



Amador County Veterans Newsletter - June 9th, 2025

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FROM THE CHAPLAIN

God of all power and might, on this occasion of Flag Day and the US Army birthday, we ask thee to look with favor on our nation. We thank thee for all the hallowed memories and sacred sentiments which cluster about our flag. Make, O Lord, our nation, our flag, and our Army symbols of service and goodwill to all people. May our flag float in majestic silence in times of stress and tranquility, in times of war and peace, in prosperity and adversity as a sign of hope freedom, and peace to a troubled world. Bless this Republic, our entire Army and each of us individually, enabling us ever to remain a nation whose God is Lord.

QUOTE OF THE WEEK

"Our flag is the representative of our freedom. it is an expression of the unity of all the men and women. Let us recall and celebrate the efforts made by our countrymen that are making our country proud. Happy Flag Day to you all!"
 – Anonymous

*"Red Stripes against the white,
 White stars against a blue so bright,
 A colorful flag was designed to show
 The Nation's past and living role.
 A beautiful flag for everyone to see
 Waving in the breeze, so free, so free."*

*Poem The American Flag
 By Joeph T. Renaldi*

MILITARY HISTORY THIS WEEK

- 6/9/1944: PVT Charles DeGlopper earned the CMH for service on this date
- 6/10/1943: Operation HUSKY, the invasion of Sicily begins.
- 6/11/1775: Battle of Machias – the first naval battle of the Revolution
- 6/12/1951: Twenty-five sailors were killed when the destroyer USS Walke struck a mine east of Wonsan.
- 6/13/1951: U.N. troops seized Pyongyang, North Korea.
- 6/14: United States Army Birthday
- 6/15/1898: US marines attacked the Spanish off Guantanamo, Cuba.

VETERANS ADMINISTRATION



VA Program Helps Veterans Protect Benefits Payments: Bad actors sometimes prey on veterans by targeting their VA benefits. Direct deposit benefits payments are more secure and could help thwart these fraudsters. Recognizing that some veterans lack a bank account, VA established the Veterans Benefits Banking Program (VBBP) in 2019 that has assisted more than 530,000 veterans and other beneficiaries to open accounts and enroll in direct deposit. VBBP also offers a variety of financial education resources. [Learn more.](#)

NEWS

Live Whole Health #275: Connecting with balance

June 2, 2025 | Hang Ruan, LICSW

Senior Social Worker, VISN 20 Clinical Resource Hub

Do you want to find more balance in your life? Good news! Balance is not somewhere out there, it's right here where you are. Instead of trying to find balance, we can simply connect with it. There is a beautiful and powerful sense of balance that is always unfolding within each one of us, every moment of our lives. It's always with us, but we just have to pay attention.

It's always been here with you. Have you found it? It is your breath. Throughout your entire life, you are breathing in and out. Each in-breath is balanced by each out-breath. Each exhalation is equally as important as each inhalation. We know this from experience. With each in-breath, we take in what we need. With each out-breath, we let go of what we don't need, making space for what we do need.

The breath is one of many ways our body creates balance. When we take a moment to tune in and settle into our body, we can see and connect with the natural flow within our body. From there, we can make space within our body to take in what we need from the world around us. It's an intentional way to create balance by integrating what's inside of us and balancing it with what's outside of us.

Join Yoga Teacher Matthew Sanford and Greater Los Angeles VA Physician Indira Subramanian where Sanford guides an intentional practice to create space in our body and mind, so that we can have more room to take in what we need. Making space by letting go, then breathing in what we need. It's a beautiful process and state of balance.

<https://youtu.be/0rjpF6BN4CY>

Are you ready to create more balance? Balance is what [Whole Health](#) is all about. Learn how to look at your life from the perspective of the Circle of Health to find areas where you may want to make some changes. Your goals can be supported by a Health and Wellness coach or Whole Health partner. [Find the Whole Health team](#) at your local VA Medical Center.

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

[May 2025 Veterans Benefits](#)

[Newsletter](#)

[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](#)

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

[Researchers Locate Wreck of an 'Intact' American Submarine That Sank in San Diego Waters During WWI \(Click here\)](#)

Army Air Forces 1st Lt. Charles W. McCook, 23, of Georgetown, Texas, killed during World War II, was accounted for on April 18, 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 Armor-Gunner of a B-25C "Mitchell" 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. McCook will be buried in his hometown in August 2025.

Army Cpl. Delmer R. Grissom, 19, of Aransas, Texas, killed during the Korean War, was accounted for March 20, 2025. In November 1950, Grissom was a member of Company K, 3rd Battalion, 35th Infantry Regiment, 25th Infantry Division. He was reported missing in action on Nov. 8 in the vicinity of Parwon Myon, North Korea, after the Battle of the Ch'ongch'on River. After the war, returning prisoners reported that Grissom was held at Camp 5 in Pyoktong, North Korea and died on April 30, 1951. Grissom will be buried in San Antonio, Texas, on a date yet to be determined.

Army Pfc. Wilbert G. Linsenbardt, 27, killed during World War II, was accounted for on April 30, 2025. In the winter of 1942, Linsenbardt was assigned to Company A, 128th Infantry Regiment, 32d Infantry Division. He was reportedly killed in action on Dec. 5, near Buna in Papua New Guinea after his unit encountered intense enemy fire. His remains were not recovered after the war, and he was declared nonrecoverable in 1951.

Army Air Forces Sgt. Thomas G. Deitman, 24, killed during World War II, was accounted for April 25, 2025. In 1944, Deitman, a tail-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 and 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. Deitman's remains were not accounted for after the war.

Army Pfc. Albert H. Faust, 17, killed during the Korean War, was accounted for May 29, 2025. In late 1950, Faust was a member of Battery B, 57th Field Artillery Battalion, 7th Infantry Division. He was reported missing in action Dec. 6, 1950, 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 Sgt. Howard L. Hasselkus, 24, of Elmore, Ohio, who was captured and died as a prisoner of war during World War II, was accounted for Sept. 23, 2024. He was a member of the 192nd Tank Battalion when Japanese forces invaded the Philippine Islands in December. Hasselkus was among those reported captured when U.S. forces in Bataan surrendered to the Japanese. They were subjected to the 65-mile Bataan Death March and then held at the Cabanatuan POW Camp #1. According to prison camp and other historical records, Hasselkus died Nov. 22, 1942, and was buried along with other deceased prisoners in the local Cabanatuan Camp Cemetery in Common Grave 807.

POW/MIA UNACCOUNTED FOR



According to DPAA, as of June 6th, 2025, there remain:

World War II:	71924
Korea:	7418
Vietnam:	1571
Cold War:	126
Gulf War/Libya:	6
Total:	81046

The numbers do not usually include those from World War I, but a recent article stated that a sub from that era was found off the coast of San Diego. For more info, [click here](#).

Army Cpl. Anthony Konze, 20, of Brooklyn, New York, killed during the Korean War, was accounted for on Dec. 18, 2024. In July 1950, Konze was a member of C Company, 1st Battalion, 23rd Infantry Regiment, 2nd Infantry Division. He was reported missing in action on Sept. 1 in the vicinity of Changyong in the Republic of Korea. There was no evidence that he was held as a prisoner of war. A finding of death was issued for Konze on May 7, 1954. Konze will be buried in Canton, Georgia, in July 2025.

Army Air Forces Tech. Sgt. Clarence E. Gibbs, 21, of Charlotte, North Carolina, killed during World War II, was accounted for March 24, 2025. In late 1944, Gibbs was assigned to 368th Bombardment Squadron, 306th Bombardment Group, 1st Bombardment Division, 8th Air Force. On Dec. 29, Gibbs, a top turret gunner onboard a B-17G "Flying Fortress," went missing in action when his plane was hit by heavy anti-aircraft fire while on a bombing mission to Bingen, Germany. All nine crewmembers were able to bail out of the aircraft, and only one airman was found dead by German forces near the crash site. Five men were captured and processed into the German prisoner of war (POW) camp system, ultimately surviving the war. Gibbs and two other crewmembers were unaccounted for, and there was no record of them being held as POWs. Gibbs will be buried in Clinton, South Carolina, on a date yet to be determined.

Army Air Forces 2nd Lt. Milton L. Hymes, Jr., 22, of Savannah, Georgia, killed during World War II, was accounted for Nov. 21, 2024. In June 1944, Hymes was assigned to the 565th Bombardment Squadron, 389th Bombardment Group, 2nd Combat Bomb Wing, 2nd Air Division, 8th Air Force, in the European Theater. On June 20, Hymes, the navigator onboard a B-24J "Liberator" bomber, went missing in action when his plane crashed into the Baltic Sea off the coast of Denmark after colliding with another B-24 in the same formation. The pilot and co-pilot of Hymes' aircraft were able to bail out and survived, but all evidence points to the rest of the crew being killed in the crash. The U.S. War Department issued a Finding of Death for Hymes on June 21, 1945. Hymes will be buried in Thunderbolt, Georgia, on a date yet to be determined.

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

83



KOREAN
WAR

35



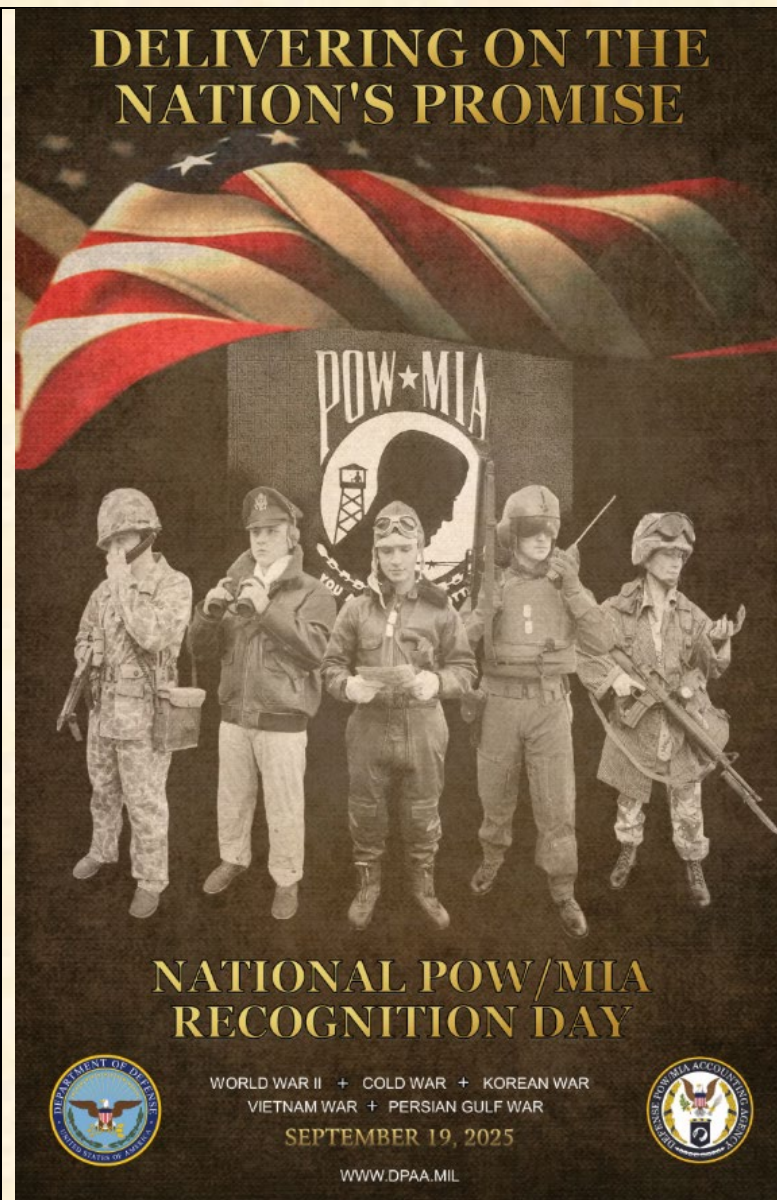
COLD
WAR

0



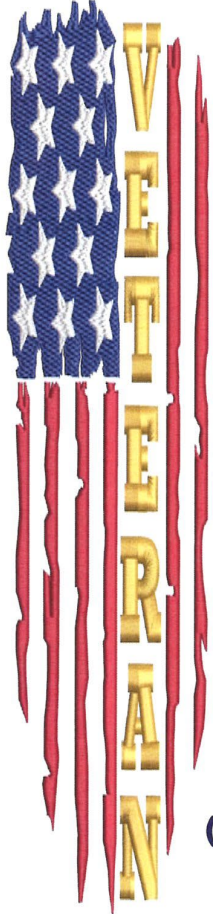
VIETNAM
WAR

3



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.

AMADOR COUNTY VETERANS SERVICE OFFICER



**Amador County
Veterans Service
Office**

Will be

Closed

**On the following
Tuesdays:**

June 10th-Training

June 16th-20th-

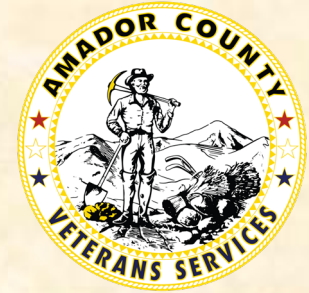
(Moving to Suite 100 and Training)

June 24th-Training

**I apologize for any
inconvenience this may cause.**

Please leave a message at 209-223-6476

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

IONE MEMORIAL POST & AUX 8254

Action Corps Weekly – June 2nd, 2025

VA and DOD Sign Agreement to Improve Transition from Service: In a joint video announcement, Secretary Doug Collins and Secretary Pete Hegseth signed a memorandum of understanding between the Department of Veterans Affairs (VA) and the Department of Defense (DOD) to improve the transition process for separating service members. Secretary Collins stated that this agreement would ensure a continuum of health care for veterans, a review of workforce development, and an assessment of transition programs. Secretary Hegseth expressed his commitment to strengthening collaboration between the two departments. Improving transition is a top legislative and policy priority for the VFW, including timely attendance at Transition Assistance Program classes, full and permanent access to accredited claims assistance for service members, and strong community connections for veterans. The VFW sees this formal partnership as a positive step forward. [Watch the video.](#)

DOD 2024 Survey Results on Military Spouses: The Department of Defense (DOD) has released the findings of its 2024 survey of active duty spouses. The report highlights both progress and ongoing challenges for military families. More spouses are participating in the workforce, but many still face financial strain and difficulties accessing reliable child care. Frequent moves continue to disrupt careers, family stability, and access to services. Spouses who feel dissatisfied with military life are much more likely to want their service members to leave active duty, showing how closely family welfare is tied to retention. While use of support programs like WIC and counseling services remains steady, concerns about child well-being and mental health persist. These findings underscore the importance of continued investment in policies and resources that strengthen family readiness and quality of life. [Read the report.](#)

Annual Report Shows Decrease in Military Sexual Assaults: The Department of Defense annual report on sexual assault shows a decrease of 320 reported cases for fiscal year 2024 compared to the previous year. While the drop is notable, no prevalence survey was conducted to determine specific characteristics. A survey is planned for fiscal year 2025 to better assess progress and inform ongoing prevention efforts. [Read more.](#)

Post 8254.

- **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.



LINKS

[National Website](#)

[Post Website](#)

[Post Facebook Page](#)



Post 8254 & Aux Dinner & a Meeting
Wednesday, June 11th
Dinner: 5:00 PM; Meeting 6:00 PM
215 S. Amador St., Ione;
209-274-4956

June 14th - Flag Day - Two Events:
Auxiliary Pancake Breakfast 8 AM - Noon
Flag Retirement Event in the Evening

Meetings are the 2nd 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.

DAV CHAPTER 118

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

California Assembly Advances AB53 Tax Relief Bill for Veterans

by [Rikki Almanza](#) | Jun 5, 2025

Veterans and their families in California could soon benefit from significant tax relief after the State Assembly approved Assembly Bill 53, which proposes up to \$20,000 in state income tax exemptions. Introduced by Assemblymember James C. Ramos (D-San Bernardino), the bill would exclude military retirement pay and Survivor Benefit Plan annuities from state income taxes between January 1, 2027, and January 1, 2037, at which point a follow-up bill would be required to continue, amend, or sunset the policy.

“California is the only state to tax the pensions of our military personnel,” Ramos said. “We need to make the state more Veteran-friendly and honor the many sacrifices of our armed services personnel and their spouses.” The bill received overwhelming bipartisan support in the Assembly and now heads to the California Senate for consideration. If approved, it will move to the Governor, who will have 12 days to either sign it into law, let it take effect without a signature, or issue a veto. Should the Governor veto the measure, the legislature may then attempt to override that decision.

Ramos, the first and only Native American serving in the state legislature, has introduced similar proposals in previous years. He stressed the economic and social value of keeping military retirees in the state. “They frequently start second careers and bring critical job skills to California’s workforce. AB 53 honors their contributions and helps ensure they remain part of our communities,” he said.

California stands alone in fully taxing military pensions, despite having more than 141,000 military retirees and over 27,000 survivor beneficiaries who receive Department of Defense payments. The San Diego Military Advisory Council estimates that a tax exemption could yield substantial economic gains: 12,600 new jobs, \$1.27 billion added to the state’s gross product, and \$2 billion in increased business activity.

The measure is co-sponsored by a coalition of veteran service groups, including the American Legion Department of California, Marine Corps League Department of California, and the California State Commanders Veterans Council. Support also comes from organizations such as the Women Veterans Alliance, California State Retirees, and the San Diego Regional Chamber of Commerce.

AB 53 also outlines detailed performance metrics and requires the Franchise Tax Board and CalVet to track and report its impact. It explicitly states that no reimbursement is required for local agencies or school districts, and the measure will take effect immediately upon passage as a tax levy.

Ramos pointed out that although California hosts the largest number of Service Members in the country, its retiree population has steadily declined since 2013. “Our state loses out on millions in federal funds when retirees leave. This bill is a critical step toward reversing that trend,” he said.



Commander	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 PM

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



U.S. MC
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



Links


[Marine Corps Website](#)

[Marine Corps League Membership Application](#)

[Marine Corps League Recommended Reading](#)



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



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

TRICARE

LOOKING FOR **More Information?**

GO TO **www.tricare.mil**

E

TRICARE East Region

Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com

W

TRICARE West Region

Health Net Federal Services, LLC
1-844-866-WEST
(1-844-866-9378)
www.tricare-west.com

O

TRICARE Overseas Program

International SOS
Government Services, Inc.
www.tricare-overseas.com

For toll-free contact information,
visit [www.tricare-overseas.com/
contact-us](http://www.tricare-overseas.com/contact-us).



TRICARE For Life

www.tricare.mil/tfl

In the U.S. and U.S. territories
(American Samoa, Guam, the Northern
Mariana Islands, Puerto Rico, and the
U.S. Virgin Islands):
Wisconsin Physicians Service Military
and Veterans Health
1-866-773-0404
www.tricare4u.com

Outside the U.S. and U.S. territories:
International SOS
Government Services, Inc.
www.tricare-overseas.com

For toll-free contact information, visit
www.tricare-overseas.com/contact-us.

An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

Updated May 2023

FS420G010523WP



Links

[DEERS INFO](#)

[TRICARE 101](#)

[TRICARE Costs & Fees Sheet](#)

[TRICARE Eligibility](#)

[TRICARE Health Matters Newsletter](#)

[TRICARE Overseas Travel](#)

[TRICARE West](#)

TRICARE News

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](#)

May 22: [Learn About TRICARE Health Plan Options for Young Adults > TRICARE Newsroom > TRICARE News](#)

May 20: [Getting Prior Authorizations for TRICARE Prescriptions: Your Questions Answered](#)

PTSD AWARENESS MONTH

Is It PTSD? When you have PTSD, it's hard to feel safe. The traumatic event – natural disaster, combat, sexual assault, accident - can take hold, and you find you can't stop thinking about it. Maybe you have nightmares and trouble sleeping. Maybe you feel on edge and unsettled or don't find pleasure in things you used to enjoy. Maybe you feel it's just easier to be alone. Feelings like these are common after going through a trauma. For most people, they pass in a few weeks or months, but for others they are long lasting.

PTSD symptoms fall into four categories: reliving or re-experiencing the event, avoiding things or places that remind you of the event, negative changes in beliefs and feelings, and hyperarousal or being on guard. For someone to be diagnosed with PTSD, they need to have symptoms in all four categories.

PTSD symptoms can happen at any age, and they come and go. Only a mental health care provider can diagnose you with PTSD. And, knowing if you have PTSD is the first step to getting effective treatment. So, it is important to talk with a doctor if you think you have symptoms. There are effective treatments even if you have been living with symptoms for years.

Keep in mind that you're not alone. And there are treatments that will help you feel better and take back control of your life. Be the advocate – take that first step for yourself.

Learn more about [PTSD symptoms](#) at the National Center for PTSD. The [PTSD Coach app](#) and [PTSD Coach Online](#) can also help you learn about PTSD symptoms and practice skills to manage those symptoms. You can even track your PTSD symptoms in the app. The [PTSD Treatment Decision Aid](#) is another online tool that can help you decide which treatment is best for you. Other useful resources are the [Understanding PTSD and PTSD Treatment](#) booklet, and the National Center for PTSD's [whiteboard videos](#).

PTSD TREATMENT WORKS For more information, visit: www.ptsd.va.gov

PTSD TREATMENT WORKS

Why wait?

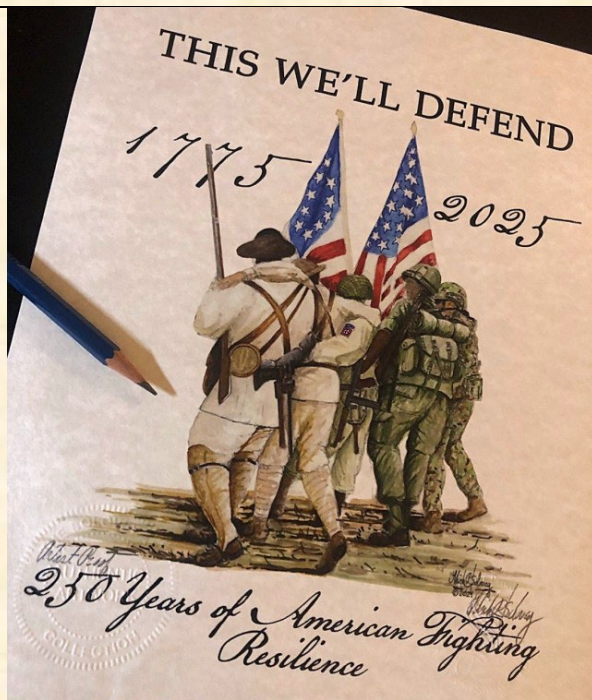


www.ptsd.va.gov

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.

ARMY BIRTHDAY



The Army has created a 250th Birthday website with lots of interesting information on it. To learn more about the Army's 250th birthday, visit:

- **U.S. Army Celebrating 250 Years**
- <https://www.army.mil/1775>
- **DVIDS 250th Army Birthday**
- <https://www.dvidshub.net/feature/ARMY250>
- **U. S. Army Center of Military History**
- <https://history.army.mil/Revwar250/>

The U.S. Army has successfully met its fiscal year 2025 recruiting goals for active duty, signing contracts with more than 61,000 future Soldiers – a full four months before the end of the fiscal year. This achievement represents a significant turning point for the Army and indicates a renewed sense of patriotism and purpose among America's youth.

This year's goal is more than 10% higher than the 55,000 recruits targeted in fiscal 2024, demonstrating a surge in interest and enthusiasm for Army service. Recent recruiting momentum has seen average contracts per day exceeding last year's levels by as much as 56% during the same period.

"I'm incredibly proud of our U.S. Army recruiters and drill sergeants," said Secretary of the Army Dan Driscoll. "Their colossal efforts and dedication to duty helped the U.S. Army accomplish our FY25 annual recruiting goal a full four months ahead of schedule."

These 61,000 men and women, who are choosing to serve their nation, represent the best of America. As the Army approaches its 250th birthday on June 14, 2025, these future Soldiers will carry forward a legacy of honor, courage and service spanning two and a half centuries.

"I want to thank the commander in chief, President Trump, and Secretary of Defense Hegseth for their decisive leadership and support in equipping, training and supporting these future Soldiers as they face a world of global uncertainty and complex threats," Driscoll added. "Putting Soldiers first is having a tangible impact and shows that young people across our country want to be part of the most lethal land fighting force the world has ever seen."



FLAG DAY – JUNE 14TH



*I walked through a county courthouse square
On a park bench, an old man was sittin' there.
I said, "Your old court house is kinda run down,
He said, "Naw, it'll do for our little town".
I said, "Your old flag pole is leaned a little bit,
And that's a ragged old flag you got hangin' on it".
He said, "Have a seat", and I sat down,
"Is this the first time you've been to our little town"
I said, "I think it is"*

He said "I don't like to brag, but we're kinda proud of that ragged old flag"

*You see, we got a little hole in that flag there
When Washington took it across the Delaware.
And It got powder burned the night Francis Scott Key sat watching it
Writing "Say Can You See"*

*It got a bad rip in New Orleans, with Packingham & Jackson
Tugging at it's seams.
And it almost fell at the Alamo beside the Texas flag,
But she waved on though.*

*She got cut with a sword at Chancellorsville,
And she got cut again at Shiloh Hill.
There was Robert E. Lee and Beauregard and Bragg,
And the south wind blew hard on that ragged old flag*

*On Flanders Field in World War I
She got a big hole from a Bertha Gun
She turned blood red in World War II
She hung limp, and low, a time or two
She was in Korea, Vietnam, she went where she was sent By her Uncle Sam
She waved from our ships upon the briny foam
And now they've about quit wavin' back here at home
In her own good land here She's been abused
She's been burned, dishonored, denied an' refused
And the government for which she stands has scandalized throughout out the land
And she's getting thread bare, and she's wearin' thin
But she's in good shape, for the shape she's in
Cause she's been through the fire before
And I believe she can take a whole lot more*

*So we raise her up every morning
And we take her down every night,
We don't let her touch the ground,
And we fold her up right.
On a second thought I do like to brag
'Cause I'm mighty proud of that ragged old flag*

When we talk about the American flag ... our flag ... we're not just talking about a piece of red, white and blue cloth. We're talking about our nation. We're talking about you and me and our parents and our friends. We're talking about all Americans. We're talking about the freedoms we enjoy in this country ... our hopes and dreams and plans for the future.

When we talk about our flag ... we talk about freedom. And it is not just the freedom we have today; we're talking about the freedom that millions of American men and women have fought to defend since our country was founded nearly 250 years ago. America was not a free country back in those days. Governed by the British, our founders had to fight for their freedom. It took almost eight years and thousands died in that revolution and many came home wounded. But when the dust of war settled, those patriots looked out at a free America, and we have remained free ever since. That freedom has stood strong for 249 years. Think about that for a moment. For more than two centuries, we have been a free country and a free people, and the reason why we have stayed free for so long is that millions of American men and women have fought ... and died ... to keep us free. In war after war, they held the line against those who would take our freedom from us.

Our flag represents our freedom, our way of life, and all of the men and women who have served in the military to keep us free. That's why our flag is so special – it represents everything that we are and everything that we can become. It represents freedom.

Today on Flag Day, we're not just honoring a flag ... the dyed fabric and thread. Instead, we are pausing to honor everything the iconic symbol represents ... our country, our freedom, and our American way of life.

To the members of the armed forces, our flag is a constant reminder of the past — its red symbolizing the blood shed from patriots who fought to ensure freedom for their country, blue — the beating and bruising endured to attain peace, and white — the integrity with which they serve and the purity of their mission. And to America, the flag remains the pinnacle of American idealism and the beacon of enduring hope. It represents the spirit of diversity and Americans of every walk of life whose hearts unite in our right to life, liberty and the pursuit of happiness.

Our flag carries the sounds of battle, dedication, courage, patriotism, sacrifice ... and victory. It carries the sounds of freedom – and the call of the bugle solemnly playing taps for those who have paid the price for that freedom.

Today, we honor and remember that our pledge of allegiance to our flag is our proud affirmation that we know what our country stands for and it is our reaffirmation that we believe ... and will continue to defend ... those principles.

SUMMER SAFETY - VA

*Beat the heat: Four tips to stay active and safe this summer
July 21, 2024 | Office of Connected Care*

Exercise is crucial to your health. It can boost your mood, help you sleep better at night and improve your heart health. However, it's important to be safe when you're active.

Depending on where you live, you may experience high temperatures and humidity in the summer, which can increase your risk of heat-related illnesses. With the right precautions, you can continue to get exercise during even the warmest months.

VA offers a suite of virtual care tools and resources to help keep you healthy. Follow these four tips to stay active and safe this summer

1. *Start or end your day with movement. Heat, humidity and pollution are usually most intense at midday. Plan your workout routine for the morning and evening when temperatures are cooler. Use [Annie for Veterans](#) messaging reminders to stay active. To subscribe to Annie, text "SUB BODY" to 75338.*
2. *Keep your body hydrated by drinking plenty of liquids before, during and after your workout. Working out in the heat and humidity can put you at risk for dehydration, heatstroke and other heat-related illnesses. Set and track hydration goals, and other health goals, on the [Live Whole Health app](#). The app is available for download on the Apple App Store and Google Play.*
3. *Use the VA Health Chat app to get quick answers to your health questions. If you experience pain or unusual symptoms during exercise, it's important to listen to your body—and to a health care professional. Use [VA Health Chat](#) to talk with VA staff about how the heat may be affecting your health and what changes you can make to stay safe. VA Health Chat can be accessed through the [VA App Store](#), the Apple App Store or Google Play. Veterans experiencing urgent health problems should contact 911.*
4. *Incorporate aquatic exercises into your fitness regimen. Outdoor and indoor pools offer a great way to stay cool while working out. Water aerobics, swimming or deep-water walking are gentle on your joints and get your heart pumping. Find new workouts on the [MOVE! Coach](#) app, available for download on the Apple App Store and Google Play.*

If you plan to begin a new exercise routine or you have specific questions about your medical condition, it's important to speak with your VA provider. They can determine whether you should take any special precautions to stay cool while you're building up a sweat this summer.



Be Red Cross Ready
Prepare so you can protect.

Extreme Heat

Preparedness Checklist

An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather event. Climate change is making extreme heat events more frequent, more severe and last longer. But we can take action to prepare. Prepare now to protect yourself and your loved ones.



What to Do: Before



Learn How to Stay Hydrated

You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.

- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary, caffeinated and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.



Gather Emergency Supplies

Gather food, water and medicine. Stores might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. In the event of a power outage, you may lose access to clean drinking water. Set aside at least one gallon of drinking water per person per day. Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- Stay-at-Home Kit: at least two weeks of supplies.
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
- Keep personal, financial and medical records safe and easy to access (hard copies or securely backed up)
- Consider keeping a list of your medications and dosages on a small card to carry with you.



Make a Plan to Stay Cool

Do not rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

- Spending a few hours each day in air conditioning can help prevent heat illness.
- If you have air conditioning, be sure that it is in working order.
- If you do not have air conditioning or if there is a power outage, find locations where you can stay cool. For example, a public library, shopping mall or a public cooling center. Plan how you will get there.
- Additional resources may be available from local government or community groups.
- Make sure you have plenty of lightweight, loose clothing to wear.
- Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe.



Learn Emergency Skills

- Learn how to recognize and respond to heat illness.
- Learn First Aid and CPR.
- Be ready to live without power. Utilities may be offline. Be ready to live without power, gas and water. Plan for your electrical needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power



Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio during a power outage.
- Understand the types of alerts you may receive and plan to respond when you receive them.
- A WATCH means **Be Prepared!** A WARNING means **Take Action!**

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

UPCOMING EVENTS

VFW Post 8254 Auxiliary
PANCAKE
BREAKFAST



Saturday, June 14th
8 AM - Noon
\$15 a plate (ahead of time)
\$20 at the door

Ione Veterans Hall
215 S. Amador St.
209-274-4956

This is the first of two planned breakfasts this Summer. We will have this event at the Post from 8:00 AM to Noon, \$15 in advance, \$20 at the door.

There will also be a Flag Retirement Ceremony on the evening of June 14th with Troops 477 and 78 being involved.

THE I.B.C.A. PRESENTS **IONE** 2ND ANNUAL **CAR SHOW**
CARS • TRUCKS • TRACTORS • BIKES • CHILI COOKOFF
HORSEPOWER, CLASSICS & FUN FOR EVERYONE

Saturday • IONE CALIFORNIA • MAIN STREET
06-21-2025 AWARDS-RAFFLE-FREE ADMISSION-9AM TO 3PM
VEHICLE REGISTRATION NOW OPEN!

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>

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UPCOMING COMMEMORATIONS

FLAG DAY RETIREMENT JUNE 14TH



This is the second flag retirement of the year and we look forward to retiring many more flags this evening.

PURPLE HEART DAY AUGUST 7TH



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.

9/11 REMEMBRANCE



This is an event put on by the Ione Fire Department. It will occur at 8:56 AM at Fire Station #1.

It is an extremely short event with a speech and the Post Honor Guard.

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 Army B-day ↻ Flag Day ↻ LUCID WKG PTY ↻
15	16	17	18 9 AM Kaiser Truck ↻	19 7 PM DAV Mtg ↻	20	21 Ione Car Show
22 VFW State Convention	23	24	25	26	27	28 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 ↻

June starts off slow, but starts picking up 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 state 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.