

DAV14.NEWS

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

#DAV14Weekly

#ISSUE_010JUNE2023

DISABLED AMERICAN VETERANS

CHAPTER 14

Empowering Veterans

CONTENTS:

4 DAV 14 Advocates for more access to healthcare

8 Standing Committees

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

9 Chapter Fall Annual Meeting Planning Committee

10 **Community Recognition**

Henderson County Commissioners for Supporting Veterans

Reminder to
pause, breathe,
and enjoy the moment



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

DAV 14 Advocates for more access to healthcare

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

Access to healthcare is crucial for disabled veterans as it allows them to receive the medical treatment and support they need to manage their disabilities and live fulfilling lives. Many disabled veterans have physical and mental injuries that require ongoing medical care, and without access to healthcare, they may not be able to receive the necessary treatment.

Additionally, access to healthcare can also help disabled veterans with their transition back to civilian life. Many veterans struggle with adjusting to life outside of the military, and healthcare can provide them with the support and resources they need to cope with their physical and mental injuries.

Furthermore, healthcare access is important for ensuring that disabled veterans receive the benefits they are entitled to. Many veterans are eligible for disability benefits through the Department of Veterans Affairs (VA), but they may not be able to access these benefits if they do not have access to healthcare.

In summary, access to healthcare is essential for disabled veterans as it allows them to receive the medical treatment and support they need to manage their disabilities and live fulfilling lives. It also helps veterans to transition back to civilian life, and ensures that they receive the benefits they are entitled to.

DAV14 Encourages all citizens and members to contact their local Representatives and encourage them to support Disabled Veterans improved access to healthcare.

Events in your area:
Check out Orange Peel

101 Biltmore Ave, Asheville, NC 28801
(828) 398-1837 info@theorangepeel.net

Box Office Hours

Wed & Thu | 11:30am – 4:00pm

Fri | 10:00am – 4:00pm

Show Days | 4:00pm – Close

Disabled American Veterans
Beddingfield - Skyle
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

Chapter Fall Annual Meeting Planning Team

Need your help:

Planning Annual Meeting

Event planning teams are responsible for organizing and coordinating all aspects of an event, from the initial concept and planning stages to the execution and follow-up. These teams work to create a cohesive and memorable experience for attendees, while also staying within budget and on schedule.

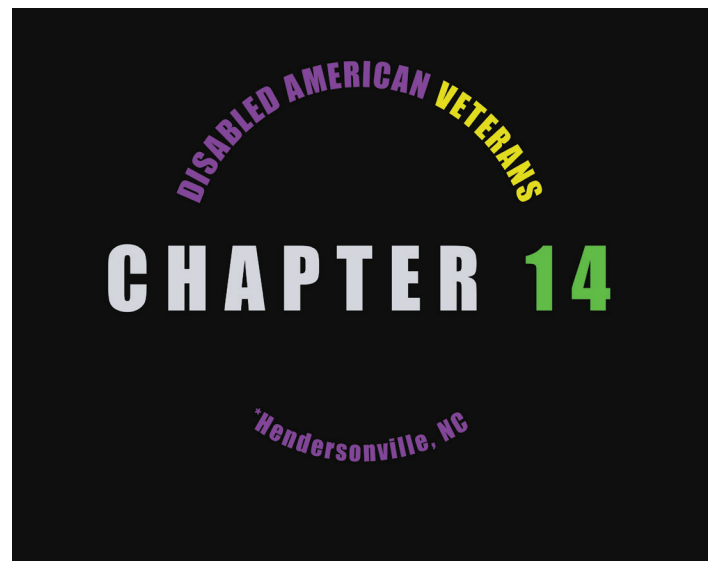
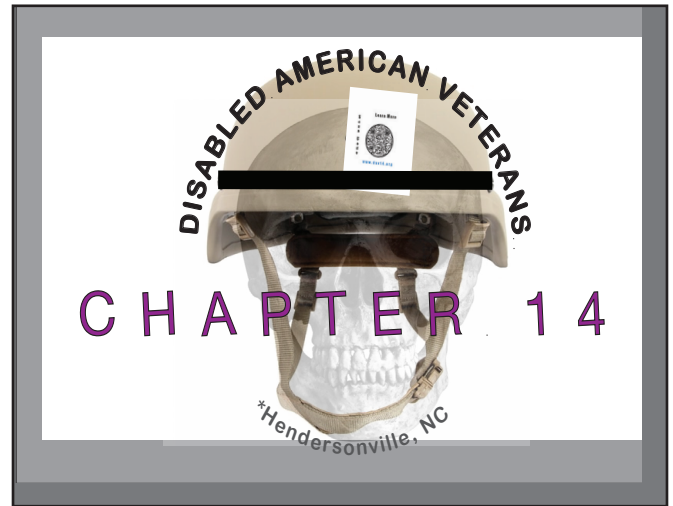
The duties of an event planning team can be broken down into several key areas:

Concept development and planning: This involves creating a theme, vision, and overall plan for the event. The team will work to identify the target audience, goals, and objectives for the event, and use this information to develop a concept that will appeal to attendees.

Budgeting and logistics: The event planning team will work to create a budget for the event, taking into account all necessary expenses such as venue rental, catering, equipment rental, and other costs. They will also coordinate logistics such as transportation, parking, and accommodations for attendees.

Marketing and promotion: The team will work to promote the event and attract attendees. This may involve creating a website or social media presence, developing marketing materials, and reaching out to potential attendees through email, phone, or other means.

Vendor coordination: The team will work with



vendors such as caterers, florists, and equipment rental companies to ensure that all necessary services and supplies are in place for the event.

On-site management: The event planning team will be responsible for coordinating all aspects of the event on the day of, including setup, registration, and coordination of all vendors and attendees.

Follow-up: After the event, the team will evaluate its success and gather feedback from attendees. They will also take care of final payments, wrap up any remaining logistics, and plan for any future events.

Event planning teams play a critical role in creating successful and memorable events. They work to bring together all the necessary elements, from logistics and budgeting to marketing and vendor coordination, to ensure that the event runs smoothly and that attendees have a positive experience.

DAV14 Annual Meeting Oct 17th 2023 Location TBA

DAV14 NC

DAV14 TIPS

1. Start A Medical Journal
2. Establish Yearly communication with Doctor
3. Register for Hazardous Environment 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

Featured Resturant:

Seafood at Coach house

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.

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

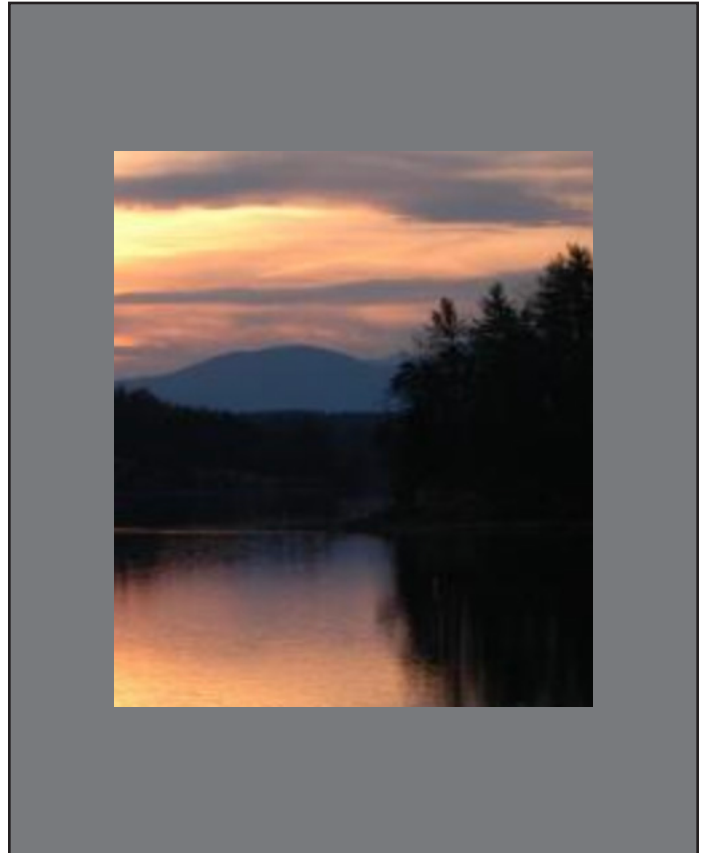
North Asheville Tailgate Market

East Asheville Tailgate Market

WNC Farmers Market

Tailgate and farmers markets are excellent ways to get fresh grow produce. Tailgates and farmers markets have plenty of quality products to choose from and easier to purchase in bulk for Canning and dehydrating for storing foods.

While time consuming: the experience can be rewarding and when done proper, could reduce food cost while increase food securities



Travel:

Lake James State Park:

Located in Burke and McDowell counties 50 miles northeast of Asheville, Lake James State Park includes two areas to access this picturesque lake that is perfect for boating, swimming, and fishing. Campsites at both Catawba River and Paddy's Creek accesses provide an opportunity to spend the night by the lake, with some sites accessible only by paddling. Trails include bike trails at Paddy's Creek, the kid-friendly Holly Discovery Trail, the historic Overmountain Victory Trail, and the Fonta Flora State Trail.

Wellness

Finding New hobby:
Ideas and opportunities to try

Staying active is an important part to improving health. Service Connected disabilities can make past activities difficult or impossible.

However that doesn't mean one can't find accomplishments in over activities. Maybe by doing so could improve mental health and quality of life.

Start small: Word searches, puzzles, Chess, coloring books, reading (public libraries are great options)

Craft: many require costly equipment

- wood working
- leather working
- sewing
- Planting
- Food
- Martial Arts
- Arts



Disabled American Veterans

Beddingfield - Skyle

CHAPTER 14

Headquarters



Local Activities

- 1) Silverados _ Black Mountain Music Events
- 2) Jackson Park - Hendersonville NC
- Try out DicsGolf Course!
- 3) Asheville Tourist Game
- 4) Biltmore Estate Experiences
- 5) Lake Julian Park

June Awareness Month:

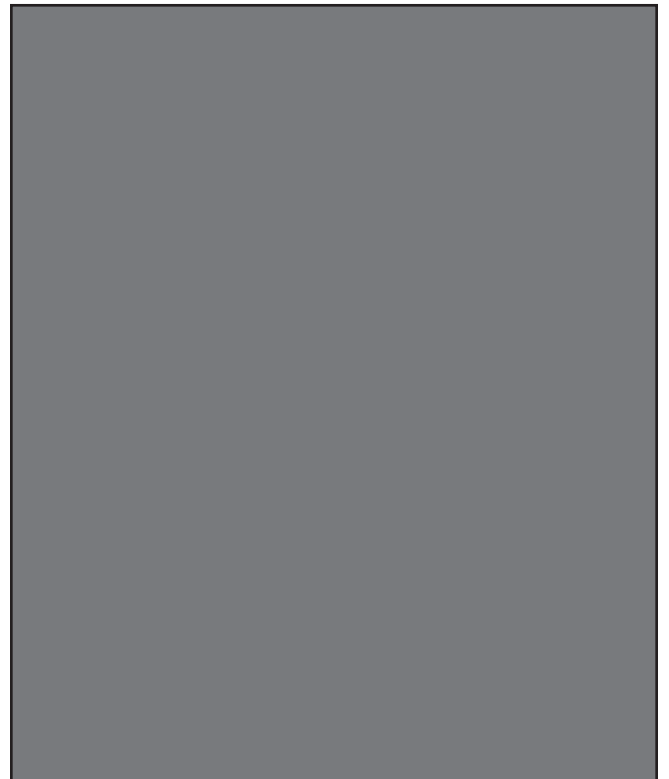
National Safety month:

Featuring:

Boating Safety

Swimming Safety

Firearm Safety



Awareness

Month: Spotlight

Swimming Safety:

Fire Life Safety Expert safety tips for a summer full of swimming safely

Always swim with a buddy and in designated areas supervised by lifeguards.
Never swim under the influence of alcohol or drugs.
Always wear a life jacket when boating or participating in water activities on a lake or river.
Learn how to swim and teach children water safety skills.
Be aware of the weather and water conditions before entering the water.
Keep a close eye on children and non-swimmers at all times.
Be aware of the location of emergency equipment and know how to use it.
Follow posted rules and regulations at swimming areas.
Be aware of potential hazards such as currents, drop-offs, and underwater obstacles.
In case of emergency, call for help immediately and follow the instructions of lifeguards and other emergency personnel.

Boating Safety:

Always wear a life jacket while on a boat, it could save your life in case of an accident or fall overboard.
Always let someone know your plans and expected return time before heading out on the water.
Always check the weather forecast before heading out, and be aware of changing conditions while on the water.
Make sure your boat is in good working condition and all safety equipment is on board and in good condition.
Avoid boating under the influence of alcohol or drugs, it is illegal and dangerous.
Be aware of other boats and watercraft in the area, and follow all navigation rules and regulations.
Learn how to use a radio or other communication device in case of emergency.
Keep a close eye on children and non-swimmers at all times.
Be aware of potential hazards such as shallow waters, rocks, and underwater obstacles.
In case of emergency, call for help immediately and follow the instructions of the coast guard or other emergency personnel.

National Burger Month:

Starting with EVG

Turkey or Beef? At home burgers

Is a griddle 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.

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