



Amador County Veterans Newsletter - June 23rd, 2025

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FROM THE CHAPLAIN

Prayer for United Nations Public Service Day

In the spirit of Romans 12:6-8, I pray for those who have dedicated their lives to service. Please bestow Your divine wisdom, strength, and courage upon these selfless individuals as they work to improve society. May You watch over them as they strive for a just and united global community on this United Nations Public Service Day. Grant us all the grace to appreciate their invaluable contributions and inspire others to follow in their footsteps. Amen.

QUOTE OF THE WEEK

“Summer, after all, is a time when wonderful things can happen to quiet people. For those few months, you’re not required to be who everyone thinks you are, and that cut-grass smell in the air and the chance to dive into the deep end of a pool give you a courage you don’t have the rest of the year. You can be grateful and easy, with no eyes on you, and no past. Summer just opens the door and lets you out!” – Deb Caletti

“We can’t help everyone..But everyone can help someone.” – Dr. Loretta Scott

MILITARY HISTORY THIS WEEK

- 6/23/1812: Marine Lt. John Heath became the first casualty of the War of 1812.
- 6/24/1917: General Pershing lands with the first contingents of the American Expeditionary Force.
- 6/25/1876: Battle of the Little Bighorn
- 6/26/1948: Berlin Airlift begins
- 6/27/1944: Capture of Cherbourg, France
- 6/28/1945: General MacArthur announces that the operations on Luzon are complete.
- 6/29/1970: U.S. ground combat troops end two months of operations in Cambodia and return to South Vietnam

VETERANS ADMINISTRATION

Veteran makes healthy eating a habit

Healthy Teaching Kitchen teaches recipes, skills

June 16, 2025 | Gwen McMillian, Communications Specialist, Digital Health Office

When Teresa Collins was an Air Force jet engine mechanic, she worked 12-hour days. Her busy schedule often forced her to order takeout or go to the drive thru. When she retired, she found herself with more free time and began exploring new ways to cook for herself with VA's Healthy Teaching Kitchen program.

Healthy Teaching Kitchen helps Veterans get healthier food onto their plates. It provides classes and educational materials to build confidence in cooking at home with healthy, minimally processed foods.

“Healthy Teaching Kitchen has been such a blessing to me. I couldn't tell you how much time and money I have saved,” Collins said.

***Making eating a healthy habit.** Collins heard about the Healthy Teaching Kitchen program from her registered dietitian, Kandace Bletzacker. When Collins shared her past eating habits and her family history of diabetes, Bletzacker recommended the program so Collins could learn how to cook tasty, healthy meals for herself.*

Veterans can attend Healthy Teaching Kitchen classes either in person or online. Classes range from demonstration-style seminars to cook-alongs. In addition to cooking skills, instructors teach Veterans about nutrients, meal planning and grocery shopping. Many Healthy Teaching Kitchen classes also include options for specific health concerns, such as low-carb cooking for diabetes and anti-inflammatory cooking.

In January, Collins started taking a class on cooking with cost-friendly ingredients. She attended from home using her personal computer. “They teach us how to store stuff, how to grocery shop. They even give us booklets with additional recipes,” she said.

Collins said she has learned “so many great recipes” and now has the confidence and cooking skills to “whip something up from [her] pantry.” She said she has already seen the positive impacts of a balanced diet.

***More information.** If you're interested in taking classes, ask your provider if your VA facility has a Healthy Teaching Kitchen program. Classes are open to Veterans and partners, family members and caregivers. Visit the [Healthy Teaching Kitchen program page](#) to read more about how you can get started today.*



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

[June 2025 Veterans Benefits](#)

[Newsletter](#)

[May 2025 Veterans Benefits](#)

[Newsletter](#)

[April 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 -](#)

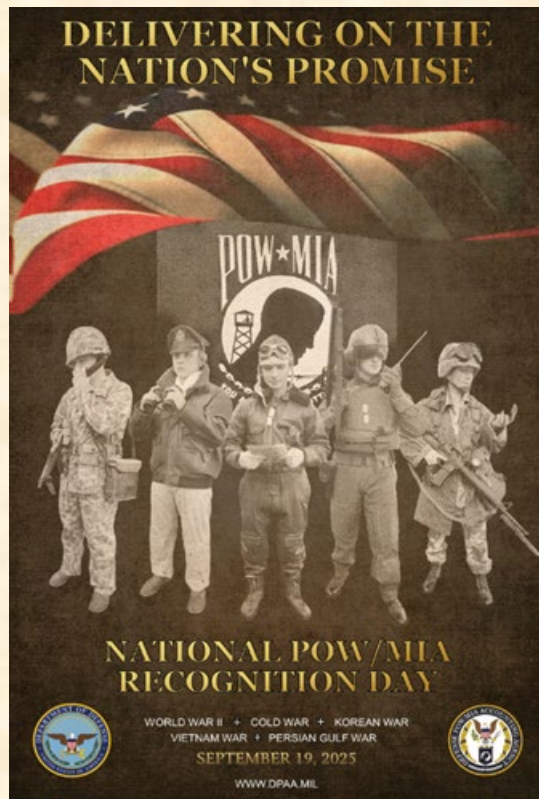
[Mather](#)

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 for assistance.

POW/MIA

Army 2nd Lt. Charles S. Atteberry, 26, killed during World War II, was accounted for June 4, 2025. In January 1945, Atteberry was assigned to the 31st Infantry Regiment, Philippine Army on the Bataan Peninsula, in the Philippines. He was held as a prisoner of war by the Empire of Japan in the Philippines until 1944 when the Japanese military moved POWs to Manila for transport to Japan aboard the transport ship Oryoku Maru. Unaware the allied POWs were on board, a U.S. carrier-borne aircraft attacked the Oryoku Maru, which eventually sank in Subic Bay. Atteberry was then transported to Takao, Formosa, known today as Taiwan, aboard the Enoura Maru. On Jan. 13, after U.S. forces attacked and sank the Enoura Maru, Japanese authorities reported that Atteberry was placed aboard the Brazil Maru bound for Moji, Fukuoka Prefecture, Japan, where he died days later.

Army Air Forces Staff Sgt. Clifford E. Keeney, 26, killed during World War II, was accounted for June 12, 2025. In 1944, Keeney, a top turret gunner aboard a B-17G "Flying Fortress," was assigned to 327th Bombardment Squadron, 92d Bombardment Group, Eighth Air Force. He was reportedly killed in action on Sept. 13 during a bombardment mission to Merseburg, Germany after his aircraft was shot down by enemy aircraft fire anti-aircraft fire and crashed in the vicinity of Neustädt, Germany. Eight of the nine crew members onboard were killed and buried by German forces in a cemetery in Neustaedt. Keeney's remains were not accounted for after the war.



Note: It is our intent to host a small, open to the public commemoration of POW/MIA's on Friday, September 19th. We are putting together the details, but it will be a short event, most likely held at the Ione Veterans Memorial Hall with a time TBD. We further expect to have some light refreshments afterward.

POW/MIA UNACCOUNTED FOR



*According to DPAA,
as of June 20th, 2025,
there remain:*

World War II:	71906
Korea:	7415
Vietnam:	1571
Cold War:	126
Gulf War/Libya:	6
Total:	81051

*Current Identifications
By Conflict for FY 25
As of June 20th, 2025*

World War II	101
Korea	38
Cold War	0
Vietnam	3

AMADOR COUNTY VETERANS SERVICE OFFICER

Veterans Treatment Court helps Marine turn his life around

Court helps homeless Veteran regain stability, sobriety

June 15, 2025 | Shawn Liu, National Homeless Program Manager, VHA Homeless Programs Office

After being arrested for DUI, Marine Corps Veteran Taylor West was facing jail time when the court offered him an alternative: [Veterans Treatment Court](#)—a structured program that would ultimately change his life. The court not only spared him time behind bars, but helped him get sober, reclaim his driver's license and better provide for his family. "That DUI is the best thing that ever happened to me. You think boot camp is hard—that's the most strenuous program I've ever been in," West said. "This was harder than jail time."

Struggling after service. West was barely 18 when he enlisted in the Marine Corps in 2004. He spent five years there, serving two tours in Iraq. "It was definitely very important to forming who I am," said West. "I'm not sure I'd do it again, but I can't say I regret it either."

West found returning to civilian life disorienting and difficult. Struggling with service-related PTSD, he missed the structure and discipline of military life and the camaraderie of fellow Marines. He worked low-wage jobs, with stability out of reach. He moved in with his parents and barely scraped by. Then, West experienced an acute mental health episode, walked away from his family, and sank into a spiral of drinking and near chronic homelessness. For nearly a decade, he slept on couches, rented rooms or camped, but never had his name on a lease. A DUI in 2009 did nothing to rein in his drinking, but the second one more than a decade later turned out to be a blessing in disguise.

Turning point. Veterans Treatment Courts (VTCs) are community-led alternatives to traditional justice systems, offering tailored support for Veterans facing legal trouble due to substance use or mental health challenges tied to military service. With therapy three times a week, mandated drug testing and regular check-ins with the court, the VTC was a gamechanger for West—"an AA meeting with consequences." The strict accountability of the program worked not only for him but for many Veterans around him, he said. But just as West was finishing up his time with the VTC, something came along that tested everything he'd built.

Put to the test. Hurricane Helene stormed through western North Carolina in September 2024, leaving behind large swaths of destruction in the mountain community West calls home. West's family—including his wife and four kids under the age of 13—struggled as their home suffered significant damage. As West helped his neighbors and his community recover from the devastation, he said he felt like he couldn't walk 20 feet without being offered a beer in thanks.

This white-knuckle time could have easily torpedoed his newfound sobriety, but thanks to the lessons he learned in VTC, West powered through. Now, six months later, West and his family are back in their home and West has resumed his work as a landscaper. "You never get over it," he said about his substance use issues. "You get used to it. It's not going to get easier, but now I get to pick my struggles. They don't fall on my head, because I have control of my life."

Learn about VA programs

- If you are a Veteran who is homeless or at risk for homelessness or need to connect with a Veterans justice outreach specialist, call the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838).
- Visit the [VA Homeless Programs website](#) to learn about housing initiatives and other programs for Veterans exiting homelessness.
- Learn how to [get involved with housing homeless Veterans](#).
- Visit the [Justice for Vets](#) site to learn more about Veterans Treatment Courts.

Note: Amador County does have a Veterans Court.

INFORMATION



Angela Sheble

Amador County

Veterans Service Officer

10877 Conductor Blvd., Ste. 700

209-223-6476

Email: asheble@amadorcounty.gov

Hours:

Mon, Tue, Wed (9-4)

by appointment

Thu (9-1) & (2-4) Walk-ins

Fri – No appointments



**Amador County
Veterans Service
Office**

Will be
Closed

On the following
Tuesdays:
June 10th-Training
June 16th-20th-
(Moving to Suite 100 and Training)
June 24th-Training

I apologize for any
inconvenience this may cause.
Please leave a message at 209-223-6476

IONE MEMORIAL POST & AUX 8254

Action Corps Weekly – June 16th, 2025

Press Conference on Care for Military Sexual Trauma Survivors: The VFW Washington Office hosted a press conference during which leading veteran organizations called on Congress to support [S.1245/H.R. 2576](#), Servicemembers and Veterans Empowerment and Support (SAVES) Act of 2025. This bipartisan, bicameral bill would take a multi-faceted approach to enhance access to health care and benefits for military sexual trauma survivors, improve communications with VA, and ease the burden of filing MST-related disability compensation claims. It would also ensure that all former National Guard and Reserve members receive MST-related care and counseling. [Watch the press conference](#), which begins at the 4:58 mark.

Senate Committee Roundtable on Stronger Transition Support: National Legislative Service Associate Director Joy Craig participated in a Senate Committee on Veterans' Affairs roundtable on identifying gaps in supportive services for transitioning service members and evaluating the role of non-profits, employers, and community organizations. Craig stated that military-to-civilian transition remains a top priority for the VFW, which strongly supports the passage of the [TAP Promotion Act](#) and the establishment of a senior official in the Department of Defense to oversee all aspects of transition. Strong and seamless support before, during, and after separation is critical to ensure that every veteran has the tools and resources needed to thrive after service.

VFW Provides Statement for House Subcommittee Hearing: VFW National Legislative Director Kristina Keenan provided a statement for the record for a House Veterans' Affairs Subcommittee on Economic Opportunity pending legislation hearing. The topics include improvements to property protections for activated service members, VA communications, transition assistance, education and employment benefits, and programs for homeless veterans. Regarding [H.R. 3387](#), Enhancing the Transitioning Servicemember's Experience (ETS) Act, Keenan wrote, "Improving transition programs is one of the VFW's top priorities, and we see this proposal as directly supporting the intent of the current DOD and VA memorandum of understanding to enhance coordination between the two departments on these efforts." [Read the testimony](#) or [watch the hearing](#), which begins at the 18:26 mark.

VFW Statement on Pending Health Legislation: VFW National Legislative Associate Director Meggan Coleman submitted a statement for the record for a House Veterans' Affairs Subcommittee on Health hearing on pending legislation. Included in the bills being considered is [H.R. 2605](#), Service Dogs Assisting Veterans (SAVES) Act, which would create a five-year pilot program for VA to provide grants to nonprofit organizations to furnish eligible veterans with service dogs and veterinary insurance. Coleman stated the VFW's strong support of this legislation and explained, "Service dogs assist with various physical, auditory, and trauma-related disabilities. They help empower veterans to regain their independence, pride, and hope. While they are typically provided free of charge, the medical care involved can be costly. This legislation would enable more veterans to receive support animals with less of a financial burden." [Read the testimony](#), or [watch the hearing](#), which begins at the 20:50 mark.

Post 8254.

- **Auxiliary Breakfast.** We had a great turnout for the event last Saturday.
- **Fireworks Sale.** The Post is participating in the annual IBCA Fireworks sale from June 28th to July 4th. If you are interested in volunteering some time, please contact Commander Rick.
- **Purple Heart Day.** The 5th Annual Commemoration will be held on August 7th at 10:00 AM in Plymouth. More info to come.
- **We are looking for volunteers to make the Main Dish for the monthly meeting.** If you have an idea for a certain month and would like to volunteer for the main dish only, please contact Rick or Dolores.





LINKS

[National Website](#)

[Post Website](#)

[Post Facebook Page](#)



**Post 8254 & Auxiliary
Dinner & a Meeting
Wednesday, July 9th
Dinner: 5:00 PM;
Meeting 6:00 PM Sharp
(Maximum done by 7:15)
215 S. Amador St., Ione
209-274-4956**

***** Our meetings DO NOT
last more than one hour 15
minutes.**

DAV CHAPTER 118

*From the NATIONAL ADJUTANT
BARRY A. JESINOSKI*

Suddenly, a veteran screams, jolted awake from a dream all too real. An inescapable reliving of an agonizing event. A desperate avoidance of people, places or activities reminiscent of the most anguishing days of one's life. These are more than symptoms of post-traumatic stress disorder (PTSD); they are realities faced by veterans afflicted with this invisible scar.

First recognized in war veterans, post-traumatic stress has had many names over the years. In World War I, it was "shell shock," a reaction to being in proximity to exploding artillery shells. "Battle fatigue" was used during the Second World War to describe the psychological impact of combat. There are even accounts of Civil War veterans suffering from flashbacks.

No matter what we call the phenomenon, the connective tissue running through wars of the past to today is the panic-induced symptoms that can affect every facet of a veteran's life.

In 1977, following the end of the Vietnam War, DAV funded the Forgotten Warrior Project, pioneering research that resulted in the addition of PTSD to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders. That seminal recognition was critical in recognizing and treating PTSD and ensuring justice could be achieved for veterans of all eras.

DAV's involvement in funding this research meant that our nation could no longer ignore the cold truth of what so many of our Vietnam veterans endured. The willingness of these veterans to confront their struggles has left a lasting impact that still echoes and will continue to do so for generations to come.

June is PTSD Awareness Month, a time dedicated to raising our collective consciousness and educating the public about PTSD's causes, symptoms and treatment options. It's also a time to reduce the stigma associated with this mental health condition.

While many questions remain surrounding post-traumatic stress, what we know is that veterans who have PTSD aren't alone. Combat isn't a prerequisite to feeling the full effects of the psychological prison many veterans find themselves in.

Even during training, veterans have witnessed horrible events and experienced life-threatening events. Others have been tragically betrayed by one of their own in what we now call military sexual trauma.

No matter the source of trauma, the symptoms of post-traumatic stress aren't just clinical criteria; they are reminders of the true cost of service.

DAV's dedication to helping veterans experiencing post-traumatic stress remains steadfast. We assist veterans in submitting claims for PTSD and accessing the care they need. But I implore you to look for ways to discuss this diagnosis with your family, friends and, undoubtedly, other veterans—no matter how uncomfortable it may be.

Only together can we conquer what once seemed insurmountable.



*Meetings are held on the Third Thursday
of the Month at 7PM at the Ione Veterans
Hall, 207 S. Amador St..*

Commander: Gareth Hall

[LINKS](#)

[DAV Department Newsletter – Apr 25](#)

[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](#)

AMERICAN LEGION – POST 108



National Commander LaCoursiere addresses a news article that said VA doctors could refuse to treat some patients under a presidential executive order.

A June 16 story in *The Guardian* [reported](#) that, under an executive order from President Trump, doctors at Department of Veterans Affairs (VA) hospitals could refuse to treat some patients.

“You may have seen the recent article incorrectly stating that ‘hospitals nationwide could refuse to treat unmarried veterans and Democrats,’” American Legion National Commander James A. LaCoursiere Jr. said. “VHA Directives 1019 and 1124 explicitly ban discrimination in health care and employment decisions based on these factors, and the directives have not been changed or rescinded.

“We have spoken with VA officials who assured us there are no plans to change these directives, and reiterated in the strongest possible terms that every eligible veteran will continue to receive the care and benefits they’ve earned. The American Legion will keep monitoring the administration’s actions and work on behalf of all veterans to ensure VA keeps its promise. If you or a veteran you know believe you have experienced discrimination of any kind, you can file a claim with the VA, the U.S. Equal Employment Opportunity Commission, or contact your congressional representatives.”

Legion Twitter. “I cannot overstate the power that the passage & implementation of this bill would have on veteran [#SuicidePrevention](#) & improved mental outcomes.” Our [@ctlyle1](#) testifies before [@HouseVetAffairs](#) / [@VetAffairsDems](#) on various legislation, including [#SAVESAct](#). <https://legion.org/information-center/news/legislative/2025/june/legion-advocates-in-support-of-service-dogs-for-veterans>

Post Cdr:	Mike Green	209-267-9493
Riders:	Pat Burkhardt	530-635-3878
Sons:	Robby Boughner	916-990-4252
Office Hours	Kathleen Gast	209-267-9493
	Tue, Wed, Thu	10 AM – 2 PM

Dues

Legion	\$50
Riders	\$30
Sons	\$10

Meetings.

- Post Meetings 1st Thursday 7:00 PM
- Riders: 2nd Monday, 6:30 PM
- Sons: 2nd Monday, 6:00 AM

2025 Blood Drives: June 2nd, August 4th, September 29th, and December 1st. As for 2025, the Blood Drives netted a total of 167 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](#)
[Library & Museum](#)
[Scholarship Information](#)

MARINE CORPS LEAGUE MOTHERLODE DET 1080

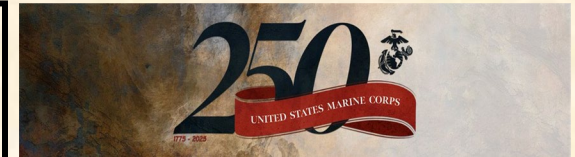


#Marines with @4th MarDiv train at Range 104 during Integrated Training Exercise 3-25 (ITX 3-25) at @MCAGCC29Palms. ITX is a critical Marine Air-Ground Task Force exercise for the Marine Forces Reserve's training cycle, confirming unit readiness through live-fire and combined arms integration. #USMC #SemperFi #military



USMC
1775 - 2025
250 Years
Birthday Ball

You are invited!!
Marine Corps League Motherlode Detachment 1080
Annual Birthday Ball ` November 10, 2025.
To be held at the American Legion Post 108 in Jackson, CA.
More Information Contact
Commandant Tom Correa at (209) 293-3331



Links

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

Next Meeting

Det 1080 Monthly Meeting
Saturday, July 12th, 10:00 AM
215 S. Amador St., Ione

Marine Corps Ball will be held November 10th at a new location – the American Legion Hall in Sutter Hill.

TRICARE - BEFORE A DISASTER

Before a Disaster. Plan a safe evacuation route and identify a safe shelter space. If you're evacuating, take these items with you in waterproof containers:

- Uniformed Services ID card
- Medicare card
- Other health insurance card ("Other health insurance" is health insurance you have in addition to TRICARE, such as Medicare or an employer-sponsored health insurance. TRICARE supplements don't qualify as OHI.)
- Driver's license
- Social Security card
- Checkbook, credit card, cash
- Prescription containers (preferred) or a list of medications with names, doses, and frequencies
- Important phone numbers
- Any important medical or military information and documents
- Immunization records
- First aid kit

Special Needs. If you have special needs, including chronic medical conditions, vision, hearing, or mobility impairment:

- Talk to your doctors about emergency medical plans.
- Know the location of more than one facility if you need dialysis or other life-sustaining treatment.
- Wear medical alert tags or bracelets.
- Arrange to get disaster warnings.
- Arrange for help getting to a shelter.

Prepare to bring the following items with you:

- Your doctor's contact information
- A list of your specific illnesses, allergies and medications, including dosages
- At least one week's supply of medication. Get any prescription refills that are due before you leave, and consider any medications that may need refrigeration
- A list of your medical devices, including type and model number
- Any needed medical devices or equipment. These include glucose monitors/diabetic supplies, breathing aids (nebulizers, oxygen tanks, tubing), spare eyeglasses and contacts, wheelchairs, batteries, and walkers.
- Special foods or supplements
- Food for service animals

More Information. Visit the [Are You Ready Guide](#) for lists and plans to prepare for a disaster.



Links

[DEERS INFO](#)

[TRICARE 101](#)

[TRICARE Costs & Fees Sheet](#)

[TRICARE Eligibility](#)

[TRICARE Health Matters Newsletter](#)

[TRICARE Overseas Travel](#)

[TRICARE West](#)

TRICARE News

June 17: [Getting Care While You Travel: A TRICARE Guide for the U.S. and Overseas](#)

June 10: [Keep an Eye on Your Vision Health With TRICARE](#)

June 5: [Unlock Your Health: How to Report Fraud and Abuse With TRICARE](#)

June 2: [Your TRICARE Checklist for Moving](#)

May 29: [Unlock Your Health: How To Get Mental Health Care With TRICARE](#)

PTSD AWARENESS MONTH - HELP A VETERAN GET NEEDED CARE

What Is It Like After Service? Leaving military service can be planned (like retirement) or it may be sudden, for example, if a service member gets injured. The transition out of service can be hard for anyone, even if it is what the person wants. If you notice a difference in a Veteran after service, it might be worth talking to them about what they are experiencing.

"Normal" is different for everyone, but there are signs a Veteran you care about may need help. Some examples are sleep problems, feeling down or depressed, becoming angry easily or always being on edge, difficulties at work or school, problems with relationships, excessive drinking or drug use, or reckless driving.

We Know Each Other So Well. Why Can't We Seem to Talk about This? It can be hard to tell someone that you think they need help. It can be difficult to say what you mean if you are worried. Also, it can be hard for someone to listen if they are anxious, nervous or even angry.

What Can I Do or Say to Support Them Getting Help? Mental health care is helpful only if a service member or Veteran makes that decision for themselves. Someone can accept making changes only when they truly feel there is a choice. Here are some tips for you to make it easier for a Veteran you care about to get help:

- Express your support or concern. Try saying, "I know things are not going how you like right now, but know that I'd like to help."
- Set a time to talk about your concerns so your loved one feels prepared.
- Bring up your concerns and then find another time to talk again, instead of trying to resolve everything at once.
- You don't need to ask about what happened to support a Veteran. If you do not have military experience, you can say something like, "I'm sure you went through things while serving that would be hard for me to understand, so maybe talking to someone at the VA or a Vet Center might help?"
- "Demanding" someone seek help can backfire, making them less likely to go for help.
- Avoid using threatening language or making ultimatums. Try not to say, "You need to go for help, or else." But it is okay to let someone know how their behavior is affecting you.
- Talk about choices. You can say, "I know it's your call whether you go to see somebody, but if there's something I can do to help, let me know."

Additional Resources for Caregivers

Caregiver Support Program Teams are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

Caregiver Resources to support Veteran care from advance care planning to training to finances and more.

VA's National Caregiver Support Line is a toll-free number for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. Call VA's Caregiver Support Line at 1-855-260-3274 to learn more about support available.

**PTSD TREATMENT
WORKS**

Why wait?



www.ptsd.va.gov

EIGHT WAYS TO MANAGE PTSD SYMPTOMS

1. ***Get Treatment.*** PTSD Treatment works! Compare options with the PTSD Treatment Decision Aid.
2. ***Practice Mindfulness.*** Reduce stress and improve well-being with Mindfulness Coach.
3. ***Limit Alcohol Use.*** Get support and cut back on drinking. Try VetChange.
4. ***Improve your Sleep.*** Get better quality sleep and tools to get your sleep back on track with Insomnia Coach.
5. ***Build Coping Skills.*** Learn about and manage symptoms that often occur after trauma with PTSD Coach.
6. ***Plan Something Enjoyable.*** Find and schedule activities that can help improve your mood with PTSD Coach Online tools.
7. ***Control Anger.*** Manage your temper and get support with the AIMS online program.
8. ***Hear from Veterans.*** Watch and read real stories of life with PTSD from Veterans who have been there.

SUMMER SAFETY

Information provided by the Amador Fire Protection District from their website

Preparedness

Being prepared for wildfire, or any disaster, is your best defense against losing your home.

- The **FIRST** thing all residents can do is to sign up for "Smart 911" - Amador County Sheriff's emergency alert system. We suggest signing up all your phones, including cell phones, to alert you in the event of an evacuation or any other emergency situation. Click on the early alert system link to view the program

[Amador Early Alert System.](#)

- The **Second** thing you can do is visit the "Ready For Wildfire" website provided by CAL FIRE. Everything you need to know to prepare and prevent wildfire is on their website at: [Ready for Wildfire](#)

The Amador Fire Safe Council has a plethora of information on preparedness including lists of what to do, what to have, etc. [Click here to visit their page](#)

Can we find you? Every year, hundreds of emergency responses are delayed due to the hard-to-see address markings that make it difficult for Police, Fire, and EMS Crews to respond. To provide our first responders the ability to provide the services you need, send us an e-mail and we will send you all the information on obtaining a reflective sign directly from Amador Fire. We order, make, and install the reflective signs. The signs will pop up if a snow plow or other vehicle runs over them.

Send us an e-mail kdale@amadorgov.org.

If we can't find you, we can't help you.



Fireworks

The safest way to enjoy fireworks is to attend a public firework show put on by professionals, at least 500 feet away from the show. Many states outlaw most fireworks and it's best to leave any area where untrained amateurs are using fireworks.

If you are setting fireworks off at home, follow these safety steps to help keep your community safe:

- Choose a location away from buildings and trees.
- Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures or flammable materials. Always follow the instructions on the packaging.
- Be sure your spectators, including children and pets, stay well back.
- Keep a supply of water or fire extinguisher at hand. If you live in an area that's experiencing a drought, consider canceling the show this year – a stray spark that lands on dry grass or leaves can lead to a wildfire.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.

2025 DATES TO REMEMBER

<u>Date</u>	<u>Event</u>	<u>Time:</u>	<u>Location</u>
Feb 16:	Liversedge/Two Jima Remembrance	11:00 AM	Volcano
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 & Silver Star Service Banner 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 & 5:	Independence Day & <i>Volcano Car Show (5th)</i>		Volcano (Car Show)
Jul 27:	Korea Armistice Day		
Jul 31 – Aug 3:	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 th Birthday – Post 8254	TBD	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		
Sep 19:	POW/MIA Recognition Day	TBD	Post 8254
Sep 29:	Gold Star Mother's Day & VFW Day		
Oct 7:	Start of Operation ENDURING FREEDOM		
Oct 13:	Navy Birthday		
Nov 3:	IVMP Shoot	9:30 AM	Camanche Hills
Nov 10:	Marine Corps Birthday Ball	5:00 PM	Sutter Creek
Nov 11:	Veterans Day Parade	10:00 AM	Main St. Jackson
Dec 7:	Pearl Harbor Day		
TBD:	IVMP Tree Lighting	7:00 PM	Ione Veterans Memorial Park
Dec 13:	National Guard Birthday		
Dec 13:	Wreaths Across America & Ione Xmas Parade	9:00 AM	Ione & Jackson
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 23rd – 25th, July 1st – 3rd, August 29th – 31st, and November 7th – 9th, and November 11th. 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 2nd, August 4th, September 29th, and December 1st.
- Ex-USS LUCID (MSO 458) working parties** are on the 2nd and 4th Saturday of the Month.
- Kaiser Truck.** Visits Post 8254 on the 2nd and 4th Wednesday of the Month. Expected times are 9:00 AM to 3:00 PM.

Amador Veterans Reference Guide

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

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:	www.redcross.org
Amador County Jail:	209-223-6522		FEMA Disaster Assistance:	Veterans disasterassistance.gov

Important Internet Resources

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

UPCOMING COMMEMORATIONS

AUGUST 7TH



Purple Heart Veterans



The City of Plymouth is hosting its 5th Annual Purple Heart Ceremony on Thursday, August 7th on National Purple Heart Recipient Recognition Day. We want to honor all Amador County Purple Heart Veterans or family members of a Purple Heart Veteran. This event is open to the public and will be at Lodge Hill at 18565 Empire Street in Plymouth CA 10:00 a.m. Light refreshments afterwards.

One of the bigger commemorations, this ceremony is open to the public. It is a brief event honoring Purple Heart recipients.

We expect to have a joint VFW/Legion Honor Guard, a performance from Prior National Auxiliary Soloist Juliet Kennedy.

SEPTEMBER 11TH



The annual commemoration put on by the Ione Fire Department, takes place at Ione Fire Department, Station One at 8:56 on September 11th.

This is a VERY short event which honors the victims and first responders of that day.

SEPTEMBER 19TH



This event has been reinstated here at the VFW Post in Ione. There will be more details to come, but we will have a very brief remembrance, followed by some light refreshments.

UPCOMING EVENTS

Saturday, July 5th in Volcano...

Marine Corps League Det 1080 is part of the



Volcano Car Show

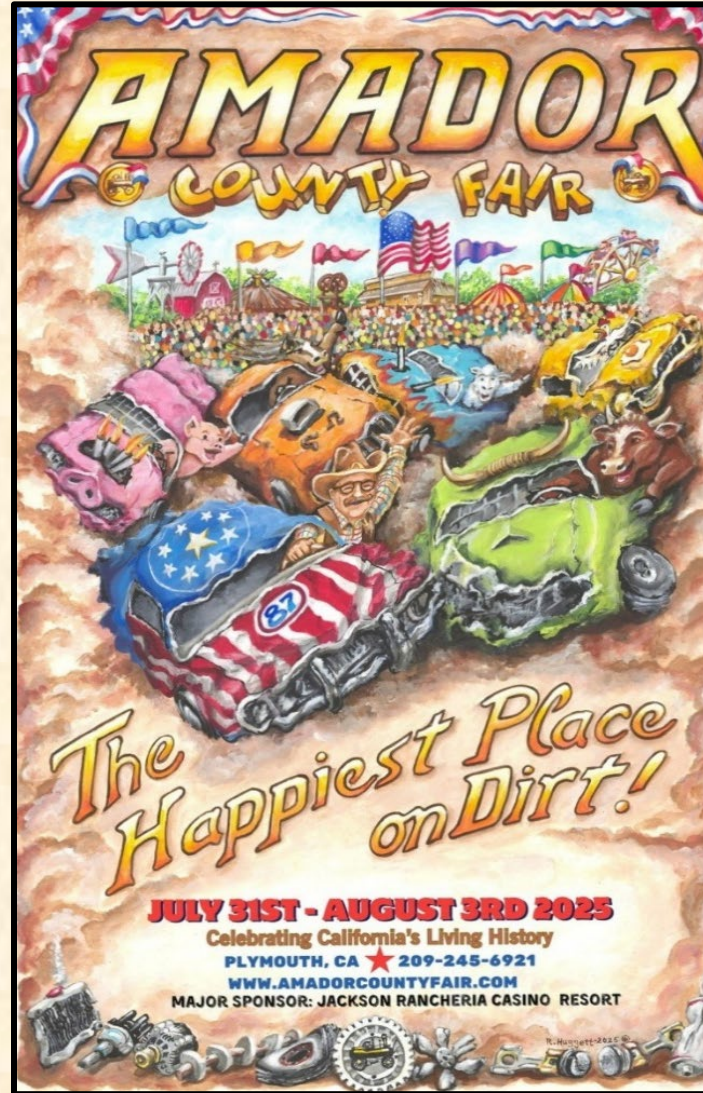
July 5, 2025

Car Show
and
Parade

POC: Jack Magee

Downtown Volcano
9:00 AM (Parade)
All Day (Car Show)

*End of July...
Amador County Fair*



VETERANS CALENDAR – JUNE 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun 1	2	3	4 9 AM Kaiser Truck ↻	5 7 PM Legion Mtg ↻	6 D-Day ↻ School Ends	7 10 AM MCL Mtg ↻
8	9 6 PM Sons Mtg ↻ 6:30 PM Riders Mtg ↻	10	11 5 PM 8254 Mtgs ↻	12	13	14 MCL State Convention (Clovis) Army B-day ↻ Flag Day ↻ LUCID WKG PTY ↻
15	16	17	18 9 AM Kaiser Truck ↻	19 7 PM DAV Mtg ↻	20	21 VFW State Convention Ione Car Show
22 VFW State Convention	23	24	25	26	27	28 Legion State Convention (Visalia) LUCID WORKING PTY ↻
29 Legion State Convention (Vi	30	Jul 1 8 AM VFW Poppy Distro	2 9 AM Kaiser Truck ↻	3 7 PM Legion Mtg ↻	4 Independence Day 🗑️ Volcano Car Show	5 10 AM MCL Mtg ↻

As the schedule can attest, we have an ambitious schedule for the month of June and into the first week of July. In addition to our standard monthly meetings, we will have two events for Flag Day, and we also run up into convention season. Not listed on here is the fireworks booth for which we recently have assisted the IBCA in manning from June 28th through July 4th. If you have some time to volunteer, please contact Commander Rick Boughner.