've had to fill out a [drive time waiver](#) to keep your coverage. Without this form, you would've risked losing access to your preferred PCM.

The new policy “flips” this process. If you live more than 30 minutes but less than 100 miles from your PCM, you won't need to take any action to keep your coverage. TRICARE will automatically apply the drive time waiver for you, making it easier to keep your current PCM.

“Our data shows more than half of beneficiaries who waived their drive time access to care standard due to address issues lived less than 100 miles from their military hospital or clinic,” said Shane Pham, management and program analyst, TRICARE Health Plan Policy & Programs Branch, at the Defense Health Agency. “This new approach will help prevent unnecessary coverage gaps and ensure families keep access to their PCMs.”

***How will it work?*** If your [TRICARE regional contractor](#) learns that you've moved more than 30 minutes from your PCM, based on information on file, they'll:

- Call you
- Send you a text
- Mail you a letter
- Email you

They'll contact all adults in your household. You'll have 90 days from the notification date to decide what to do about your coverage.

*What do you need to do?*

***What do you need to do?*** Your next steps depend on how far you live from your PCM. If you live more than 30 minutes, but less than 100 miles, away:

- You don't need to do anything if you want to keep TRICARE Prime coverage. Your coverage will stay the same, and you'll keep your same PCM.
- You can switch [health plans](#) if you want to.

If you live more than 100 miles away, you must choose one of these options within 90 days being notified by your regional contractor:

- Confirm your decision to keep your current TRICARE Prime coverage.
- Switch to [TRICARE Select](#).
- Switch to the [US Family Health Plan](#) (if it's available in your area).

Switching to TRICARE Select or the USFHP (where available) lets you choose your PCM regardless of distance from your home. TRICARE Select lets you manage your own health care and get care from any TRICARE-authorized



## **Links**

[DEERS INFO](#)

[TRICARE 101](#)

[TRICARE Costs &  
Fees Sheet](#)

[TRICARE Eligibility](#)

[TRICARE Overseas  
Travel](#)

[TRICARE West](#)

provider without a referral (in most situations), as described in the TRICARE Choices in the United States Handbook.

If you live more than 100 miles away and don't choose one of these options within 90 days, you'll be disenrolled from TRICARE Prime and lose access to your PCM. You could then only get care at military hospitals and clinics if space is available. You'd need to wait until the next TRICARE Open Season to enroll in a plan.

Remember: Moving is a Qualifying Life Event. A QLE allows you and your eligible family members to change your TRICARE health plan outside of TRICARE Open Season. But if you don't make a change within 90 days, you'll need to wait until the next open season to enroll in a plan.

**Update your information in DEERS.** Are you planning to move soon? When you do, make sure to update your address in the Defense Enrollment Eligibility Reporting System. Check that your email address and phone number are current, too. This will help make sure you don't miss any important communications from TRICARE, including messages about drive time waivers.

You can update your information:

- Online in milConnect via Beneficiary Web Enrollment
- By calling your regional contractor

**Need help?** If you have questions, call your regional contractor:

- East Region: Humana Military (800-444-5445)
- West Region: TriWest Healthcare Alliance (888-874-9378)

This new process gives you time to make decisions about your care. You'll have 90 days from the date your contractor notified you to look at your options and choose what works best for your family. If you're thinking of switching or enrolling in a new TRICARE health plan, check out the [TRICARE Plan Finder tool](#).

Unlock your health with TRICARE—learn how to [get care](#) based on your TRICARE health plan.

# BATTLES OF LEXINGTON AND CONCORD



*On the night of 18 April, General Thomas Gage ordered Col. Francis Smith to march a column of light infantry and grenadiers to Concord to apprehend two of the revolt's most prominent ringleaders, John Hancock and Samuel Adams, and destroy any arms seized there. When word of the British advance got out, several riders, including Paul Revere and William Dawes, sped ahead of the British to raise the alarm. In the dark of night, colonists in Massachusetts assembled to fight. In Concord, militia and townspeople labored to move most of the arms and ammunition to safety.*

*The next morning (April 19<sup>th</sup>), as the sun rose on the village of Lexington, American Capt. John Parker assembled some of his company on Lexington Common. As Colonel Smith began to pass through the village, he noticed the small body of militia, which his force outnumbered at least eight to one. He called upon Maj. John Pitcairn to order Parker and his men to disperse. An unknown individual fired a shot, which soon led to a general discharge of rifles. When the smoke cleared, Parker and his troops had retreated, and eight Massachusetts men lay dead.*

\*\*\*\*\*

*Minute Man National Historical Park in Lexington, Lincoln, and Concord, Massachusetts, became known as the field of battle during the first armed conflict of the American Revolution on April 19, 1775. It was here that British colonists risked their lives and property, defending their ideals of liberty and self-determination. The events of that day have been popularized by succeeding generations as the "shot heard round the world." Often referred to as the "Battles of Lexington, and Concord," the fighting on April 19, 1775 raged over 16 miles along the Bay Road from Boston to Concord, and included some 1,700 British regulars and over 4,000 Colonial militia.*

- British Casualties totaled 273; 73 Killed, 174 wounded, 26 missing.*
- Colonial casualties totaled 95; 49 killed, 41 wounded, and 5 missing.*

# MONTH OF THE MILITARY CHILD



*Month of the Military Child* is observed each April to honor and celebrate military children and youth for their service, commitment, and sacrifice in support of the Army's mission. The observance reiterates the Army's commitment to provide quality care and positive youth development for a bright future.

*The April 2025 Month of the Military Child theme is “**Celebrating Military Children and Youth: Building Stronger Character and Relationships.**” Military children show bravery, fearlessness, and resiliency by adapting and meeting adversity head on in an ever-changing environment.*

## 2025 DATES TO REMEMBER

<u>Date</u>	<u>Event</u>	<u>Time:</u>	<u>Location</u>
Feb 16:	Liversedge/Iwo Jima Remembrance	11:00 AM	Volcano
Feb 22:	DPAA Family Update		Sacramento
Mar 15 & 16:	Dandelion Days		Downtown Jackson
Mar 22 & 23:	Capital Air Show		Mather Field
Mar 29:	National Vietnam War Veterans Day		
Apr 16-19:	Military Vehicle Show (MVCC)		County Fairgrounds
Apr 26:	Ione Walk for the Troops	11:00 AM	Ione Veterans Memorial Park
May 1:	Loyalty Day		
May 3:	VFW National Day of Service		
May 8-11:	Ione Homecoming		Ione Main St./Howard Park
May 10:	Military Spouse Appreciation Day		
May 18:	Armed Forces Day		
May 19-20:	Veterans Homeless Resource Fair		Detert Park, Jackson
May 19-26:	Memorial Weekend Events		Various
Jun 6:	D-Day		
Jun 14:	Flag Day & Army Birthday		
Jun 21:	Ione Car Show		Main St.
Jul 4:	Independence Day & Volcano Car Show		
Jul 27:	Korea Armistice Day		
Jul 25-28:	Amador County Fair		Plymouth Fairgrounds
August	Cootie Hospital Visit	TBD	Veterans Home Yountville
Aug 4:	Coast Guard Birthday		
Aug 7:	Purple Heart Day		Plymouth
Aug 29:	79 <sup>th</sup> Birthday – Post 8254		Post 8254
Sep 2:	Labor Day & V-J Day		
Sep 11:	Patriot Day Ceremony		Ione Fire Department
Sep 11-14:	MVCC Fall Show		County Fairgrounds
Sep 18:	Air Force Birthday		
<b>Sep 19:</b>	POW/MIA Recognition Day		
Sep 29:	Gold Star Mother's Day & VFW Day		
Oct 7:	Start of Operation ENDURING FREEDOM		
Oct 13:	Navy Birthday		
Nov 3:	Turkey Drive	9:00 AM	Hook'd
Nov 3:	IVMP Shoot	9:30 AM	Camanche Hills
Nov 5:	Election Day		
Nov 10:	Marine Corps Birthday Ball	5:00 PM	Sutter Creek
Nov 11:	Veterans Day Parade & Events	10:00 AM	Main St. Jackson
Dec 7:	Pearl Harbor Day		
Dec 8:	IVMP Tree Lighting	7:00 PM	Ione Veterans Memorial Park
Dec 13:	National Guard Birthday		
Dec 13:	Wreaths Across America	9:00 AM	Ione & Jackson
Dec 14:	Ione Christmas Parade	11:00 AM	Main St. Ione
Dec 20:	Space Force Birthday		

## NOTES:

- This is a living document subject to change as the events warrant...or corrections require. If text is red, that means it is a change from a previous copy.**
- Poppy Drives are held:** May 23<sup>rd</sup> – 25<sup>th</sup>, July 1<sup>st</sup> – 3<sup>rd</sup>, August 29<sup>th</sup> – 31<sup>st</sup>, and November 7<sup>th</sup> – 9<sup>th</sup>, and November 11<sup>th</sup>. All will be OUTSIDE OF WAL-MART from 8:00 AM to 2:00 PM.
- Unaccompanied Veterans Ceremony.** Held at 2:00 PM on the third Thursday of each month at the Sacramento Valley National Cemetery (Dixon) at Shelter 1.
- Blood Drives.** Getting the dates from the Legion, but the times are generally 11:30 AM – 5:00 PM.
- Ex-USS LUCID (MSO 458) working parties** are on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the Month.
- Kaiser Truck.** Visits Post 8254 on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the Month. Expected times are 9:00 AM to 3:00 PM.

# UPCOMING LOCAL EVENTS

## APRIL 26<sup>TH</sup> WALK FOR THE TROOPS

Ione Walk for the Troops  
Saturday, April 26th, 2025



- 11 AM - Ceremony, after which we will walk to Bishop Hall
- Lunch, Raffle and Music
  - (\$20 per ticket)
- Five \$100 gift cards will be given as door prizes

**\$20 Lunch Ticket**  
can be purchased from:

Robyn: (209) 304-8780  
Skip: (209) 256-3158

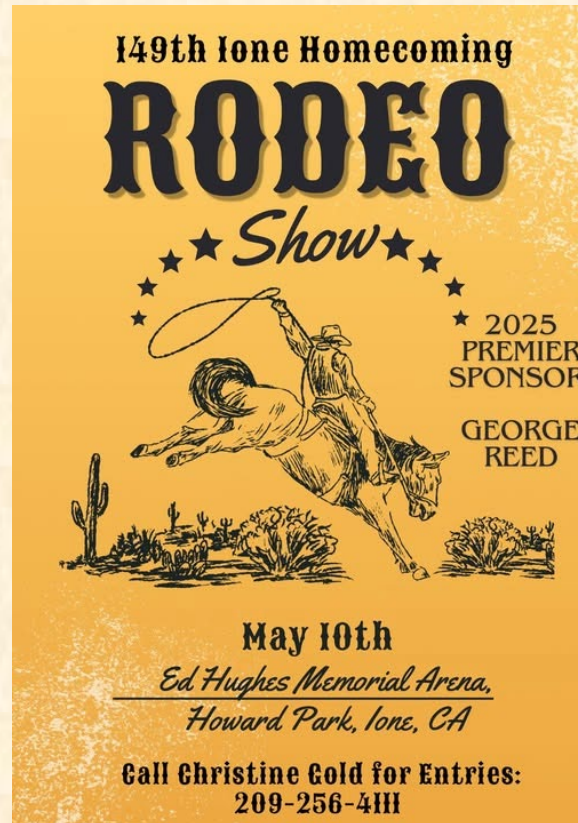
or buy tickets at Robyn's Nest  
106 W. Main St. Dr,  
Ione, CA

[ioneveteranmemorialpark.com](http://ioneveteranmemorialpark.com)

*This is the Ione Veterans Memorial Park Committees' largest event which includes a full military ceremony supporting our fallen heroes, veterans, and those currently serving.*

*After the ceremony, there is the option to walk or ride to Bishop Hall for the lunch and entertainment.*

## MAY 8-11<sup>TH</sup> IONE HOMECOMING



*We begin the countdown to one of Ione's biggest events – the Homecoming. This poster is here because we will be having our display and Hot Dog Cart available at the Rodeo, and we look forward to seeing everybody there.*

## EVENTS OF MEMORIAL DAY

*We hope that you all consider being a part of the upcoming events this year, which include:*

- *Annual Commemoration at the Legion Hall in Sutter Hill*
- *Annual Flag Placements in Ione, Plymouth, and Jackson cemeteries*
- *VFW Post 8254 first Poppy Distribution of 2025 outside of WAL-MART*

# Amador Veterans Reference Guide

Place	Name	Phone	Social Media or Website	E-mail
VFW/DAV	Rick Boughner	209-274-4956	<a href="http://www.facebook.com/vfw8254.org">www.facebook.com/vfw8254.org</a>	<a href="mailto:Brady8246@sbcglobal.net">Brady8246@sbcglobal.net</a>
American Legion Post 108	Kathleen Gast	209-267-9493	<a href="http://www.alpost108amador.org">www.alpost108amador.org</a>	
Marine Corps League Det 1080	Rick Boughner	209-274-4956	<a href="http://www.facebook.com/MCLMotherlode">www.facebook.com/MCLMotherlode</a>	<a href="mailto:0311usmc8162@gmail.com">0311usmc8162@gmail.com</a>
Ione Memorial Hall Rental	Megan Buchanan	209-274-0274		<a href="#">Hall Rental Info (Click Here)</a>
County VSO	Angela Sheble	209-223-6476	<a href="#">Amador County Office   CACVSO</a>	<a href="mailto:asheble@amadorcounty.gov">asheble@amadorcounty.gov</a>
Veterans Crisis Line:		<b>988 (then press 1)</b>	<a href="https://www.veteranscrisisline.net">https://www.veteranscrisisline.net</a>	
Caregiver Support Line:		1-855-260-3274		
Help for Homeless Vets:		1-877-424-3838		
Plymouth Vets Memorial Park:	Jim Wise			<a href="mailto:jwise@pacellp.com">jwise@pacellp.com</a>
Amador Interfaith Food Bank	Beth Stanton	209-267-9006	<a href="http://www.feedamador.org">www.feedamador.org</a>	<a href="mailto:bstanton@feedamador.org">bstanton@feedamador.org</a>
CA Military Funeral Honor Program	CA NG HQ	916-616-6412		<a href="mailto:Nhut.t.le.mil@mail.mil">Nhut.t.le.mil@mail.mil</a>

## Office Hours

Legion Post 108 (Sutter Hill)	Kathleen Gast	Tue-Thu, 10:00 AM – 2:00 PM	209-267-9493
VFW, DAV, MCL (Ione)	Rick B.	Noon – 4:00 PM	209-274-4956
Amador County Veterans Service Office	Angela Sheble	Refer to CVSO Page	209-223-6476

## Emergency Contacts

Ione PD:	209-274-2456		Sutter Amador Hospital:	209-223-7500
Jackson PD:	209-223-1771		Amador Fire:	209-223-6391
Sutter Creek PD:	209-267-5646		Burn Day Hotline:	209-223-6246
Amador County Sheriff:	209-223-6500		American Red Cross:	<a href="http://www.redcross.org">www.redcross.org</a>
Amador County Jail:	209-223-6522		FEMA Disaster Assistance:	<a href="http://Veterans   disasterassistance.gov">Veterans   disasterassistance.gov</a>

## Important Internet Resources

<a href="#">Amador County Emergency Info/Resources</a>	<a href="#">Fisher House – DGMC Travis AFB</a>	<a href="#">USS LUCID Project</a>
<a href="#">California Department of Veterans Affairs</a>	<a href="#">IRS Information for Veterans</a>	<a href="#">VA Dental Information</a>
<a href="#">California Veterans Resource Book</a>	<a href="#">Marine Corps League Website</a>	<a href="#">VA Disability Rates (2024)</a>
<a href="#">DAV Death Benefits Guide</a>	<a href="#">Military Order of the Purple Heart</a>	<a href="#">VA Mather Website</a>
<a href="#">Disaster Assistance for Veterans</a>	<a href="#">National Archives for Veterans</a>	<a href="#">Wood Angels</a>
<a href="#">DOD Military One Source</a>	<a href="#">National Park Service Benefits</a>	<a href="#">Year-round veterans discounts</a>
<a href="#">DPAA YEAR IN REVIEW 2024</a>	<a href="#">Sew 4 Vets</a>	
<a href="#">Exhale Farms</a>	<a href="#">State Tax Information for Military Pay</a>	
<a href="#">Federal Benefits For Vets, Dependents &amp; Survivors</a>	<a href="#">TRICARE</a>	

# AMADOR COUNTY VETERANS CALENDAR

## APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 30	31	Apr 1	2	3 7 PM Legion Mtg	4	5 10 AM MCL Mtg
6	7	8	9 9 AM Kaiser Truck 5 PM 8254 Mtgs	10	11	12 LUCID WKG PTY
13	14 6 PM Sons Mtg 6:30 PM Riders Mtg	15	16 Military Vehicle Show Plymouth 7 PM DAV Mtg	17	18	19
20 Easter Sunday	21	22	23 9 AM Kaiser Truck	24	25	26 LUCID WORKING PTY Walk for the Troops
27	28	29	30	May 1 Loyalty Day 7 PM Legion Mtg	2	3 VFW Day of Service 9 AM VFW D17 Mtg @ 82