



# Amador County Veterans Newsletter - June 30th, 2025

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## FROM THE CHAPLAIN

*Eternal God, stir Thou our minds and stimulate our hearts with a high sense of patriotism as we approach the Fourth of July. May all that this day symbolizes renew our faith in freedom, our devotion to democracy, and redouble our efforts to keep a government of the people, by the people, and for the people truly alive in our world.*

*Grant that we may highly resolve on this great day to dedicate ourselves anew to the task of ushering in an era when good will shall live in the hearts of a free people, justice shall be the light to guide their feet, and peace shall be the goal of humankind: to the glory of Thy holy name and the good of our Nation and of all mankind.*

*Amen.*

*([Congressional Prayer](#) offered by Chaplain, Reverend Edward G. Latch on Wednesday, July 3, 1974.)*

## QUOTE OF THE WEEK

*"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator, with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." — The Declaration of Independence, 1776*

\*\*\*\*\*

## MILITARY HISTORY THIS WEEK

- 6/30/1815: USS Peacock takes HMS Nautilus, last action of the War of 1812.
- 7/1/1863: Battle of Gettysburg begins
- 7/2/1951: 3rd Infantry Division launched Operation DOUGHNUT, a series of attacks directed against hills in the Iron Triangle.
- 7/3/1775: Washington takes command of Continental Army
- 7/4/1863: Battle of Gettysburg ends
- 7/5/1954: The B-52A bomber made its maiden flight.
- 7/6/1950: B-29s from the 19th Bomb Group hit the Wonsan oil refinery

## VETERANS ADMINISTRATION



*Veterans can use the My VA Images app to securely send photos or videos of medical concerns, like skin conditions or wound healing, to their VA providers without a visit to the clinic. Check with your provider to see if it fits your care plan. [Click here for the information.](#)*



*Make sure to add "Visit a National Park" to your summer bucket list! Veterans, service members, dependents, and Gold Star Families receive free access to more than 2,000 federal recreation areas. Learn more [by clicking here.](#)*

*Headache or something more serious? If your migraine starts suddenly and escalates in minutes, or you experience weakness, numbness, or difficulty speaking, it's time to seek medical help. Don't wait, call 911 or head to the ER.*

*<https://womenshealth.va.gov/topics/chronic-pain.asp>*



### **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](https://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.

**Army Air Forces 1st Lt. George F. Bradbury**, 22, of Georgia, killed during World War II, was accounted for Dec. 19, 2024. In the fall of 1943, Bradbury served as a navigator aboard a B-24 Liberator bomber with 858th Bombardment Squadron, 492nd Bombardment Group, Eighth Air Force. The unit was engaged in Operation CARPETBAGGER, a series of secret missions in which several specially designated bomb groups dropped supplies, arms, equipment, leaflets, U.S. Office of Strategic Services and French agents to resistance groups operating in northern France. On Sept. 16, 1944, Bradbury's crew was scheduled to fly its final mission to drop supplies to resistance forces 40 miles east of the Moselle River. 115th Anti-Aircraft Artillery Gun Battalion, an American artillery unit stationed near Lebeuville, France, mistook Bradbury's B-24 for an enemy aircraft and opened fire upon it, killing six of the eight crew members onboard, including Bradbury. Bradbury will be buried in Ranburne, Alabama in October 2025.

**Air Force Capt. Howard E. O'Dell**, 30, of Poughkeepsie, New York, who was killed during the Korean War, was accounted for April 29, 2025. In the summer of 1950, O'Dell was a member of 36th Fighter-Bomber Squadron, 8th Fighter-Bomber Group, U.S. Fifth Air Force. He was reported missing in action on July 19, in the vicinity of Taejon, Republic of Korea (South Korea), after his aircraft crashed upon landing. He was never reported as a prisoner of war and subsequent searches of the battlefield failed to recover his remains. In January 1954, the Air Force determined that there was enough evidence to declare that O'Dell had died in combat. O'Dell will be buried in Arlington National Cemetery on a date yet to be determined.

**Army Pfc. Elijah Trannon Jr.**, 17, who was killed during the Korean War, was accounted for April 25, 2025. In 1950, Trannon was a member of Company L, 3rd Battalion, 24th Infantry Regiment, 25th Infantry Division. He was reported missing in action on Sept. 15, in the vicinity of Haman, Republic of Korea (South Korea), after an attack on enemy positions. He was never reported as a prisoner of war and subsequent searches of the battlefield failed to recover his remains. With no evidence of his continued survival, the Army issued a presumptive finding of death on Dec. 31, 1953.

## POW/MIA UNACCOUNTED FOR



According to DPAA,  
as of June 26th, 2025,  
there remain:

<b>World War II:</b>	<b>71903</b>
<b>Korea:</b>	<b>7413</b>
<b>Vietnam:</b>	<b>1567</b>
<b>Cold War:</b>	<b>126</b>
<b>Gulf War/Libya:</b>	<b>6</b>
<b>Total:</b>	<b>81024</b>

Current Identifications  
By Conflict for FY 25  
As of June 20<sup>th</sup>, 2025

<b>World War II</b>	<b>104</b>
<b>Korea</b>	<b>40</b>
<b>Cold War</b>	<b>0</b>
<b>Vietnam</b>	<b>7</b>



**Army Cpl. Oscar L. Sprague**, 22, who was killed during the Korean War, was accounted for April 23, 2025. In 1950, Sprague was a member of Company H, 2nd Battalion, 9th Infantry Regiment, 2nd Infantry Division. He was reported missing in action on Sept. 3 in the vicinity of Yongsan, Republic of Korea (South Korea). He was never reported as a prisoner of war and subsequent searches of the battlefield failed to recover his remains. With no evidence of his continued survival, the Army issued a presumptive finding of death on Dec. 31, 1953.

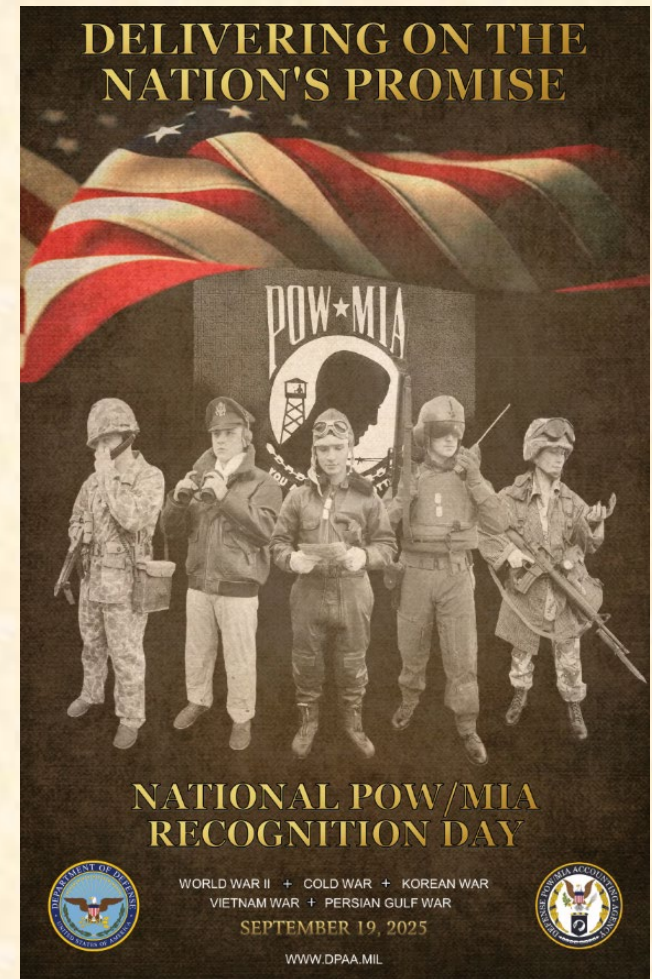
**Army Master Sgt. Donald P. Gervais**, 24, killed during the Vietnam War, was accounted for May 16, 2025. In the spring of 1968, Gervais was assigned to Bravo Company, 1st Battalion, 9th Cavalry Regiment, 1st Cavalry Division. On May 1, he was the door gunner on an OH-6A Cayuse helicopter on a reconnaissance mission over the A Shau Valley, Republic of Vietnam. A nearby aircraft reportedly witnessed the helicopter hit a dead tree and crash into a ravine. Due to enemy ground fire and dense vegetation over the rough terrain, the aircraft was unable to conduct a visual reconnaissance of the crash site. A nearby infantry platoon attempted to investigate the area but were forced to withdraw when they encountered enemy fire. On July 25, 1978, the U.S. Army changed Gervais' status from Missing in Action to Killed in Action and posthumously promoted him to the rank of Master Sgt.

**Air Force Tech. Sgt. Donald K. Springsteadah**, 35, who was killed during the Vietnam War, was accounted for June 23, 2025. In 1968, Springsteadah and 18 other men were assigned to Lima Site 85, a tactical air navigation radar site on a remote, 5,600-foot mountain peak known as Phou Pha Thi in Houaphan Province, Laos. In the early morning of March 11, the site was overrun by Vietnamese commandos, causing the Americans to seek safety on a narrow ledge of the steep mountain. A few hours later, under the protective cover of A-1 Skyraider aircraft, U.S. helicopters were able to rescue eight of the men. Springsteadah and 10 other Americans were killed in action and unable to be recovered.

**Air Force Tech. Sgt. Willis R. Hall**, 40, who was killed during the Vietnam War, was accounted for June 23, 2025. In 1968, Hall and 18 other men were assigned to Lima Site 85, a tactical air navigation radar site on a remote, 5,600-foot mountain peak known as Phou Pha Thi in Houaphan Province, Laos. In the early morning of March 11, the site was overrun by Vietnamese commandos, causing the Americans to seek safety on a narrow ledge of the steep mountain. A few hours later, under the protective cover of A-1 Skyraider aircraft, U.S. helicopters were able to rescue eight of the men. Hall and 10 other Americans were killed in action and unable to be recovered.

**Air Force Staff Sgt. Henry G. Gish**, 25, who was killed during the Vietnam War, was accounted for June 23, 2025. In 1968, Gish and 18 other men were assigned to Lima Site 85, a tactical air navigation radar site on a remote, 5,600-foot mountain peak known as Phou Pha Thi in Houaphan Province, Laos. In the early morning of March 11, the site was overrun by Vietnamese commandos, causing the Americans to seek safety on a narrow ledge of the steep mountain. A few hours later, under the protective cover of A-1 Skyraider aircraft, U.S. helicopters were able to rescue eight of the men. Gish and 10 other Americans were killed in action and unable to be recovered.

**Air Force Col. Walter A. Renelt**, 40, who was killed during the Vietnam War, was accounted for June 23, 2025. In 1969, Renelt served with the 20th Tactical Air Support Squadron. On Nov. 20, he was an instructor pilot aboard an O-2A Skymaster aircraft with another crew member on a visual reconnaissance mission over the Lao People's Democratic Republic. During the mission, the plane was hit by enemy fire and crashed. Bad weather and enemy activity around the crash site prevented ground rescue attempts and subsequent searches for both crew members were unsuccessful. The Air Force made a presumptive finding of death on July 12, 1973.



**Note: It is our intent to host a small, open to the public commemoration of POW/MIA's on Friday, September 19<sup>th</sup>. 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.**

## AMADOR COUNTY VETERANS SERVICE OFFICER

## INFORMATION



**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

### VA News

Jun 27:	<a href="#">How to stay safe and healthy during extreme heat</a>

### Extreme Heat: Older Adults

People 65 years or older are at greater risk from extreme heat health problems.



Find somewhere air conditioned.



Drink plenty of fluids to stay hydrated.

**#SUMMER  
READY**



Wear loose, lightweight, or light-colored clothing.



Avoid high-energy activities during the midday heat and stay in the shade.

**Ready** ✓



## IONE MEMORIAL POST & AUX 8254

### Action Corps Weekly – June 23<sup>rd</sup>, 2025

**Claim Shark Organization Founder and Staff Indicted in Fraud Case:** A county grand jury in Ohio has handed down an indictment charging Senior Veterans Administration Services (SVAS), the SVAS founder, and four SVAS employees with exploiting veterans and fraudulently obtaining \$20 million in VA benefits. The VFW considers SVAS to be a predatory Claim Shark company. The investigation was conducted by the VA Office of Inspector General, the Ohio Attorney General's Office, and the Ohio Department of Commerce as part of Operation No VA SCAMs (No VA "Service-Connected Account Manipulation"), which is a nationwide initiative led by VA in collaboration with state and federal prosecutors. [Read more.](#)

**Supreme Court Rules in Favor of Veterans in Class-Action Suit:** In a unanimous 9-0 decision, the Supreme Court has ruled in favor of certain veterans represented in a class-action suit regarding Combat-Related Special Compensation. The ruling states that the Barring Act's time limit of six years during which a veteran can file a disability claim for combat-related injuries following a VA disability rating decision does not apply. This is a major win for approximately 9,000 medically retired veterans that now clears the way, dating back to January 2008, for them to retroactively receive previously capped disability compensation. [Read more.](#)

**Free Connections to Resources:** The National Resource Directory (NRD) gives service members, veterans, family members, and caregivers the ability to find and connect with organizations that can assist with specialized recovery, rehabilitation, and reintegration needs. The NRD is the product of a partnership with DOD, VA, and the Department of Labor. This program is meant to facilitate free connections between individuals and stringently vetted resources that provide support in many areas such as employment, education, veteran benefits, caregiver support, housing, and the Military Adaptive Sports Program. [Read more.](#)

**Post 8254.** July 1<sup>st</sup> through the 3<sup>rd</sup> will be our second poppy distribution of the year. We regret not having enough during the Memorial Day weekend, but we believe we will have enough for this distribution. It will be at Wal-Mart on those dates from 8:00 AM – 2:00 PM.

- **Purple Heart Day.** The 5<sup>th</sup> Annual Commemoration will be held on August 7<sup>th</sup> at 10:00 AM in Plymouth.
- **Post 79<sup>th</sup> Birthday.** The post will be celebrating its birthday on Friday, August 29<sup>th</sup>.
- **Updated Post Hours.** As the new year approaches on Monday, and effective July 10<sup>th</sup>, our Post is going to change its hours. The Post will be manned and open on Thursdays from 4:00 PM – 6:00 PM. We will announce future hours as the plan becomes more clear.



**Meetings** are the 2<sup>nd</sup> Wednesday of the Month.  
Dinner starts at 5:00 PM with the meeting starting at 6:00 PM sharp. Our meetings **DO NOT** last more than one hour 15 minutes.

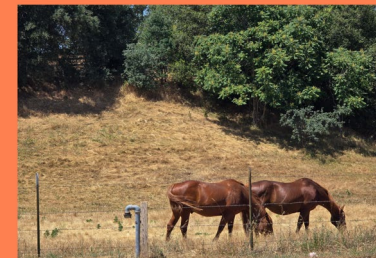
**Post Hours:** Thursdays 4:00 – 6:00 PM

### 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**

## DAV CHAPTER 118

The Department of Veterans Affairs (VA) [reports](#) that 1 in 3 women and 1 in 50 men indicate they were sexually assaulted during military service. Military sexual trauma (MST) survivors can file disability claims for conditions related to the trauma, but these claims are too often denied based on improper development.

The VA Office of the Inspector General and the United States Government Accountability Office have documented ongoing challenges in VA implementing its policies and improving the timeliness and consistency of MST-related claims decisions. These persistent difficulties highlight areas where focused efforts are needed to enhance the support for MST survivors and ensure proper development and adjudication of claims.

S. 1245, the Servicemembers and Veterans Empowerment and Support Act of 2025, addresses several key issues to support individuals affected by MST and improve the claims process, including:

- Conducting a study on the quality of training and processing of claims for conditions related to MST;
- Requiring an annual review to determine accuracy of MST-related disability claims;
- Allowing veterans to choose VA facilities for MST-related medical examinations;
- Ensuring consistent communication across all levels of review, including the Board of Veterans' Appeals; and
- Mandating all VA communications include contact information for MST coordinators, the Veterans Crisis Line, Vet Center and other support services.

We strongly support S. 1245, in accordance with DAV Resolution No. 118, which urges improvement of the claim development and adjudication process for determining service connection for conditions related to MST. We call on all DAV members and supporters to contact their representatives and urge them to cosponsor and support the Servicemembers and Veterans Empowerment and Support Act of 2025.

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DAV strongly opposes H.R. 3132, the CHOICE for Veterans Act (Certified Help Options in Claims Expertise for Veterans Act). This bill would allow attorneys and agents to charge ill and injured veterans fees of up to \$12,500 or the amount equal to five times the monthly benefits increase, whichever is less, and if the claim results are favorable.

Currently, veterans can choose accredited veterans service organizations, agents and attorneys who provide *free* claims assistance. These experts ensure veterans receive knowledgeable representation without sacrificing any of their earned benefits.

H.R. 3132 weakens accreditation requirements, letting individuals assist veterans before meeting full qualification standards. This change risks unqualified representatives making costly mistakes and causing delays in securing benefits. Although the bill includes some consumer protection measures, it lacks meaningful enforcement against deceptive practices or conflicts of interest and fails to stop unethical referrals to private medical professionals with financial ties to attorneys or agents.

Based on DAV resolution No. 324, we strongly oppose this legislation. Please contact your Representative and urge them to vote "No" on H.R. 3132 – and put the needs of ill and injured veterans and their families over the profits of predatory claims companies.



*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

### **Organization delivers Statement for the Record to House Committee on Veterans' Affairs subcommittee hearing.**

The American Legion expressed written support for multiple pieces of veteran-related legislation during a June 24 hearing of the House Committee on Veterans' Affairs Subcommittee on Disability Assistance and Memorial Affairs. The Statement for the Record (SFR) was submitted by American Legion Veterans Affairs & Rehabilitation Benefits Policy Analyst Kenneth Harman and touched on areas that included U.S. Department of Veterans Affairs claims and appeals processing, benefits and updates to VA's caregiver programs. Read the complete SFR [here](#). The following are some highlights of the testimony.

#### **Benefits**

**H.R. 3123: Ernest Peltz Accrued Veterans Benefits Act.** The legislation is intended to improve laws relating to the payment of certain death benefits to veterans' surviving family members. H.R. 3123 aims to correct any potential injustices by improving the reclamation process for spouses and identified family members by safeguarding remaining entitlements and preventing VA from collecting benefits approved and owed at the time of death. Harman noted the Legion supports the legislation with an amendment that would require the VA secretary to maintain veterans' Power of Attorney for 90 days after death, allowing the veterans' widow or next of kin to utilize the benefits of an accredited service officer to represent their interests.

**H.R. 3627, Justice for America's Veterans and Survivors Act.** The legislation directs the VA secretary of Veteran Affairs to submit an annual report that contains data and information on the causes of deaths among veterans. When a dependent survivor files a VA claim for Dependency and Indemnity Compensation (DIC), current regulations already stipulate for VA to examine if a veteran's cause of death was due to a primary service-connected disability or secondary contributing factors. DIC may be payable when the cause of death is any condition listed on the death certificate matches with one of the veteran's service-connected disabilities; the cause of death is an approved presumptive disability; or when requirements are met for veterans rated as "total." Harman wrote that the long process to determine a service-connected death is detrimental for survivors, who are unable to readily access VA compensation and benefits upon a veteran's death. This proposed legislation addresses this inefficiency by mandating the VA secretary to better track and annually report how each veteran died, whether through natural causes or a service-connection (especially for those with a mental health condition), and whether the veteran was rated as 100% composite or "total" qualifying for survivors DIC benefits.

#### **Claims/appeals**

**H.R. 3835, Veterans Appeals Efficiency Act.** The legislation would require VA to deliver an annual progress report to Congress with information such as cases in which an adjudicator failed to comply with a relevant decision of the Board of Veterans Appeals (BVA), or where an Agency of Original jurisdiction did not satisfy the Duty to Assist guidelines; the number of claims filed in the National Work Queue still pending office assignment for adjudication; the number of cases pending before the BVA and the number of cases afforded expeditious treatment. Harman wrote that The American Legion welcomes the reporting of these metrics, as it would provide more transparency and pinpoint VBA's workflow bottlenecks.

**H.R.3983, Veterans Claims Quality Improvement Ac.** The legislation would mandate technology and policies to ensure VBA employees who commit an avoidable error (e.g., unnecessary overdevelopment leading to avoidable decision deferrals) are notified, and the deferrals are documented for corrective training. While VA Decision Review Operation Centers (DROC's) are tasked with reviewing error trends, The American Legion, through its Regional Office Action Review (ROAR) program, has learned that Veteran Service Representatives (VSRs) and Ratings Veteran Service Representatives (RVSRs) do not consistently receive sufficient feedback on recurring errors through the current Systematic Technical Accuracy Review (STAR) quality assurance program. The American Legion is extremely supportive of a more formalized process to standardize feedback to help prevent VSRs/RVSRs from making repeated and avoidable errors.

**H.R. 3854, Modernizing All Veterans and Survivors Claims Processing Act.** The legislation directs the VA secretary to submit a plan to expand the use of certain automation tools within VA. Harman noted that passage of the PACT Act in 2022 – which was fully supported by the Legion – led to a large backlog in veterans claims to be processed that has lasted the past several years. As of May 2025, the backlog sits at around 200,000 claims, leading the VA to reinstate mandatory overtime to help address the backlog. H.R. 3854 seeks to address such backlog by enabling VA to use AI automation to speed up claims processing by mandating VA to design a strategy plan on how to implement AI in claims processing; and design an AI tool to automatically generate claims letters, better track dependent benefits to reduce overpayments, and devise a plan to use AI to automatically label and store relevant claims documents.

#### **Caregivers**

**H.R. 3833, Veterans' Caregiver Appeals Modernization Act.** This legislation would amend Title 38, U.S. Code, to make certain improvements to VA's caregiver program to provide comprehensive assistance for family caregivers of eligible veterans. The Legion supports the legislation but recommended an amendment to it that would transfer the adjudication of eligibility for the Program of Comprehensive Assistance for Family Caregivers (PCAFC) from the Veterans Health Administration to the Veterans Benefits Administration.




## MARINE CORPS LEAGUE MOTHERLODE DET 1080

[#Marines](#) with [@USMCFEA](#) operate a High Mobility Artillery Rocket System (HIMARS) during exercise Sea Breeze 25-1 in Smardan Range, Romania. Countries and organizations scheduled to participate, observe, or mentor during the amphibious portion of Sea Breeze include the United States, Bulgaria, Moldova, Romania, and Türkiye.






**USMC**  
1775 - 2025



**Birthday Ball**  
250 Years

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





**Commander: Tom Correa**

### Links

[Marine Corps Website](#)


[Marine Corps League Membership Application](#)

[Marine Corps League Recommended Reading](#)

### Next Meeting



Det 1080 Monthly Meeting  
Saturday, June 7th, 10:00 AM  
215 S. Amador St., Lone



**FLAG DAY**  
★ JUNE 14 ★  
BIRTHDAY OF THE STARS AND STRIPES

Summer Time!!!

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

## TRICARE – AFTER A DISASTER

*Here are a few items to think about after a crisis. These will help to make sure your healthcare needs are met.*

**Check your ID and enrollment cards.** You must have a valid Uniformed Services ID card to get care or have prescriptions filled. If you lost your ID card, visit the nearest [ID card office](#) to get a new ID card.

**Follow appropriate referral and authorization procedures.** TRICARE may issue blanket referrals and authorizations after a disaster. This means you'll get your care more easily during this time. After this period ends, you must follow the usual referral and authorization procedures for your TRICARE health plan. This helps you avoid unnecessary out-of-pocket costs. [Learn if your area is affected.](#)

**Transfer your enrollment if you move.** If you [move](#) after an evacuation, you should:

- Transfer your enrollment, or
- [Find a new provider](#)

You have 90 days from the date of your address change to change your health plan to avoid a break in coverage.

**Keep paying fees and premiums.** If you pay an enrollment fee or monthly premium for your healthcare option, make sure you continue to pay on time to stay enrolled.

**File claims in a timely manner.** If you pay out-of-pocket for care during a time of crisis, you may need to [file your own healthcare claims](#) with TRICARE for reimbursement.

**Keep copies of your medical records.** Keep any personal copies of your and your family's medical records with you. This helps any new providers understand your healthcare needs.



### Links

[DEERS INFO](#)  
[TRICARE 101](#)  
[TRICARE Costs & Fees Sheet](#)  
[TRICARE Eligibility](#)  
[TRICARE Overseas Travel](#)  
[TRICARE West](#)

### TRICARE News

June 26: [Unlock Your Health as You Approach Medicare Eligibility](#)

June 24: [4 Ways You Can Use Your TRICARE Benefits and Stay Healthy This Summer](#)

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](#)



## PTSD AWARENESS MONTH

**Manage Insomnia and Other Sleep Problems.** People with PTSD may try to push away traumatic memories during the day, which can cause worries to get worse at night. Nightmares and insomnia are both symptoms of PTSD. Those who experience sleep disruption may:

- Avoid sleep due to nightmares or flashbacks
- Have increased arm and leg movements or restlessness
- Require background noise or lights to stay on during bedtime
- Feel "on alert" or the need to protect oneself
- Talk during sleep

Getting a good night's sleep can positively impact your daily life. If you or someone in your life experiences insomnia or other sleep problems, consider downloading the VA's Mobile [Insomnia Coach app](#).

Insomnia Coach provides a training plan to guide you to better sleep over five weeks and beyond. Once you complete a self-assessment and log your daily sleep diary for a week, Insomnia Coach will provide you with personalized sleep feedback and tips to develop better sleeping habits. You can also view graphs that show your sleep patterns over time and set reminders for yourself to log your sleep each day or when it's time to wind down for sleep.

\*\*\*\*\*

**Find Effective Care for PTSD and Chronic Pain.** About 50% of Veterans with PTSD also experience chronic pain — pain that is reoccurring and lasts more than three months. Trauma can change how the body processes pain, making some people more sensitive to it. Like PTSD, chronic pain is often invisible. Those affected by chronic pain are often misunderstood or not believed.

**Chronic pain and PTSD often go hand in hand.** Both can impact your physical health, mood, relationships, and daily activities. Treating both conditions typically requires multiple health care providers working together. Veterans may receive PTSD care from mental health specialists and pain treatment from primary care doctors or pain clinics. **The most effective approach is when these teams coordinate care.** Some VA clinics now offer combined treatment for both PTSD and chronic pain in one place.

Beyond formal treatment, self-management tools can also help. [VA's Pain Coach Mobile App](#) offers resources on managing pain, improving sleep, and staying active. It includes videos, relaxation techniques, and customizable daily check-ins to help you stay on track.

## PTSD TREATMENT WORKS

Why wait?



[www.ptsd.va.gov](http://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

## Summer Safety Tips

Keep these tips in mind as you and your family enjoy summer vacations, camping, family reunions, picnics and the Fourth of July.

### Fire safety



Build campfires at least 25 feet away from tents, shrubs and anything that can burn.



If you want to see fireworks, go to a public show put on by experts. Sparklers can reach 1,200 F and cause third-degree burns.



Use propane, charcoal and wood pellet barbecue grills outdoors only. Indoor use can cause a fire or carbon monoxide poisoning.

Place your grill well away from siding and deck railings and out from under eaves and overhanging branches. Do not store or use a grill on a porch or balcony.



Use chimineas, outdoor fireplaces, and fire pits outdoors only and at least 10 feet away from your home or anything that can burn.



Click here to add image.



## 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.*



# INDEPENDENCE DAY

Happy 249th  
Birthday  
America!!!



*Today we celebrate the most significant beginning in American history. This beginning consisted of freedoms, liberty and righteousness — a beginning inspired by a revolutionary idea thought up by a group of men who believed they should stand up against tyranny. These men unknowingly held an idea that would forever change the lives of everyone in this great nation. Today we celebrate the birth of America.*

*Before the United States came into existence, it was a ruthless land where all men were not equal — where citizens had controlled privileges granted on the brash decisions of a single ruler — a ruler with the power to rescind those same privileges just as easily as he permitted them.*

*Thirteen colonies were bound under the rule of this king. The people of this land experienced trial without jury, government without consent, confiscation without compensation and repressive taxation without representation. Theirs was a way of living that was radically different to the way we live today, the way that we know and cherish.*

*Governing rule at the time was much different than it is today, but the brave men and women who created this country formed their newfound ideologies of freedom we carry with us still today. Risking their families, homes and their very lives, they stood up against tyranny. And so, with cargos of tea, and the scratch of a pen, a revolution began.*

*Thomas Jefferson wrote: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights; that among these are life, liberty and the pursuit of happiness."*

*Though few people had confidence that the revolutionaries could overpower the British Empire, America's first soldiers representing the united colonies had much to keep fighting for.*

*Jefferson continued: "And for the support of this declaration, with a firm reliance on the protection of divine providence, we mutually pledge to each other our lives, our fortunes and our sacred honor."*

*On the morning of July 4, 1776, John Hancock etched the first large signature onto the Declaration of Independence, saying with a hint of sarcasm, "The British united colonies proclaimed their independence from Britain, hereafter called the United States of America." 56 men representing each of the 13 colonies — states now united — endorsed this Declaration of Independence, and thousands more fought for the idea — the vision of a free America. Since that monumental night, it has taken generations of sacrifice to make sure our nation's independence endures.*

*Even today, 250 years later, our way of life and our vision of freedom meets opposition. But, with freedom comes the great responsibility to defend it, and our service members have proven repeatedly they stand ready to defend what is ours. Those of us who have fought for freedom know all too well the immense cost of maintaining our way of life. A nation's strength is not measured through military might; it is measured in the patriotism of its people.*

*The tragic losses were not lost in vain, but for the future of our country's citizens ... as 25,000 lost their lives in the fight for freedom. More than 8,000 sustained injuries. These patriots were the first to selflessly sacrifice themselves for the creation of something better ... a state of mind, a way of life — the American way.*

*Please remember to honor all American patriots, from the countryside of the New England states to the beaches of Normandy, from the jungles of Vietnam to the streets of Kandahar. They are the ones who have allowed us the freedom to celebrate today with your families and close friends.*

*Today, we have a reason to celebrate, and it is with grateful hearts that we thank all service members of the armed forces, whose fight has and will continue to lead others to a better way of life. It is because of them we truly all have reason to celebrate our past, our present, our future — our independence!*

## Fireworks

***The Sun has slipped behind the hills  
It's heat replaced by breezy chills  
Silver stars dot blackened sky  
Their brilliant glow now hidden by  
Explosive color, red and green,  
Blue and pink, and aquamarine,  
Booms and pop-pops shake the ground  
Balls of Brightness twinkle down  
We gasp and point at sparkles north  
A coda for July the Fourth***

*Jennifer Gunner*

## 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
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 & <i>Silver Star Service Banner Day</i>		
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 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 <sup>th</sup> 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 (Wreaths)
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 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.



# 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>	

## UPCOMING EVENTS

*Saturday, July 5<sup>th</sup> in Volcano...*

Marine Corps League Det 1080 is part of the



# Volcano Car Show

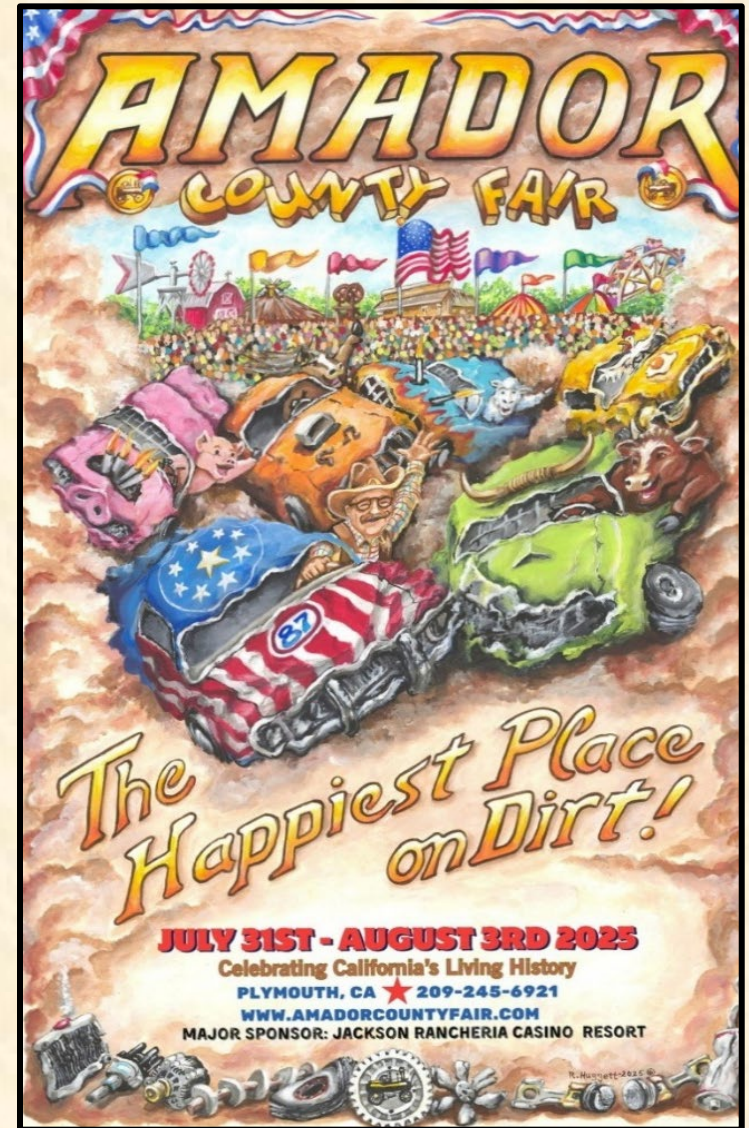
July 5, 2025

Car Show  
and  
Parade

POC: Jack Magee

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

*End of July...  
Amador County Fair*





# UPCOMING COMMEMORATIONS

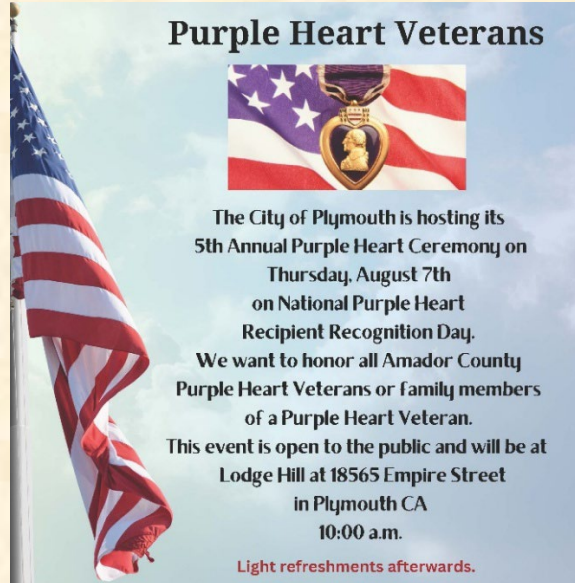
**JULY 4<sup>th</sup>**

*All veteran groups and Auxiliaries have been requested to conduct a flag raising ceremony (reveille bugle call, with flag raising and National Anthem) on July 4, at 0800. It will be at the LDS Church in Ione.*

*It will be short and purposefully done. With snacks and beverages to follow.*

*ALL veteran groups are invited, including American Legion. Please pass this along to anyone you know.*

**AUGUST 7<sup>TH</sup>**

A poster for the Purple Heart Veterans ceremony. On the left is a waving American flag. In the center is a Purple Heart medal. The text reads: "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."/>

**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 11<sup>TH</sup>**



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

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

## ***VETERANS CALENDAR – JULY 2025***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun 29 Legion State Convention (Visalia)	30	Jul 1 8 AM VFW Poppy Distro	2	3 7 PM Legion Mtg	4 Independence Day Volcano Car Show	5 10 AM MCL Mtg
6	7	8	9 5 PM 8254 Mtgs	10	11	12 LUCID WKG PTY Redneck Yacht Club Vets Event
13	14 6 PM Sons Mtg 6:30 PM Riders Mtg	15	16	17 7 PM DAV Mtg	18	19
20	21	22	23	24	25	26 LUCID WORKING PTY
27	28	29	30 5:30 PM Post 8254 Bingo	31	Aug 1 Amador County Fair	2 10 AM MCL Mtg

**July begins the new “Fiscal Year” for our organizations, and the majority of our activities will be confined to administrative tasks, such as planning, budgets, and training.**

**On behalf of all the Veterans Service Organizations, we want to wish you a Happy, safe, and sane Independence Day Weekend.**