



GEN. WILLIAM STARK ROSECRANS FEBRUARY 2023
VFW POST 3261 Volume 3, Issue 2
 1822 W. 162nd St. Gardena, CA 90247
 (310) 324-6161

It's not the dues you paid to be a member, it's the price you paid to be eligible.

Commander's Comments

Post Commander James "Jimmy C" Carradine



As I sat writing these comments the word "frustration" came to mind. Even though we have increased our active membership we still lack the numbers needed in our Post and Auxiliary to do things like fundraising or community projects. Fortunately, we were able to get wonderful volunteers for activities like last

year's Easter Egg Hunt yet more is needed. But, as the saying goes "where there is a will there is a way". I am still hopeful that we will move forward to achieve our goals for 2023 and reduce some of these "frustrations".

On a higher note we will periodically recognize a non-member of our Post who has contributed either through donations or contributed their time such as last year Easter Egg Hunt.



We recognize **Herman Blue** who has worked for the U.S. Postal Service for over 40 years and is a patron of our Post. Herman has supported our Post with his generosity without hesitation and we look forward to his continued support throughout 2023. Herman is also known for his vocal cords and his favorite song "Walking in Memphis" by Marc Cohn. Whenever that song is played Herman will be sure to serenade our patrons. **Happy Birthday Herman from VFW Post 3261!** Thank you Herman for your support.

Nomination of Post Officers (Commander, Senior Vice Commander, Junior Vice Commander, Quartermaster, Chaplain, and Trustees) will be at the next scheduled Post meeting on March 14, 2023. Nominations will remain open until the election which will be on April 11, 2023 at the regular scheduled meeting.

CANTEEN
 Open Monday - Sunday
 2 – 10 p.m.

*Enjoy Trina's Sunday Cooking
 Every Sunday 2 - 9 PM
 (meals vary each week)*

TACO Tuesday 4-9 PM

Tacos \$1.50 (Asada & Chicken)
 Wet Burrito \$7.00 (Asada or Chicken)
 Nachos \$5.00 (Asada or Chicken)

BINGO Wednesday

Open @ 4:30 p.m. Starts at 6:30 p.m.

MENU

Hot Dogs / Hamburgers
 Cheese Toast / Patty Melt
 Taco Salad / French Fries
 Desserts: Brownies & Pineapple Upside Down Cake

Monthly Membership Meeting:
 Second Tuesday at 7 p.m. at Post 3261. Meetings may also be available on ZOOM. Send your email address if you'd like to participate.



**RENT THE HALL FOR
 YOUR NEXT PARTY OR
 EVENT!**

(Capacity: 250 Persons)

Security Deposit - \$500
 (Required to hold the date)

Friday & Saturday - \$2,000
 (Bar Closes at Midnight)



VA Celebrates Black History Month

February is Black History Month and VA is proud to join our country in celebrating the extraordinary legacy of Black Americans.

There are more than two million Black Veterans in the United States who have made incredible sacrifices for our country. One of them was Lawrence Brooks, who was the oldest known World War II Veteran. Brooks was drafted in 1940 and served in the Army's 91st Engineer Battalion. On Jan. 5, 2022, Brooks passed away at 112 years of age.

Lawrence Brooks, oldest known WWII Veteran

Black History Month is celebrated each year in February to recognize the significant contributions that Black Americans have made in our nation's history. It is a time to collectively celebrate racial pride, assess our nation's commitment to the ideals of freedom, and reflect on and commemorate the struggle for freedom and equality.

National African American History Month had its origins in 1915 when historian and author Dr. Carter G. Woodson founded the Association for the Study of the Negro Life and History. Through this organization, Dr. Woodson initiated the first Negro History Week in February 1926. Dr. Woodson selected the week in February that included the birthdays of Abraham Lincoln and Frederick Douglass.



Jesse Brown was the first Black secretary of Veterans Affairs. Former Secretary Brown was a Marine Corps Veteran and a fierce trailblazer in developing medical, housing and employment programs for injured Veterans. In 2004, the VA Chicago Health Care System was renamed in honor of Former Secretary Brown.



Dr. Howard Kenney was the first Black director to integrate the VA hospital system with his position at the East Orange, New Jersey, VA facility. In 1969, he again made history by becoming the first Black American to be appointed as a VA Regional Medical Director. Dr. Kenney also worked as an associate deputy chief for policy, plans and operations at VA central headquarters before retiring in the 1970s.



Brandy Woods is a 2020 recipient of the Veterans Healing Veterans (VHV) Medical Access & Scholarship Program. Woods, an Army Veteran, attends Morehouse School of Medicine in Atlanta, Georgia. Morehouse is one of 107 Historically Black Colleges and Universities in the country and one of nine medical schools participating in VHV.

SOURCE: <https://news.va.gov/100298/va-celebrates-black-history-month/>



BLACK HISTORY MONTH SALUTE

Dr. Audrey Frison

VA salutes Dr. Audrey Frison, who is retiring after 40 years of serving Veterans.

"When I came to VA as an administrative resident in 1983, I never expected to make it my lifelong career," Frison said. "I soon realized that taking care of Veterans was an opportunity for me to serve those who served our country, a privilege and an honor. The longer I stayed, the more opportunities I was afforded for professional growth and development. I am a great example of opportunity and advancement at VHA and truly blessed with my 40 year career."

Followed her sister into nursing

As a coal miner's daughter, Frison grew up in the hills of Appalachia in the small town of Benham, Kentucky. She attended Eastern Kentucky University in Richmond, Kentucky, for her undergrad in nursing. "I decided to become a nurse because my mother wanted to be a nurse. She was never able to be a nurse but my older sister is a nurse and I decided to follow in her footsteps," she said. Frison started as nurse in the private sector during one of the first severe nursing shortages. "I felt as though the administration wasn't listening to the staff and I said I needed to be a part of the change. I need to sit at the table where the decisions are being made," she added.

Master's degree in Hospital and Health Administration

She decided to go back to school to obtain her master's degree in Hospital and Health Administration from Xavier University in Cincinnati, Ohio. In 1983, she landed an internship at VA in Ann Arbor, Michigan. After a yearlong session and completing her thesis on ambulatory surgery, she went on to become a health system specialist trainee at Indianapolis VA. She completed her intensive training and started her first position as the HRO DRG coordinator at the Dayton VA in Ohio.

Doctorate in Management in Organizational Leadership

Frison earned her doctorate in Management in Organizational Leadership in 2016. [Northern Indiana VA](#) is where she would flourish in her career and dedicate herself to her staff and Veteran care. Over the years, she has held many positions, including in Veteran enrollment, acting chief of Food and Nutrition, acting chief of Respiratory Care and acting chief Environmental Management. In 1997, she was selected as assistant director of Patient Care Services, a position she held for 26 years. "At the time, we did not have a nurse executive position at the Fort Wayne campus. My boss at the time asked me to stand-in because we were in the midst of the Marion and Fort Wayne merger. I decided to be a part of the solution and made the decision to apply and I was selected," she said.

A new career as a volunteer

After decades of service, Frison has decided to retire and start a new venture: "I would like to volunteer in the school system. I would like to work with young students to help them learn how to read.

Frison has dedicated 40 years of her life serving Veterans. She may be leaving, but her positive contributions to VA will remain.

SOURCE: <https://news.va.gov/115503/black-history-month-salute-dr-audrey-frison/>

In tax season, how can Veterans maximize their tax benefits?



As a Veteran, you may be eligible for certain tax benefits under the tax code. It's important to file your taxes before this year's April 18 deadline and be aware of the benefits that apply to you.

Here's a summary of some of the key tax benefits for military Veterans provided by accountant and tax expert Lisa Greene-Lewis of TurboTax. And don't forget: [Tax advice that applies to civilians](#) can benefit you too.

Federal Taxes

- ◆ Military retirement pay is taxable as federal income tax and is not considered earned income for Social Security tax purposes.
- ◆ Premiums for the [Survivor Benefit Plan](#) are excluded from taxable income.
- ◆ [Veterans education benefit payments](#) received through VA for education and training are tax-free.
- ◆ Disability benefits received from VA, such as disability compensation, pension payments and grants for home modifications, are not taxable.

Money from VA that is not taxed

- ◆ Interest from VA life insurance policies.
- ◆ Benefits under a dependent-care assistance program.
- ◆ Money paid to a survivor of a member of the armed forces who died after Sept. 10, 2001.
- ◆ Payments made under the compensated work therapy program.
- ◆ Any bonus pay from a state, county, city or town because of service in a combat zone.

Note that if you had a recent increase in your disability rating or were granted [combat-related special compensation](#), you may be eligible for a tax refund, but this can only be applied to the year VA reassessed your disability level.

State Taxes

States typically offer tax benefits only to Veterans who were honorably discharged or released from active duty under honorable circumstances.

State benefits usually include exemptions on property taxes, according to value.

Benefits are often transferred to a spouse or surviving spouse of honorably discharged Veterans.

Many states offer property tax exemptions and other benefits for disabled Veterans. Military retirement pay may be taxed differently in different states.

Every state's revenue website outlines state benefits for Veterans and how to apply for them.

Disabled Veterans can qualify for property tax exemptions at the state level. These breaks, which are usually tied to a [specific disability rating](#), can help a Veteran save thousands of dollars. You can view a list of all property tax exemptions by state and disability percentage [here](#).



AARP Tax-Aide

AARP Foundation's [Tax-Aide](#) program offers free tax help to anyone, with a focus on taxpayers who are 50 and older and have low to moderate incomes.

Tax assistance is available through knowledgeable volunteers, either in-person or virtually, by appointment only.

To find out about more tax breaks for Veterans, [read the full version of this article from AARP](#). (<https://www.aarp.org/home-family/voices/veterans/info-2021/maximize-tax-benefits.html>)

It also includes state specific tax break for Veterans.

SOURCE: <https://news.va.gov/115594/in-tax-season-veterans-maximize-tax-benefits/>



EXTENSION OF ELIGIBILITY OF
THE PROGRAM OF COMPREHENSIVE ASSISTANCE FOR
FAMILY CAREGIVERS
BENEFITS FOR LEGACY COHORT

**More information
about VA Caregiver
Support Program**

[VA Caregiver Support Program website;](https://www.caregiver.va.gov/) (<https://www.caregiver.va.gov/>)
[PCAFC reassessment news;](https://www.caregiver.va.gov/support/PCAFC_Reassessments.asp) (https://www.caregiver.va.gov/support/PCAFC_Reassessments.asp)

[Find your local Caregiver Support Program team;](https://www.caregiver.va.gov/support/New_CSC_Page.asp) (https://www.caregiver.va.gov/support/New_CSC_Page.asp)

[Sign up to receive email updates and information about VA Caregiver Support Program services.](#)

Family Caregivers (PCAFC): VA is extending eligibility and applicable benefits for Legacy Participants and Legacy Applicants through Sept. 30, 2025.

VA will not discharge participants or decrease support

During this time, VA will not discharge or decrease any support to Legacy Participants, Legacy Applicants and their Family Caregivers, based on reassessment, to include monthly stipends paid to Primary Family Caregivers.

This extends the transition period and timeline to complete reassessments for Legacy Participants, Legacy Applicants and their Family Caregivers for an additional three years.

VA will continue to complete reassessments of Legacy Participants, Legacy Applicants and their Family Caregivers at the request of the Veteran or Family Caregiver or if evidence of an increased need for personal care services is identified.

Options to seek further review or appeal

Any Primary Family Caregiver eligible for an increase in their monthly stipend will receive it.

If you receive a PCAFC decision and disagree with that decision, the options to seek further review or appeal of the decision remain the same. Information about review and appeal options for PCAFC decisions can be found on the VA [Caregiver Support Program \(CSP\) website.](https://www.caregiver.va.gov/support/PCAFC_Appeals.asp) (https://www.caregiver.va.gov/support/PCAFC_Appeals.asp)



Army Veteran Annet Bowman lost 120 pounds through the MOVE! Program



Obesity is a growing health concern across the nation with an estimated 78 percent of Veterans struggling with being overweight or obese.

Army Veteran Annette Bowman, tired of being a part of that 78 percent, started her journey toward achieving a healthy weight in spring 2021 and has since lost more than 120 pounds. Now in control of her weight and health, Bowman hopes to inspire other Veterans to strive for their weight loss goals with her story.

"I knew my weight had become an issue," she said. "Everything was harder than it should be and I always had low energy. Just bending over to pick something up was hard for me."

Determined to change her life, Bowman made the commitment to become healthier when she joined the [Columbia VA TeleMOVE! Program](#) in June 2021.

Tired of everyday tasks feeling difficult

"I knew it was time to make a change," she continued. "I actually started exercising and making lifestyle changes before starting the MOVE! Program. I was tired of having everyday tasks feel so much more difficult than they should."

To help combat obesity, VA, along with the National Center for Health Promotion and Disease Prevention, designed the MOVE! program (Managing Overweight Veterans Everywhere). It helps Veterans lose weight and improve health by teaming them up with dietitians, clinicians and health coaches.

TeleMOVE! is a 3-6 month at-home telehealth version of MOVE! utilizing daily in-home education and weight monitoring using equipment provided or web-based platforms. The program provides accountability, education and self-reporting of the Veteran's knowledge, behaviors, and symptoms.

Helping Veterans make behavior changes

"My goal is to help Veterans improve their health with realistic and achievable diet and exercise-related behavior change," said MOVE! Coordinator and Dietitian Deborah Zippel. "We know that carrying excess body fat contributes to health risk."

Army Vet Annet Bowman weight-loss journey (Cont.)

I strive to help Veterans make behavior changes and achieve a realistic weight/body composition that helps them live their best life.”

Zippel remembers Bowman was ready to commit to a change in her lifestyle and that she did not waver from her exercise routine.

“I liked that she wasn’t rigid with her diet and allowed herself to enjoy food but stayed focused on her larger goals,” Zippel said. “She was fairly independent with her weight loss efforts. We connected every few weeks and she was great about reaching out for support if needed. If I saw her weight plateau, we would problem solve together. I find that many Veterans are embarrassed to ask for help if they are slipping and this is when they need it most.”

“Not paying attention to my portions.”

Bowman attributes a lot of her weight gain to stress eating and occasionally having fast food for lunch throughout the work week.

“I had been working a lot of overtime and under a great deal of stress at work,” she added. “I was not eating healthy and not paying attention to my portions.”

Dedicated to herself and her journey, Bowman committed to core lifestyle changes, including exercising, daily walks, dietary changes and journaling. She said she realized consistency was key and, while she allowed herself to occasionally lapse, she would maintain her 1,500 calories a day diet.

Struggled but resilience got her back on track

“There were periods when she struggled, but her resilience got her back on track,”

said Zippel. “She remembered what worked for her and readjusted her goals.”

MOVE! provided Bowman with a support system that is paramount to Veteran success in weight-loss. More than 18-months after committing herself, Bowman is down more than 120 pounds and said she feels better than she has in a long time.

“If someone is considering this journey, my advice is to take the first step and join the MOVE! program. You’ll have the support you need to help keep you committed,” she said.

To learn more about the MOVE! And TeleMOVE! Programs visit www.move.va.gov/MOVE/index.asp or speak to your Primary Care team.

SOURCE: <https://news.va.gov/115356/veteran-inspires-move-weight-loss-journey/>

What is MOVE!? MOVE! is a weight management, health promotion program designed to improve the lives of Veterans. MOVE!’s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science. With the help of your MOVE! care team, you can reduce health risks, prevent or reverse certain diseases, improve your quality of life, and even live longer!





The VeteranOfTheDay is Army Veteran Benjamin O. Davis Sr., who was the first African American to be promoted a brigadier general in the American military.

Benjamin Oliver Davis Sr. [joined the military in 1898](#) as a volunteer in the Spanish-American War and later became the first black brigadier general in the Army.

Davis [was born in July 1877](#), according to official military

records; however, according to biographer Marvin Fletcher, he was born [May 1880](#) and claimed the 1877 birthday in order to allow him to enter the military sooner. Davis was born and raised in Washington, D.C., attending M Street High School, where he took cadet training courses and dual enrollment classes at Howard University his senior year.

In 1899, Davis enlisted in the 9th Cavalry of the U.S. Army. In 1901, he was promoted to corporal and later achieved the rank of sergeant major before being commissioned as a second lieutenant. Four years later, he was promoted to first lieutenant and, later again to captain on Dec. 24, 1915. He soon saw ranks as major and lieutenant colonel between 1917 and 1918 before promotion to colonel in 1930. He was promoted to brevet brigadier general in 1940 and retired on July 31, 1941. The following day, however, Davis was recalled to active duty with the rank of brigadier general by President Franklin D. Roosevelt.

After his promotion to brigadier general, Davis commanded the 2nd Cavalry Division in 1941 and later was assigned to the office of the inspector general for the Army. Throughout World War II, he served in a unit establishing and protecting the status and morale of African-American soldiers and saw tours throughout the European theatre advising race relations.

Davis held many responsibilities throughout his service, but policies of segregation delayed his [leadership opportunities](#). For 40 years of his career, he served mostly in the Philippines and Liberia along with teaching military science at the Tuskegee Institute in Alabama and Wilberforce University in Ohio. In 1948, after 50 years of service, Davis officially retired from the Army in a public ceremony presided over by President Harry Truman.

Davis was awarded the Bronze Star Medal and the Distinguished Service Medal along with honorary degrees from Tuskegee Institute and Atlanta University. He received foreign honors and awards from Liberia and France.

Davis died in Chicago in 1970 at age 93. He left behind a wife of over 60 years, Elnora Dickerson; his daughter, Olive Davis; and son, Benjamin O. Davis Jr., who was the second African American to attain the rank of general in the military.

We honor his service.

PROTECTING YOUR PACT ACT BENEFITS.

Have you seen television commercials, social media posts, or other advertisements from companies telling you to “act now” to claim your Camp Lejeune or [PACT Act](#) benefits? Are you wondering if you’re eligible for the new presumptive benefits and need their legal representation? Here’s the information you need to know to protect yourself from predatory third-party companies.

How to safely file for and claim your PACT Act benefits

VA wants you to know there are some predatory companies, not recognized by VA, that are targeting you by offering to assist you with your VA benefit claim. These companies charge absurd fees or require you to pay a portion of your VA benefits. VA will never charge you to apply for the benefits you may be entitled to. If you think you’re entitled to benefits, please review the following preventive measures to help guard against fraud and scams.

Apply directly to VA. If you plan to file a claim, you may submit your claim in person at any regional office or [online](#). VA will help you gather the evidence you need to support your claim. There are no costs or hidden fees to file a claim for benefits. Be cautious of media advertisements from companies who provide information about the recent changes in law for toxic-exposure benefit claims and suggest Veterans can only obtain VA benefits with their help. These companies may not be recognized with VA and may be trying to charge Veterans illegal fees. Use the VA Office of General Counsel (OGC) [Accreditation Search](#) to confirm and validate the credentials of anyone offering claims assistance.

Do not sign a contract agreeing to pay an unauthorized company a fee to help you with your VA claim. There are [accredited](#) Veterans Service Organizations, agents and attorneys who may assist you. Only VA-accredited agents and attorneys may charge Veterans for assistance on their VA claim,



and only when they provide assistance in connection with a proceeding after VA has made an initial decision on a Veteran’s claim. No individual or organization may charge a claimant a fee for filing an initial VA claim.

Be cautious of companies claiming to be contacting you on behalf of VA. Contact VA directly at 1-800-827-1000 if you are unsure about the authenticity of a message you’ve received. Review all documents thoroughly. Never sign a blank form for someone else to complete later. They should always review the completed form before signing and retain a copy of the completed form for their records.

Helpful resources and tools

Veterans and survivors who think they might be eligible should apply for PACT Act benefits right now. Go to www.va.gov/PACT or call 1-800-MYVA411 for more information.

If you are ever uncertain about a contact or believe you or someone you know is a victim of VA benefits scams, please contact the VA Office of Inspector General at [\(OIG\) Hotline \(va.gov\)](#).

If you suspect a company is using predatory practices, file a complaint with the [Federal Trade Commission](#) and the [Better Business Bureau](#). For more information on how to avoid scams, go to <https://www.fcc.gov/veterans-targeted-benefits-scams>.

SOURCE: <https://news.va.gov/115611/protecting-your-pact-act-benefits/>

NEWS RELEASE

VA offers \$30M in grant funding to assist formerly homeless Veterans

Feb 2, 2023 12:15 pm

WASHINGTON — As a part of ongoing efforts to prevent and end Veteran homelessness, the Department of Veterans Affairs is announcing \$30 million in grant funding for organizations to help formerly homeless Veterans maintain their independence and housing stability.

This funding opportunity will give organizations the funding they need to hire case managers, who will help Veterans search for, obtain, and successfully transition to permanent housing; troubleshoot challenges and barriers to maintaining permanent housing; connect with services to address issues such as poor credit history, rent arrears, and legal issues; and more.

VA anticipates awarding 100 Case Management Grants for up to \$300,000 each to support approximately 150 case manager positions nationwide. Awards will fund two years of operations, starting on Oct. 1, 2023, and ending Sept. 30, 2025. The funds are available through VA's [Homeless Providers Grant and Per Diem Program](#).

Ending Veteran homelessness is a top priority of VA and the entire Biden Administration. The number of Veterans experiencing homelessness [has fallen by 11% since early 2020](#) and 55.3% since 2010. Additionally, during 2022, VA placed more than 40,000 homeless Veterans into permanent housing — exceeding VA's goal by more than 6%. In late 2022, the Biden Administration released [All In: The Federal Strategic Plan to Prevent and End Homelessness \(PDF\)](#), which lays out the goal of reducing homelessness for all Americans by 25% by 2025.

"For many Veterans experiencing homelessness, moving into permanent housing is the first step toward the stability and independence they deserve," said VA Secretary Denis McDonough. "But our work doesn't stop there — these case managers help ensure that once Veterans become housed, they get the resources they need to stay housed."

VA's efforts to combat Veteran homelessness are grounded in reaching out to homeless Veterans, understanding their unique needs, and addressing them. These efforts are built upon the [evidence-based "Housing First"](#) approach, which prioritizes getting a Veteran into housing, then provides the Veteran with the wraparound support they need to stay housed — including health care, job training, legal and education assistance and more.

Eligible entities, as described in the Notice of Funding Opportunity, may apply for these Case Management Grants. Grant applications must be received by the GPD Program **Office by 4 p.m. ET on Thursday, May 4, 2023. View the [NOFO](#) and [learn more about GPD](#) or email GPDGrants@va.gov.**

If you are a Veteran or know a Veteran who is experiencing homelessness or at risk for homelessness, call the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838). Visit the [VA Homeless Programs website](#) to learn about housing initiatives and other programs for Veterans exiting homelessness.

SOURCE: <https://news.va.gov/news-releases/va-offers-30m-in-grant-funding-to-assist-formerly-homeless-veterans/>

**GEN. WILLIAM STARK ROSECRANS
VFW POST 3261**

OFFICERS

Commander – James "Jimmy C" Carradine

Senior Vice Commander – Noe Rubio

Junior Vice Commander - Anthony Dixon

Quartermaster – Norman "Norm" Chibana

Chaplain - Michael J. McArdle

1st Year Trustee – Elvin Carter

2nd Year Trustee – Horace Yonamine

3rd Year Trustee – Patrick F. Tubal

Adjutant – Norman "Norm" Chibana

Service Officer – Larry "Skip" Anglin

Judge Advocate – Michael McArdle

Surgeon— Roland "Tony" Zapata