DAV14.NEWS

Reporting on the Sacrifies, Needs, and Great Accomplishments of Veterans

#DAV14Weekly #ISSUE_008May2023

DISABLED AMERICAN VETERANS

CHAPTER 14

Empowering Veterans

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Lead by Swannanoa First Baptist Church - Homeless Veteran Committee: DAV14/Aux members feeds Veterans lunch 2x month

8 Standing Committees

Beddingfield-Shytle Chapter 14 Disabled American Veterans relys on the hard work and dedication of committee members. Standing committees are permanent and vary in activeness based on members particaption

9 Campfire Safety Tips

10 Community Recognition

VFW Leicester Hwy Post 891

Reminder to
pause, breathe,
and enjoy the moment

Mental Health Breaks can potenitally help reduce Aniexty Attacks: Contact your mental health provider for guidance.

Chapter Aux Feeds Homeless

Chapter members across many States, have particapated, organized, and self funded many programs : DAV14 is dedicated to providing support that addresses the needs of Veterans

For Over a decade,

Members of the SFB Church Committee have been dedicated to serving Veterans of the VRQ Lunch.

What started as 1 lunch per month for about 70 Veterans, has grown to 2x lunchs per month. A taste that doesn't have it's challenges.

With increased food cost and COVID restrictions, supplies and donations have reduced over the years.

Some of the Church members are also DAV Life members and DAV Aux life members. Their dedication to supporting Veterans is incredible.

DAV14 has supported SFB VRQ luncheons, your support is greatly appreiated.

DAV14: Homeless Veteran Luncheons
PO Box 2425
Hendersonville, NC 28793

Ways to Support DAV14

Ways to support DAV Chapter 14 programs:

1) Volunteer: Internally as a member or at another organization event supporting Veterans on behalf of DAV14

2) Become active in quarterly meetings: Opening and Closing DAV14 ceremonies: POW ceremony: Information Seminars: Refreshments, Production and setup

3) Contributions: in-kind and money

DAV14.INFO

Flag bundles average:

$1300-$1600 last 1-2 years

Chapter Flag program goal: $10,000

To cover current resupply cost and future community program expansions

Make Check or money order: DAV14
memo: Flag Program

DAV14: Flag Program
PO Box 9333
Asheville NC 28815

Disabled American Veterans
Beddingfield - Shytle
CHAPTER 14
Headquarters

DAV CHAPTER 14 Quarterly Meeting:

18JULY2023

216 4th Ave W
Hendersonville NC 28739

12pm Members Social

1pm Opening Ceremonies

Business Session

2pm Closing Ceremonies

DAV14.ORG

Disabled American Veterans Chapter 14

1972-2022 50YRS_EMPOWERINGVETS

DAV 14

Beddingfield - Shytle

NC

New Commander's Office Line: 828.393.9973

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Reporting on the Sacrifices, Needs, and Great Accomplishments of Veterans

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Understanding Your Benefits Earned Through Honorable U.S. Military Service

STANDING COMMITTEES

DAV CHAPTER 14 STANDING COMMITTEES:

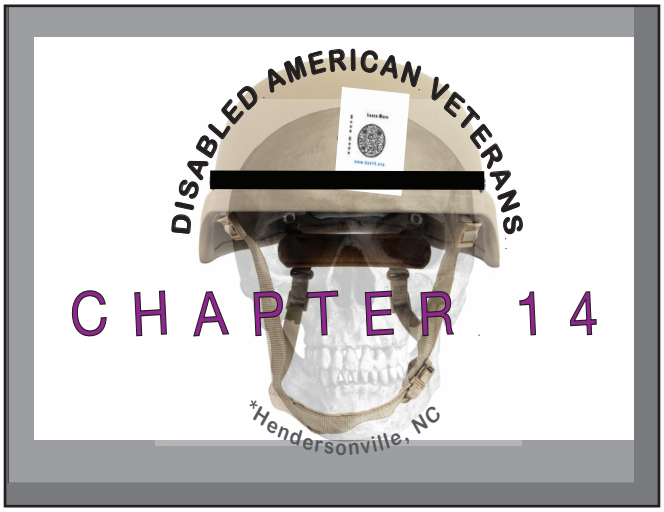
Membership: - Strength by Numbers and Events

Hospital: -Focused on supporting needs of Vets @VAMC

Publicity: -Advocating Local, State, federal Levels for Disabled Veterans and their family

Service to Veterans: -Benefits Counseling and Chaplain Services

PRICE PAID



Aging Veterans face many health challenges with little to no answers: Hopeful Pact Act will produce results:

1) Toxic Environment Exposures:

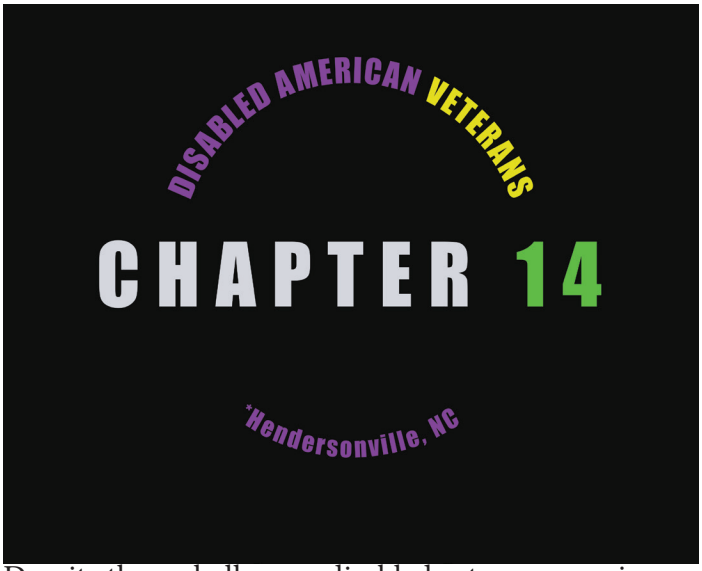
2) Gulf War Illnesses: Signs and Systoms of?

3) Invest in Veterans - Increase HISA Grant

Disabled veterans have paid a great price for the freedom that we enjoy as citizens of this country. Many have suffered physical injuries and emotional trauma as a result of their service, and they continue to face challenges as they try to reintegrate into civilian life.

One of the biggest challenges that disabled veterans face is finding employment. Many have physical or psychological injuries that make it difficult for them to perform certain tasks or work in certain environments. This can make it difficult for them to find jobs that match their skills and abilities.

Another major challenge that disabled veterans face is accessing healthcare and benefits. Many veterans struggle to navigate the complex system of government benefits and services that are available to them. This can make it difficult for them to get the care and support that they need to recover from their injuries and illnesses.



Despite these challenges, disabled veterans remain an important and valued part of our society. They have made sacrifices for the sake of our freedom, and it is important that we do everything we can to support them as they transition back to civilian life. This includes providing them with job training and education programs, as well as ensuring that they have access to quality healthcare and benefits.

In conclusion, disabled veterans are paying the price of freedom by making sacrifices for our country and facing unique challenges during their transition to civilian life. It is our duty to support them and ensure they get the care and benefits they need and deserve.

DAV14 NC

DAV14 TIPS

1. Start A Medical Journal
2. Establish Yearly communication with Doctor
3. Register for Hazardous Enviroment Registries
4. Gather Supporting Records for VA Claim
5. Schedule appointment with County Service Officer
6. Continue Medical Treatment as needed
7. Review VA decision and challenge if undesirable

COMMUNITY RECOGNITION

Black Mountain Fire department and Aux

Hiring Veterans and dependents of Veterans the American Fire Service has a long history of American Service. Vital to the safety of American way of life. The military has had Fire Fighters since the start. We thank the town of Black mountain for outstanding Emergency Services and hiring Veterans.

Featured Resturant:

Seafood at Coach house

Needed Donations for Hospitalized Veterans

VAMC-Asheville

Non-Monetary items that are also very appreciated include:

Puzzles, Word search and puzzle books (New) – Used for Veteran inpatients and Community Living Center Residents

Snacks, Soda and Water – These donations are used for Recreational activities and for comfort carts

Art supplies – These donations are used for the Creative Arts Program: Canvas', drawing pencils, charcoal, pastels, water color sets & paper, paint brushes

Craft Kits - Kits are distributed to Veteran patients to help relieve stress. Wood and leather kits, beading, models, yarn and painting kits, dream catchers, and sun catchers.

VOLUNTEER
TODAY!

CONTACT VA DIRECT TO START PROCESS

WNC VA MEDICAL CENTER

828.299.2514

CDCE
1100 Tunnel Rd
Asheville NC 28805

AT EASE

Community, Travel, Wellness, Local Activities, & Awareness

Community:

Tailgate Markets WNC:

Henderson County Tailgate Market

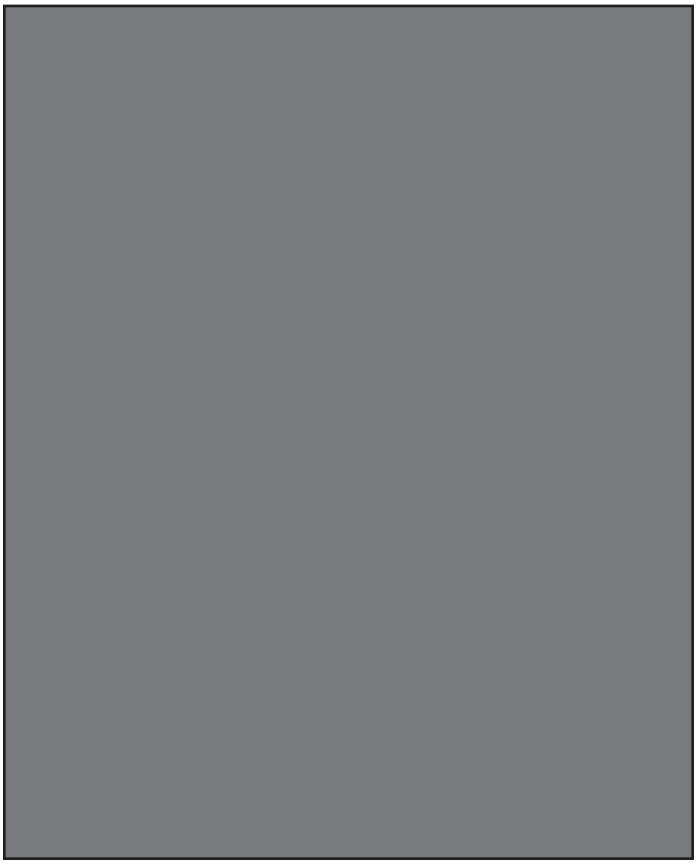
Hendersonville Farmers Market

West Asheville Tailgate Market

North Asheville Tailgate Market

East Asheville Tailgate Market

WNC Farmers Market

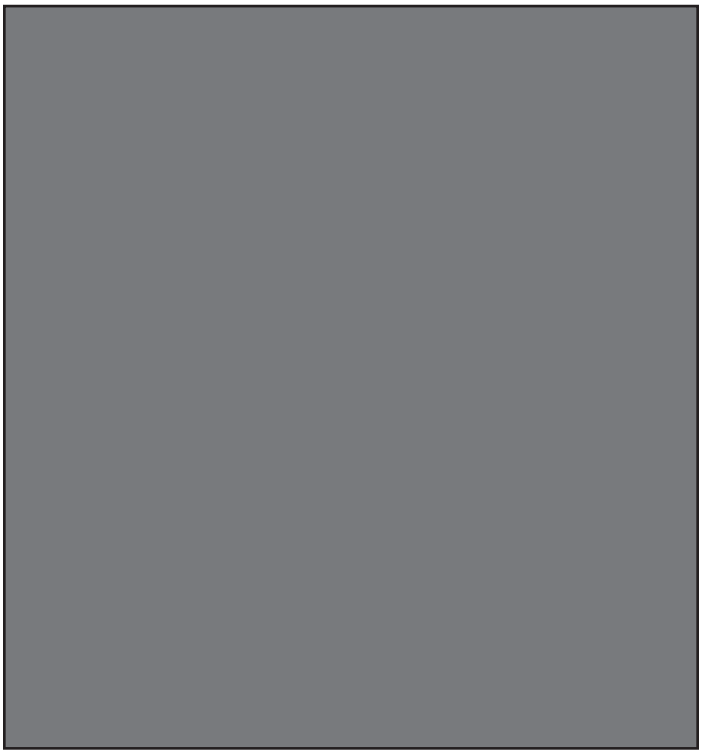


Travel:

Brevard Military Musem:

Wellness

Stretching soreness away: Consult with professional and dotors before begining any workout



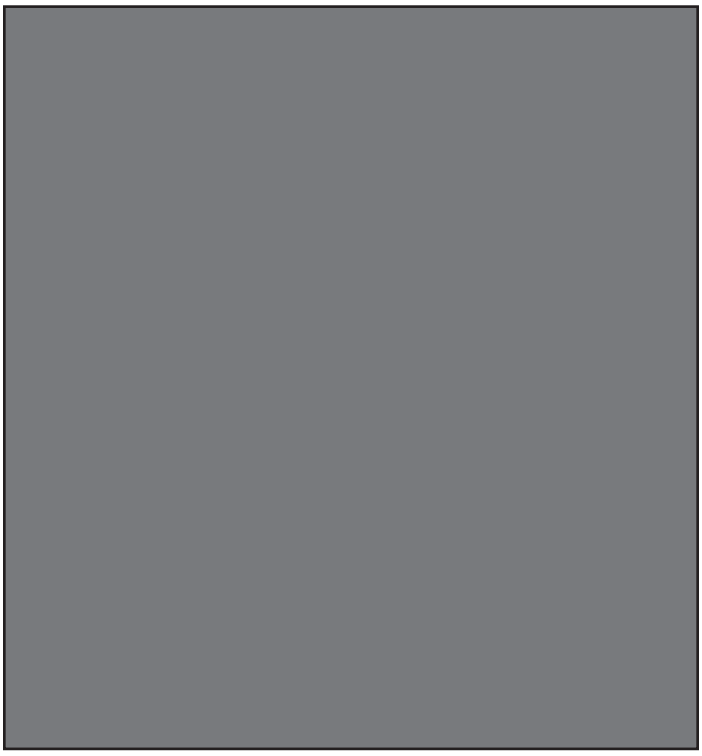
1) Stretching in bed: Start a routine

2) Stretching in a chair:

3) Hydration

4) Balanced Diet

5) adjust stretching routine to accomdate you



Disabled American Veterans

Beddingfield-Shytle

CHAPTER 14

Headquarters

Local Activities

1) Blue Ridge Parkway Drive

2) Nature Center- Part 2

3) Looking Glass Falls

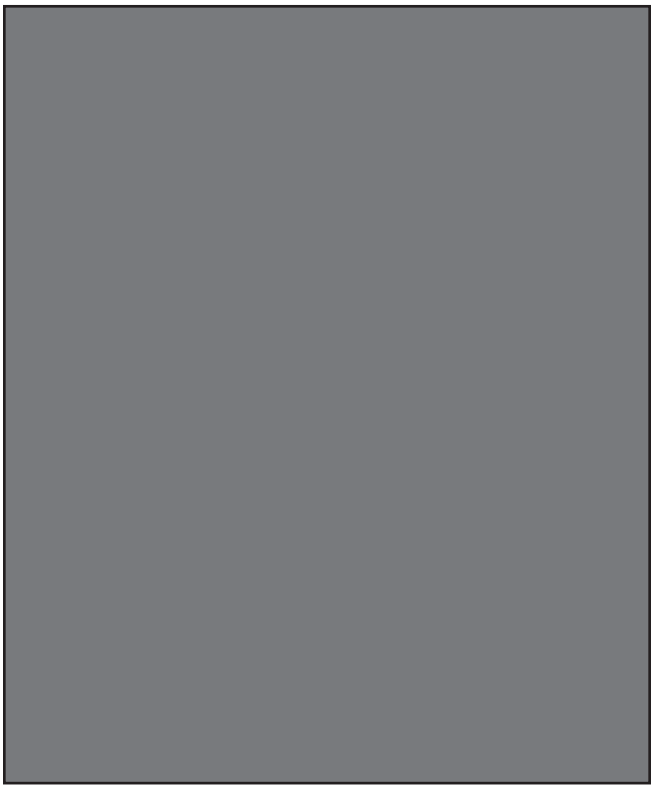
4) Andrew's Geyser

5) McConnell Farms

May Awareness Month:

1) National Burger
2) National BBQ

3) Fibromyalgia Awareness
4) Touretles Syndrome Awareness



Awareness Month: Spotlight

This month's Awareness Spotlight is to all our active duty, reserve, and national Guard members serving today and all those who served in the past!

MILITARY APPECIATION MONTH

Military Appreciation Month is an annual observance that takes place in the United States during the month of May. The month is dedicated to honoring the sacrifices and service of the men and women who have served in the Armed Forces.

The origins of Military Appreciation Month can be traced back to the early 1980s, when a group of military veterans and supporters began promoting the idea of a national observance to honor the sacrifices of those who have served in the military. In 1999, Congress officially designated May as Military Appreciation Month, and since then, communities and organizations across the country have come together to show their support for our military personnel.

During Military Appreciation Month, many events and activities are organized to recognize and honor the sacrifices of our military personnel. These can include parades, ceremonies, and other patriotic events. Many organizations, such as the Veterans of Foreign Wars, American Legion, and DAV14, also hold events and ceremonies to honor veterans.

In addition to these public events, individuals and families also participate in Military Appreciation Month by showing their support and gratitude for our military personnel in their own ways. Some people choose to fly the American flag, or display a yellow ribbon on their car or front porch to show their support for our troops. Others may choose to write letters or send care packages to military personnel serving overseas, or make donations to organizations that support veterans and military families.

One of the most important aspects of Military Appreciation Month is remembering and honoring the sacrifices of our military personnel who have given their lives in service to our country. Many communities hold Memorial Day ceremonies to remember and honor those who have fallen, and many organizations offer special programs and services to support the families of fallen soldiers.

In conclusion, Military Appreciation Month is an important time to show our appreciation and gratitude for the sacrifices and service of the men and women who have served in the Armed Forces. It is a time to remember and honor those who have given their lives in service to our country, and to support the families of our fallen heroes. We encourage everyone to take the time to show their support and appreciation for our military personnel during this special month, and throughout the year.

National Burger Month:

Starting with EVG

Turkey or Beef? At home burgers

Is a grittle even count?

You Decide Check out this Turkey Burger Recipe:

Ingredients:

1 lb ground turkey
1/4 cup finely diced onion
1/4 cup breadcrumbs
1 egg
1 tsp salt
1/4 tsp black pepper
1/4 tsp garlic powder (optional)
Instructions:

In a large bowl, combine the ground turkey, onion, breadcrumbs, egg, salt, pepper, and garlic powder (if using). Mix well.
Form the mixture into 4-6 patties, depending on desired burger size.
Heat a grill or skillet to medium-high heat. Cook the burgers for about 5-7 minutes per side, or until fully cooked.
Serve on a bun with your favorite toppings and enjoy!
Note: To check if the burger is fully cooked, use a meat thermometer, the internal temperature should reach 165°F.

DAV Chapter 14 Legislative Goals:

Call For Action: Local Government to fund:

-Affordable Housing for Disabled Veterans
-Reduced Community College Cost
-Support VAMC Programs

DAV Chapter 14 Legislative Director backed by 750+ Chapter members, that carry the burdens of war and service supporting the readiness of combat actions.

More than 1.3 Million members across this great nation

We urge County and State Representatives to immediately fund projects and programs that reduces economic burdens of high living cost, reduces high cost of higher education, and funding directly supporting programs at VA Medical Centers

DAV14 is dedicated to a single purpose:

Empowering Veterans and their family

VAVS PLUS NETWORK

National BBQ Month: Memorial Day Test run: Be Prepared for the big day

Basic BBQ Safety Tips:

Keep your grill clean to prevent grease fires.

Use long-handled utensils to keep your hands away from the heat.

Make sure the grill is in a safe and stable location, away from buildings, trees, and other flammable objects.

Keep a fire extinguisher or a bucket of sand nearby in case of emergency.

Never leave a lit grill unattended.

Use the correct fuel for your grill (e.g. propane for a gas grill, charcoal for a charcoal grill).

Always have proper ventilation when using a grill indoors.

Wear protective gear such as grilling gloves and aprons.

Use a meat thermometer to ensure that meat is cooked to a safe internal temperature.

Allow grill to cool completely before covering or storing.

DISABLED AMERICAN VETERANS

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Empowering Veterans

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