



# Amador County Veterans Newsletter April 28th, 2025



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## CHAPLAIN'S CORNER



*Dear God, inspire us to be a beacon of love and empathy in our community. May we remember the faces and stories behind each decision we make, and may we serve them with grace. Help us to go beyond ourselves and reach out in true charity. Amen.*

## QUOTE OF THE WEEK

*"The best way to find yourself is to lose yourself in the service of others."*

– Mahatma Gandhi

## HISTORY THIS WEEK

4/28/1965:	U.S. marines land in the Dominican Republic.
4/29/1945:	45 <sup>th</sup> Infantry Division liberates Dachau
4/30/1969:	U. S. troops in Vietnam peaked at 543,000
5/1/1898:	U. S. destroys Spanish Pacific Fleet in Manila Bay
5/2/2011:	Osama Bin Laden killed by U. S. forces.
5/3/1942:	Battle of the Coral Sea begins
5/4/1968:	Operation ALLEN BROOK begins

## 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 (May 18<sup>th</sup> @ 3PM),
- Annual Flag Placements at Jackson cemeteries
- 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**

[April 2025 Veterans Benefits Newsletter](#)  
[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](#)

## ***Live Whole Health #269: Face it. You need a massage***

*April 24, 2025 | Trina Lion, Social Work Intern at the Maryland VA Health Care Center and a Maryland Area Health Education Center Scholar*

*If you could see the look on your face right now, what would you see? Would your jaw be locked? Your forehead scrunched with worry or concentration? Would you see a relaxed expression or one of stress? Imagine you could offer yourself a massage that could ease those worry lines! We've all been there. Muscle tension is a common response to stress. When you feel your shoulders creeping to your ears, neck complaining, jaw tightening, headache starting, try this massage for well-being.*

*Before watching the video below, prepare yourself and your environment:*

- Sit in a way that allows you to feel well-supported. If possible, place the soles of your feet on the ground, for strength and stability.
- Limit your digital distractions (consider your phone's "Do Not Disturb" setting, or turn the volume off). Your attention and intention should be on self-care.
- Hydrate with water and have more water nearby. Tight muscles can create a traffic jam with reduced circulation. You want to hydrate, soften and help fluids move.
- Wash and dry your hands thoroughly before and after.
- Remove jewelry, placing directly nearby.
- Review clothing around forearms. If tight or confining, consider rolling up your sleeves or removing your jacket.
- Avoid injured areas, including cuts, bruises, rashes, swelling, bandages or broken skin. If need be, apply pressure to only one side of your body.
- Apply moderate, consistent pressure. Respect your body. If you tend to bruise easily or are taking blood thinners, use gentle pressure.

*This head and neck massage, guided by Dr. Sharon M. Weinstein from the Salt Lake City VA Health Care System will have you relaxed in just 15 minutes:*



*There are many ways to nurture your physical and emotional health, and the options can feel overwhelming. Start with [VA's Circle of Health](#) to find self-care tools and guidance which can help build your health, well-being and quality of life.*



# POW/MIA NOTIFICATIONS & PRESS RELEASES



**Army Air Forces 2nd Lt. Byron R. Michener**, 23, killed during World War II was accounted for April 15, 2025. In the summer of 1943, Michener served as a bombardier with the 409th Bombardment Squadron (Heavy), 93rd Bombardment Group (Heavy), 9th Air Force. On Aug. 1, the B-24 Liberator aircraft Michener was on crashed after encountering enemy anti-aircraft fire during Operation TIDAL WAVE, the largest bombing mission against the oil fields and refineries in Ploiesti, Romania. His remains were not identified following the war.

**Army Cpl. Albert J. Estrada**, 17, killed during the Korean War, was accounted for April 16, 2025. In late 1950, Estrada was a member of Battery B, 57th Field Artillery Battalion, 31st Regimental Combat Team, 7th Infantry Division. He was reported missing in action Dec. 6, 1950, in the vicinity of Hagaru-ri near the Jangjin (Chosin) Reservoir, Democratic People's Republic of Korea. The U.S. Army did not receive any information to indicate that he was ever held as a Prisoner of War and on Dec. 31, 1953, issued a presumptive finding of death. He was declared non-recoverable on Jan. 16, 1956.

**Army Pvt. Willard D. Merrill**, 21, of Dover-Foxcroft, Maine, who was captured and died as a prisoner of war during World War II, was accounted for August 19, 2024. In late 1941, Merrill was a member of the 2nd Observation Squadron when Japanese forces invaded the Philippine Islands in December. Intense fighting continued until the surrender of the Bataan peninsula on April 9, 1942, and of Corregidor Island on May 6, 1942. According to prison camp and other historical records, Merrill died Nov. 14, 1942, and was buried along with other deceased prisoners in the local Cabanatuan Camp Cemetery in Common Grave 305. Merrill will be buried in Dover-Foxcroft, Maine, in June 2025.

**Army Pfc. George Armand Curley Jr.**, 18, of Laconia, New Hampshire, killed during the Korean War, was accounted for March 3, 2025. In December 1950, Curley was assigned to Headquarters and Service Company, 2nd Engineer Combat Battalion, 2nd Infantry Division. Curley was reported missing in action on Nov. 30, 1950, in the vicinity of Sonchu, Democratic People's Republic of Korea (DPRK). Based on information from returning POWs, it was determined that Curley died in captivity at Camp 5 near Pyoktong, DPRK in March 1951. Curley will be buried in Laconia, New Hampshire in June 2025.

**Army Sgt. Orace J. Mestas**, 22, of Trinidad, Colorado, killed during the Korean War, was accounted for Jan. 31, 2024. In April 1951, Mestas was assigned to I Company, 3rd Battalion, 21st Infantry Regiment, 24th Infantry Division. He was reported missing in action near Chip'o-ri, North Korea, after his unit's position was attacked on April 25. The U.S. Army determined him to be nonrecoverable on Jan. 16, 1956. Mestas will be buried in Trinidad, Colorado, in June 2025.

**Navy Seaman 1st Class (S1c) Paul E. Newton**, 20, killed during World War II, was accounted for on Sept. 30, 2024. On Dec. 7, 1941, Newton was assigned to the battleship USS West Virginia, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft. The USS West Virginia sustained multiple torpedo hits, but timely counter-flooding measures taken by the crew prevented it from capsizing, and it came to rest on the shallow harbor floor. The attack on the ship resulted in the deaths of 106 crewmen, including Newton.

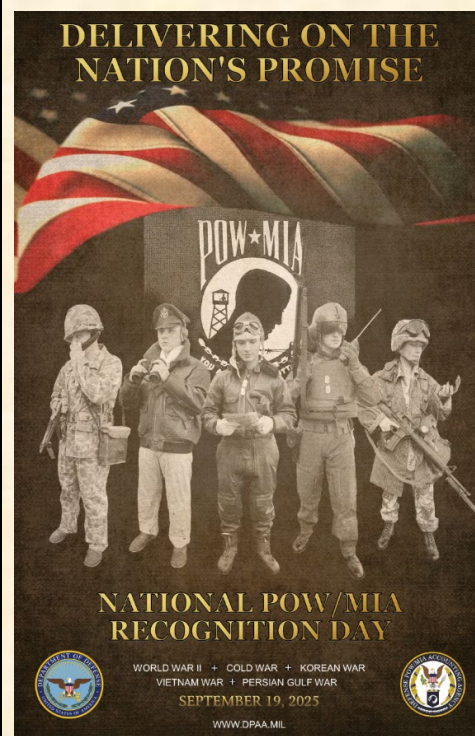
**Army Air Forces 1st Lt. Charles W. McCook**, 23, killed during World War II, was accounted for on April 17, 2025. In the summer of 1943, McCook was a member of 22nd Bombardment Squadron (Medium), 341st Bombardment Group (Medium), 10th Air Force during World War II. On Aug. 3, while serving as the Pilot of a B-25C "Mitchell" bomber on a low-altitude bombing raid in Meiktila, Burma, his aircraft crashed. Of the six individuals aboard the aircraft, two survived and were captured by Japanese forces, while the remaining four, including McCook, were killed. His remains were not recovered after the war, and he was declared missing in action.

## UNACCOUNTED FOR

As of April 23<sup>rd</sup>, 2025, there remain:

- **71946 – World War II**
- **7427 – 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](#)

**Army Air Forces 1st Lt. Henry J. Carlin**, 27, killed during World War II, was accounted for on April 16, 2025. In the summer of 1943, Carlin was a member of 22nd Bombardment Squadron (Medium), 341st Bombardment Group (Medium), 10th Air Force during World War II. On Aug. 3, while serving as the navigator of a B-25C "Mitchell" bomber on a low-altitude bombing raid in Meiktila, Burma, his aircraft crashed. Of the six individuals aboard the aircraft, two survived and were captured by Japanese forces, while the remaining four, including Carlin, were killed. His remains were not recovered after the war, and he was declared missing in action.

**Army Air Forces Sgt. Sidney Burke**, 22, killed during World War II, was accounted for on April 18, 2025. In the summer of 1943, Burke was a member of 22nd Bombardment Squadron (Medium), 341st Bombardment Group (Medium), 10th Air Force during World War II. On Aug. 3, while serving as the Armor-Gunner of a B-25C "Mitchell" bomber on a low-altitude bombing raid in Meiktila, Burma, his aircraft crashed. Of the six individuals aboard the aircraft, two survived and were captured by Japanese forces, while the remaining four, including Burke, were killed. His remains were not recovered after the war, and he was declared missing in action.

### 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

61



KOREAN  
WAR

26



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

### Unlocking Veteran tax exemptions in California

April 22, 2025 | Victoria Do and Ed McEvoy, Veterans Experience Office

- **Income:** Active duty residents stationed outside California pay no state income tax. Military pay is taxable if stationed in-state.
- **Other/Business:** Honorably discharged Veterans selling goods from a fixed location may avoid municipal, county, and state business license fees (excludes alcohol sales).
- **Property:** Honorably discharged Veterans or their surviving spouse or pensioned parent claim a \$4,000 property tax exemption unless the property value exceeds \$5,000 (\$10,000 for married couples). Veterans with 100% disability or their unmarried surviving spouse qualify for a larger exemption with basic and low-income tiers—check with the local assessor.

[Learn more about Veteran benefits in California.](#)



**Post 8254.** So much to cover, so little space...

1. **MVCC.** Last week, we participated in the Military Vehicle Show in Plymouth and did fairly well. Bottom right of the page are some of the volunteers who worked it including Brian Bulger, Brian Miser, Commander Boughner, and QM Jerry McCarthy. By the way, the one in the middle is SGTMAJ Boughner – the one who was truly running the show.
2. **Bowling League.** We completed our Bowling League, and a fun time was had by all. We are taking signups for the Summer and Winter leagues, please contact Jerry Brady if interested. You DO NOT need to be a veteran or an aux member to join the league.
3. **New Website.** We already have a Facebook page, but now we can announce that we have begun construction of our new website. We encourage you all to check it out – it is [www.vfw8254.org](http://www.vfw8254.org). We are looking for constructive feedback.
4. **Ione Memorial Day Flag Placement.** Sunday, May 18<sup>th</sup> at 1:00 PM. This event is open to the public and will be performed at both the Ione Public and Catholic Cemeteries.
5. **Purple Heart Day.** We can now officially announce that the 5<sup>th</sup> Annual Commemoration will be held on August 7<sup>th</sup> at 10:00 AM. More info to come.
6. **Lumberjack Day.** Our friends in West Point have announced their annual Lumberjack Day on October 4<sup>th</sup>. This will be their 50<sup>th</sup> annual celebration. Make plans to get there.

## Action Corps Weekly – April 21<sup>st</sup>, 2025

**VFW Meets with White House Officials:** VFW Washington Office Executive Director Ryan Gallucci and National Legislative Director Kristina Keenan met with members of the White House Office of Public Liaison to introduce our organization's goals, history, and [legislative priorities](#). The discussion centered around the Administration's plans to organize meaningful events and roundtables to hear directly from veterans, and to find ways to promote their health and wellness.

**VA Contact Centers Migrating to Cloud:** VA is enhancing its contact centers, such as the [Women Veterans Call Center](#) and [Veterans Crisis Line](#), by migrating to a modern cloud platform. This upgrade aims to provide veterans with faster and more personalized support. Launched in March 2025, the new system features scalable tools, AI-driven insights, and real-time responsiveness. [Learn more.](#)

**Reinstatement Opportunity for COVID-19 Discharges:** In accordance with a presidential [executive order](#), DOD is offering reinstatement with back pay and benefits to over 8,000 former active and reserve service members who were discharged solely for refusing the COVID-19 vaccine, and request to return. The military services are directly contacting these individuals to ensure they are informed of the opportunity available through April 1, 2026. [Read more.](#)

## Meetings

Post Phone  
Post Hours  
Next Event  
Hot Dog Cart  
Post Website  
Poppy Drives

2<sup>nd</sup> Wednesday  
Dinner @ 5:00 PM  
Meeting @ 6:00 PM  
209-274-0956  
Tue-Fri (Noon-4)  
Bingo – April 30th  
TBD  
[WWW.VFW8254.ORG](http://WWW.VFW8254.ORG)  
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 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](#)

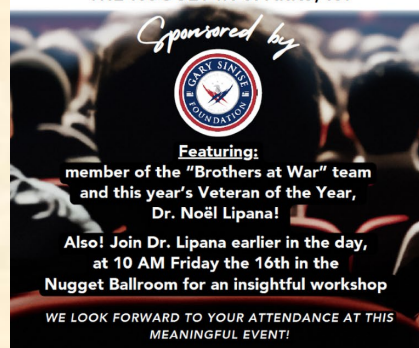
## CONVENTION

**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**



**S. 599/H.R. 1288 – the Driver Reimbursement Increase for Veteran Equity (DRIVE) Act of 2025**, would increase the mileage reimbursement rate for veterans receiving health care from Department of Veterans Affairs (VA). Additionally, the bill would enhance and expedite the processing of beneficiary travel payments, ensuring they are issued within 90 days of reimbursement submission.

In 2010, Congress passed legislation to establish a minimum mileage reimbursement rate of 0.41 cents per mile, aligning it with the General Services Administration (GSA) rates for federal employees. This legislation also granted the VA Secretary the authority to adjust future mileage rates set by the GSA, which is currently 62.5 cents. However, since the implementation of this law, the VA Secretary has failed to use their authority to adjust the travel mileage reimbursement rate.

The DRIVE Act would align the veterans' mileage reimbursement rate with GSA. It addresses the inadequacy of the current VA travel mileage reimbursement rate. Veterans should not have to choose between getting the care they've earned and deserve, and the rising cost of travel to access their needed care.

DAV supports the DRIVE Act in accordance with Resolution No. 233, which calls for adopting the increased mileage rate set by the GSA for veterans' beneficiary travel. We call on DAV members and supporters to contact your elected officials and urge them to co-sponsor and support the DRIVE Act of 2025.

\*\*\*\*\*

**H.R. 1732, the Governing Unaccredited Representatives Defrauding VA Benefits Act or GUARD VA Benefits Act** would reinstate criminal penalties on individuals for soliciting, contracting for, charging, or receiving any unauthorized fee or compensation with respect to the preparation, presentation, or prosecution of any claim for Department of Veterans Affairs (VA) benefits.

VA-accredited organizations like DAV exist to help our nation's heroes obtain their earned benefits at no cost. However, some unaccredited companies charge disabled veterans exorbitant fees for assistance with their VA benefits claims—bilking them out of what they have rightly earned through their military service. That's why it is so vitally important that ill and injured veterans are represented by properly accredited individuals and institutions when applying for VA benefits.

DAV firmly believes that no one should be charged to file a claim in a non-adversarial process. In accordance with DAV Resolution No. 324, DAV strongly supports H.R. 1732, the GUARD VA Benefits Act, which will help ensure disabled veterans receive VA-accredited representation while deterring predatory practices that seek to pick the pockets of our nation's heroes of their earned benefits.

Some opponents of the GUARD VA Benefits Act argue that it impinges upon a veteran's right to choose their own representative. We believe the GUARD VA Benefits Act simply removes unaccredited, unregulated and often unscrupulous actors who target veterans from entering the process. The passage of the GUARD VA Benefits Act would hold bad actors accountable to the law and allows for redress when veterans find themselves victims of being charged exorbitant fees for claims assistance.

Please use the prepared email to contact your Representative urging them to cosponsor H.R. 1732, the GUARD VA Benefits Act.

\*\*\*\*\*

April is [#SexualAssaultAwarenessMonth](#). At DAV, we are focused on addressing the staggering number of veterans who experience military sexual trauma (MST). Learn more about the factors contributing to MST and the legislation DAV supports to fix it at <http://womenveterans.org>.



# AMERICAN LEGION

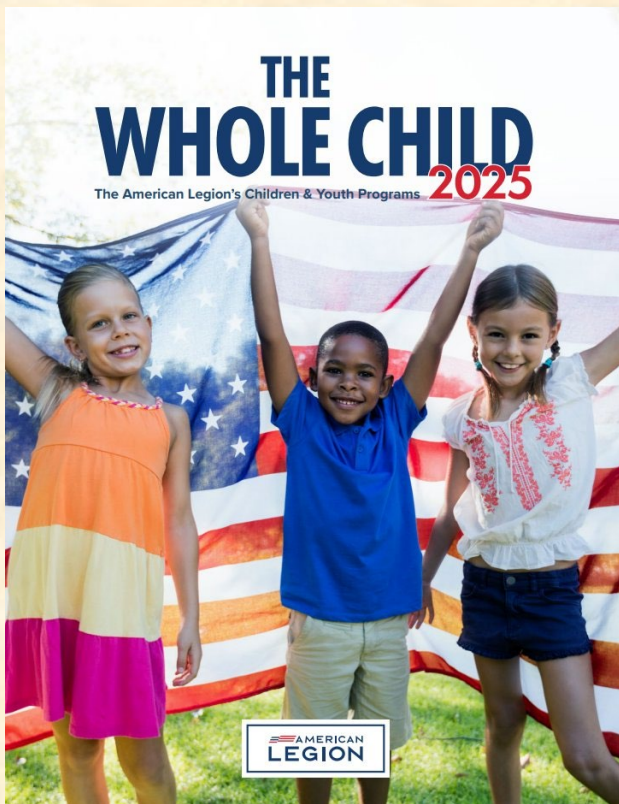
## POST 108



**Legion Twitter.** This is kind of neat. A new memorial in D.C. will pay tribute to the sacrifices & heroic deeds of service animals & their handlers. The National Service Animals Memorial will honor dogs, horses, donkeys, mules, homing pigeons, dolphins, sea lions & others. <https://legion.org/information-center/news/honor/2025/april/a-monument-to-the-human-animal-bond>

**Legislative.** Currently, [@USNationalGuard](#) & reservists activated under state orders do not accrue eligibility for Post-9/11 GI Bill benefits. The Guard & Reserve GI Bill Parity Act of 2025 (HR. 1423/S. 649) addresses this inequity. Urge support from Congress: <https://votervoice.net/mobile/AmericanLegion/Campaigns/124727/Respond>

**Be the one.** Our [#BeTheOne](#) website, <http://betheone.org>, has been refreshed for easier navigation & new resources have been added. Check out the How-to videos, training & more veteran [#SuicidePrevention](#) tools. <https://legion.org/information-center/news/be-the-one/2025/april/betheoneorg-gets-a-refresh-new-resources...#MentalHealth#SuicideAwareness>



During [#ChildrenAndYouthMonth](#) learn about our youth programs & services. Our bookazine, "The Whole Child", provides the beginning of our support for children & youth, & its impact at the local, state & national levels. Download it: <https://legion.org/getmedia/46d6f74a-c4dc-4c5f-8ab0-cf62bda11619/305acy0325-whole-child-booklet.pdf>....

### **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:** June 2<sup>nd</sup>, August 4<sup>th</sup>, September 29<sup>th</sup>, and December 1<sup>st</sup>.

**2026 Blood Drives:** February 2<sup>nd</sup>, April 6<sup>th</sup>, June 1<sup>st</sup>, August 3<sup>rd</sup>, September 28<sup>th</sup>, and December 7<sup>th</sup>.

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.

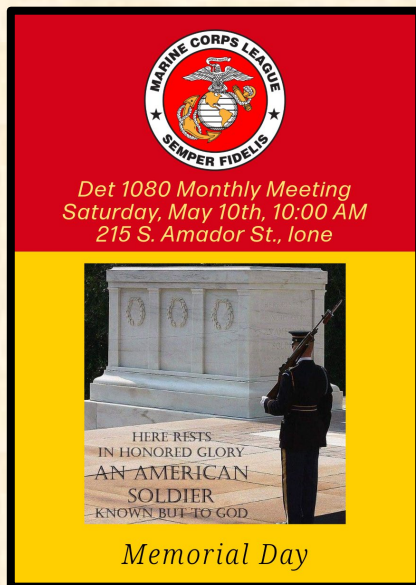
### **Links:**

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

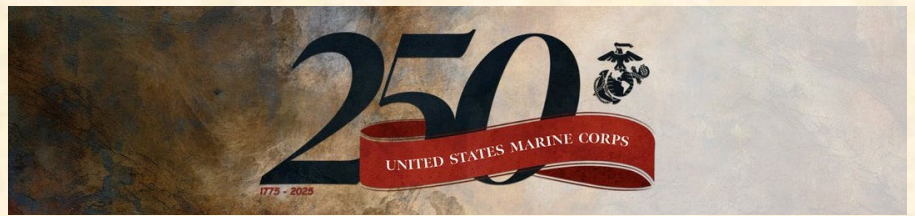




**Meetings** First Saturday of the Month,  
10:00 AM  
**Phone** 209-274-4956  
**Post Hrs:** Noon – 4:00 PM (Tue – Fri)  
**POC:** Senior Vice Rick Boughner  
**M/C Ball:** November 10<sup>th</sup>, Legion Hall  
**Next Event:** TBD



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



## MARINE CORPS LEAGUE DET 1080

**Marines Twitter.** [#Marines](#) with the [@26meu](#) participate in a limited-scale raid exercise at Stone Bay in [@camp\\_jejeune](#). The Marines conducted raid training to practice and refine techniques and procedures in preparation for potential future missions as the ground combat element of the Special Purpose Marine Air-Ground Task Force – Alert Contingency MAGTF (SPMAGTF-ACM).



U.S. Marines with 3rd Marine Logistics Group, U.S. Navy Sailors with Naval Beach Group 1, and Republic of Korea Marines with the ROK Marine Corps' MLG conducted an instream offload at the beach outside of ROKMC Base Pohang during exercise Freedom Banner 25 in Pohang, South Korea, from Feb. 28 to March 1, 2025.

The instream offload is part of the overarching Maritime Prepositioning Force (MPF) strategy, which sees these supplies transported by ship and offloaded and distributed to III Marine Expeditionary Forces in-country prior to the Korean Marine Exchange Program. The instream variation of an MPF offload is designed to be conducted without routine logistical support systems.

For the full story from the USMC website, [click here](#).





# TRICARE COMMUNICATIONS

## Want to Learn About TRICARE FOR LIFE? Check Out This Handbook

April 22, 2025 | By TRICARE Communications

You may be approaching age 65, or you may have a disability or a medical condition that makes you eligible for [Medicare](#) and [TRICARE For Life](#) before you turn age 65. In either case, you'll benefit from checking out the [TRICARE For Life Handbook](#).

"The TRICARE For Life Handbook is your go-to resource for all things related to the Medicare and TRICARE," said Robert Agnello, team lead, beneficiary web and publications, for the Defense Health Agency. "The handbook is your guide to understanding your TFL coverage."

Here's a closer look at what the handbook highlights.

**Understanding how TFL works.** Wondering what the transition to TFL will be like? The first thing you should know is that if you're TRICARE-eligible and have [Medicare Part A](#) and [Medicare Part B](#), your transition to TFL is automatic. You don't need to enroll.

As you make the transition, the handbook can help ease the way. The sections take you through:

- Medicare and TRICARE eligibility
- How Medicare and TFL work together
- What services are covered
- How to get care where you live and when you travel

You'll learn how TFL works with [other health insurance](#). The handbook also describes your dental and vision coverage options. This includes coverage through the [Federal Employees Dental and Vision Insurance Program](#).

Remember, you have TFL when you're TRICARE-eligible and have premium-free Medicare Part A (hospitalization insurance) and Medicare Part B (medical insurance, which has a monthly premium), regardless of age or where you live. Be sure to check the [Defense Enrollment Eligibility Reporting System](#) to verify that all your information is up to date.

**Knowing your pharmacy coverage options.** [Pharmacy coverage](#) is a priority. TFL offers the same comprehensive prescription drug coverage as other TRICARE health plans, as well as the same convenient options for filling your prescriptions. You can get your prescriptions through:

- [Military pharmacies](#)
- [TRICARE Pharmacy Home Delivery](#)
- [TRICARE retail network pharmacies](#)
- [Non-network pharmacies](#)

**Note:** You don't need a [Medicare Part D](#) prescription drug plan to keep your TRICARE prescription drug coverage. With Medicare Part D, you may also pay a monthly premium, and you'll need to follow the plan's rules for filling prescriptions.

**Learning how to get the most from Medicare and TFL.** Anytime you change health plans, there's a learning curve. With TFL, you may wonder how to:

- Find a provider
- Ensure you won't have any out-of-pocket costs for a service
- Get care if you travel or live overseas
- Obtain a pre-authorization or referral for care
- File claims, an appeal, or a grievance
- Know the difference between Original Medicare and Medicare Advantage
- Get more information

The [TRICARE For Life Handbook](#) explains all this and more. In addition to finding the TRICARE For Life Handbook online, did you know you can also order a printed copy? To order, contact [WPS Military and Veterans Health](#), the TFL contractor, at 866-773-0404.

Interested in other resources? You may want to browse other TRICARE publications like the [TRICARE and Medicare Turning Age 65 Brochure](#) and the [TRICARE and Medicare Under Age 65 Brochure](#). Check out [TRICARE Publications](#) for more resources on specific plans and benefits.



## Links

[DEERS INFO](#)

[TRICARE 101](#)

[TRICARE Costs & Fees Sheet](#)

[TRICARE Eligibility](#)

[TRICARE Overseas Travel](#)

[TRICARE West](#)



# LOYALTY DAY – MAY 1ST

*Some of the holidays we celebrate honor great Americans, while others recognize great moments in our history. But this one – Loyalty Day – celebrates everything, from the moment we delivered our Declaration of Independence to the British, to the moment we gathered here. For members of the VFW, loyalty isn't just a word; it's a cornerstone of our service, a bond forged in shared sacrifice and unwavering commitment to this nation.*

*We pledged an oath to defend the Constitution, and that oath extends beyond our time in uniform. Loyalty Day serves as a vital reminder of the values we fought to uphold: freedom, democracy, and the principles that make America the beacon of hope for so many. It is a celebration of America and everything America stands for. On days like today, we should pause for a moment and look back at where we've been, and ahead to where we want our nation to go.*

*Originally observed as "Americanization Day" in 1921 and enacted into public law by Congress in 1958, Loyalty Day celebrates the legacy of freedom and the shared ideals that bind our great nation together. While initially established to counterbalance the May 1 celebrations of the Communist party in the United States, the day has endured as a permanent fixture on America's calendar.*

*Even as the Communist threat has greatly diminished over the years, Loyalty Day remains a day worth recognizing ... especially when we all face a world that can at times feel fractured. Loyalty Day calls us to remember what unites us, bringing back into focus the great principles of freedom and democratic values that define our nation.*

*Today, we must remind others and ourselves that there is no substitute for loyalty, and we must pledge ourselves to maintain a free society in which loyalty is respected and encouraged. It is especially fitting for us to celebrate our loyalty by keeping the most honorable and courageous Americans in the forefront of our minds ... those who have fought and who continue to fight to maintain our independence and way of life.*

*As veterans of foreign conflict, we understand better than most the true cost of freedom and the enduring importance of a united citizenry. We see loyalty not as blind obedience, but as an active engagement in our civic duty - voting, volunteering and contributing to improving the well-being of our communities.*

*America's history has been built by generations of citizens who have endured many struggles to sustain our freedom and to uphold the guiding values of which our founding fathers fought so fiercely. And in our great nation, a place where human dignity is treasured above all, American ideals continue to allow for growth, distinction and an opportunity for success.*

*As we look toward the future with determination and hope, we can take pride in knowing that these legacies of freedom, so gallantly defended by so many, will be there for generations to come.*

***Happy Loyalty Day!***



# ASIAN/PACIFIC ISLANDER HERITAGE MONTH

**442<sup>ND</sup>**

## **Regimental Combat Team**



*In their two years of service, the 442nd RCT and the 100th IB, before it joined the 442nd, earned:*

- 7 Presidential Unit Citations
- 2 Meritorious Service Plaques
- 36 Army Commendation Medals
- 87 Division Commendations

*Individual soldiers were awarded 18,000 decorations, including:*

- 21 Medals of Honor
- 29 Distinguished Service Crosses
- 560 Silver Stars
- 4,000 Bronze Stars
- 22 Legion of Merit medals
- 15 Soldier's Medals
- Nearly 9,500 Purple Hearts

*The units lost 650 men, more than 3,700 were wounded in action, and 67 were declared missing in action.*

*Every year, April 5 is celebrated as National "Go For Broke" Day, derived from a saying that's known to mean "wager everything." "Go For Broke" also happens to be the motto of one of the most decorated units in U.S. military history, the Army's 442nd Regimental Combat Team, and they're likely the reason why this celebrated day exists.*

*The 442nd RCT was a segregated World War II unit made up entirely of Americans of Japanese ancestry, which was a big deal since they were barred from military service at the start of the conflict due to fears stemming from the Pearl Harbor attack. Japanese Americans, known as Nisei, couldn't enlist in the armed forces, and hundreds of thousands of them were relocated into internment camps out of distrust.*

*But many Nisei still wanted to serve America. They were eventually able to do so through the 100th Infantry Battalion, the 1399th Engineer Construction Battalion, the Military Intelligence Service, and the 442nd RCT — which became the most decorated military unit of its size and length of service.*

*The 442nd RCT was activated Feb. 1, 1943, and was composed of Nisei men who had volunteered from Hawaii and internment camps on the mainland. They trained at Camp Shelby, Mississippi, before deploying to Italy in June 1944, where they joined in combat with the 100th Infantry Battalion — the first Nisei Army unit to be activated in the war.*

***Earning Accolades.*** *In the following two months, the 442nd RCT earned nine Distinguished Service Crosses, while the 100th earned three. By mid-August, the 100th officially became part of the 442nd RCT. That's when "go for broke" became their motto.*

*The men of the 442nd RCT fought so well that, in September 1944, they were reassigned to the invasion of southern France under the 7th Army and took part in the drive into the Vosges Mountains. During four weeks that fall, they liberated Bruyeres and Biffontaine and also rescued a battalion that had been cut off from its division.*

*For several more months, the 442nd RCT guarded the French/Italian border. By March 1945, they were again reassigned, this time to the 5th Army and the Po Valley campaign, where they were attached to the 92nd Infantry Division, an all African American unit. Together, they helped drive the Germans out of northern Italy.*

*The 442nd RCT was demobilized and inactivated about a year after World War II ended. Many of the men who served in the 442nd went on to have distinguished careers in science, higher education and government.*

*For their heroic actions in combat and steadfast loyalty in the face of ethnic discrimination, more than 450 Japanese American soldiers of World War II were honored in December 2011 with the Congressional Gold Medal, the highest civilian award for service given out by the U.S.*



## 2025 DATES TO REMEMBER

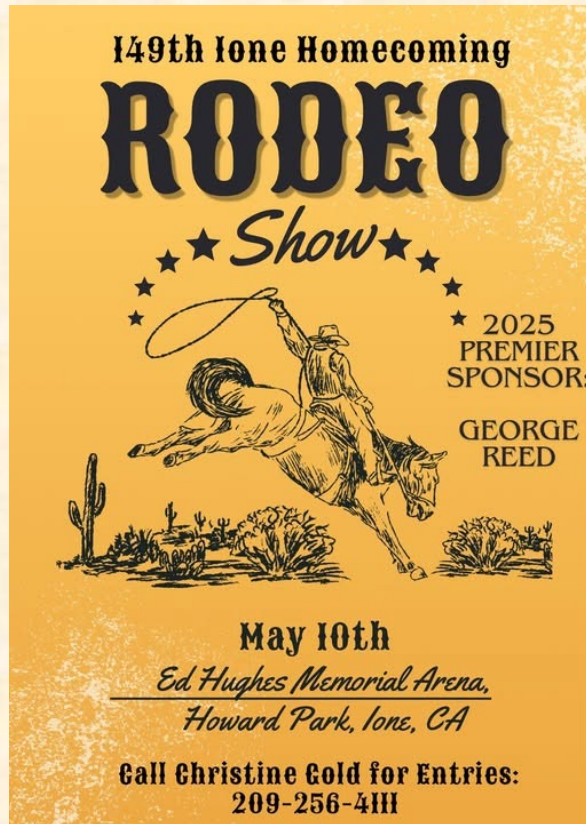
<u>Date</u>	<u>Event</u>	<u>Time:</u>	<u>Location</u>
Feb 16:	Liversedge/Iwo Jima Remembrance	11:00 AM	Volcano
Feb 22:	DPAA Family Update		Sacramento
Mar 15 & 16:	Dandelion Days		Downtown Jackson
Mar 22 & 23:	Capital Air Show		Mather Field
Mar 29:	National Vietnam War Veterans Day		
Apr 16-19:	Military 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 & Chili Cookoff		Main St. Ione
Jul 4:	Independence Day & Volcano Car Show		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	10:00 AM	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. In 2025, the remaining dates are June 2<sup>nd</sup>, August 4<sup>th</sup>, September 29<sup>th</sup>, and December 1<sup>st</sup>.
- 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

## 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

## JUNE 21<sup>ST</sup> – IONE CAR SHOW



*Post 8254 will be a participant in a couple of these events – the Hot Dog Cart will be present, and I believe that we may even supply a judge or two for the events.*

*Registration is NOW OPEN for the 2nd Annual Ione Car Show! Bring your classic, custom, or one-of-a-kind ride to Main Street and be part of a hometown tradition that's growing fast!*

- 📅 Saturday, June 21, 2025 | 9 AM – 3 PM
- 📍 Main Street, Downtown Ione
- 💰 \$30 registration includes an official 2025 Car Show t-shirt
- 📅 Deadline to register: June 1st

🍷 Early check-in + Friday night mixer at Blue Stone Public House!

👉 Tap the link to register your vehicle and view the full itinerary. <https://myione.com/2025-carshow>



# 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</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

## MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr 27	28	29	30	May 1 Loyalty Day 7 PM Legion Mtg	2	3 VFW Day of Service 9 AM VFW D17 Conv
4	5	6	7 9 AM Kaiser Truck	8	9 Homecoming LUCID WKG PTY 10 AM MCL Mtg	10
11 Homecoming Mother's Day	12 6 PM Sons Mtg 6:30 PM Riders Mtg	13	14 5 PM 8254 Mtgs	15 7 PM DAV Mtg	16 DAV State Convention (Sparks, NV)	17 Armed Forces Day
18 1 PM Ione Flag Placement	19	20	21 9 AM Kaiser Truck	22	23 VFW Poppy Distro LUCID WORKING PTY	24
25 VFW Poppy Distro	26 Memorial Day	27	28	29	30	31