

# DAV14.NEWS

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

#DAV14Weekly

#ISSUE\_014 JUL2023

**DISABLED AMERICAN VETERANS**

**CHAPTER 14**

**Empowering Veterans**

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Holidays can be tough for Disabled Veterans, fireworks and increased social exposure can be challenging  
But not impossible

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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

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## 10 Community Recognition

Ingles Market

Reminder to  
pause, breathe,  
and enjoy the moment



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

# 4th Of July Celebration

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

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The 4th of July is a time for celebration and remembrance in the United States. For disabled veterans, it can also be a time to come together and honor the sacrifices they have made for their country.

One way disabled veterans can celebrate the 4th of July is by participating in parades and ceremonies that take place in their communities. Many cities and towns have special events specifically for veterans, which can include marching bands, patriotic speeches, and flyovers by military aircraft.

Another option for disabled veterans is to attend events hosted by veterans organizations, such as the American Legion or Veterans of Foreign Wars. These groups often organize picnics, barbecues, and other gatherings that provide a chance for veterans to connect with one another and celebrate their service.

For those who are unable to leave their homes, many organizations also offer live streams or television broadcasts of patriotic events and ceremonies.

## Reminder for Veterans with difficulties around fire works to prepare to minimize episodes:

We asked for tips on how to prepare to improve chances of enjoying the day of American Spirit! These we their responses

- 1) Earphones and music
- 2) Black out curtains and watch favorite movies
- 3) Choose select friends and enjoy conversation and food

Reminder that fireworks might last for days, so research your local area for events to better prepare

4th Celebrations!

This can provide disabled veterans with an opportunity to watch and participate in the celebrations from the comfort of their own home.

In addition, many state and national parks offer special programs and events to commemorate the 4th of July, such as ranger-led hikes, patriotic music performances and fireworks shows. Disabled veterans can also take advantage of these programs and enjoy the natural beauty of the country they helped protect.

All in all, the 4th of July is a special day for disabled veterans, and there are many ways for them to participate and celebrate the sacrifices they have made for their country.

**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

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**DAV14.ORG**  
**Disabled American Veterans Chapter 14**

1972-2022 **50YRS\_EMPOWERINGVETS**

**DAV** **14**  
*Beddingfield - Shytle* **NC**

New Commander's Office Line: 828.393.9973

# DAV14.NEWS

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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 18Oct2023

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.

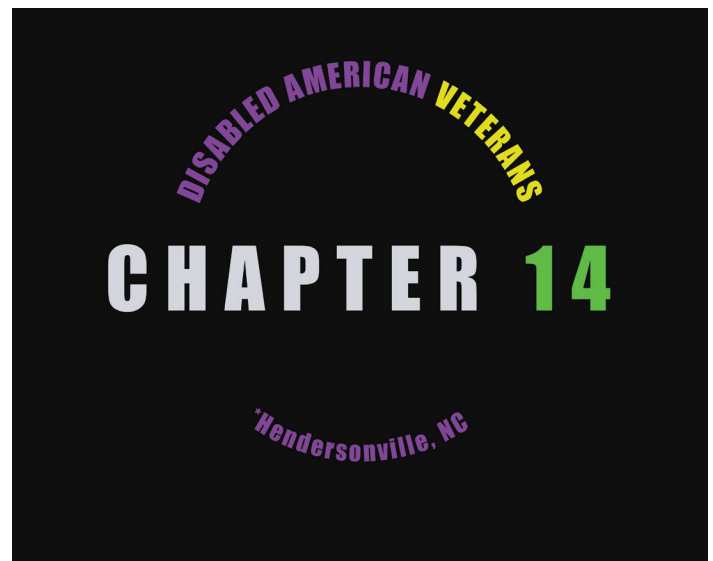
The duties of an event planning team can be broken down into several key areas:

**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:

TrailHead

Ingles Market:

Food and Employment

 (828) 357-5656

# 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

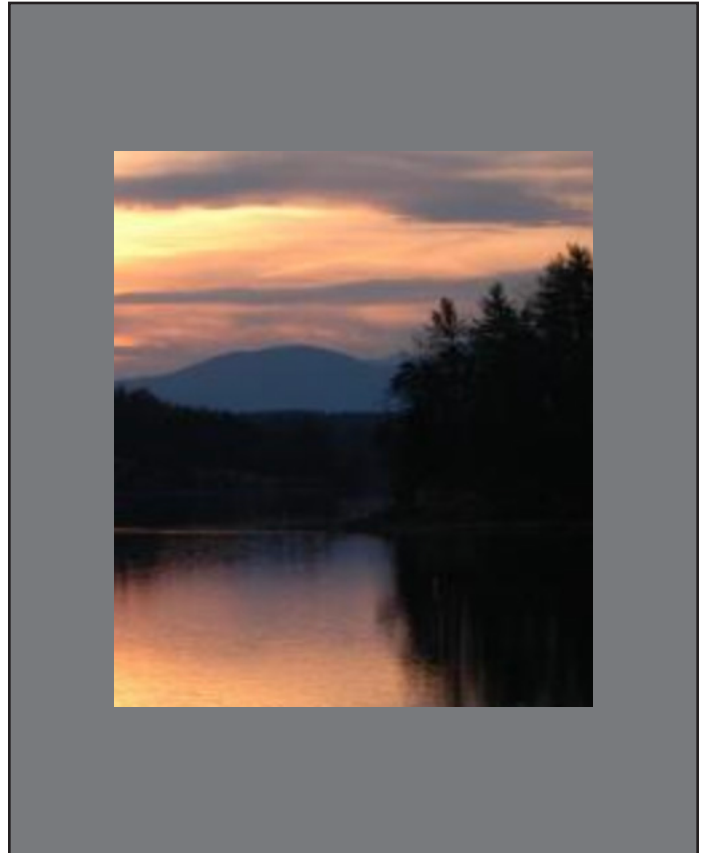
North Asheville Tailgate Market

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



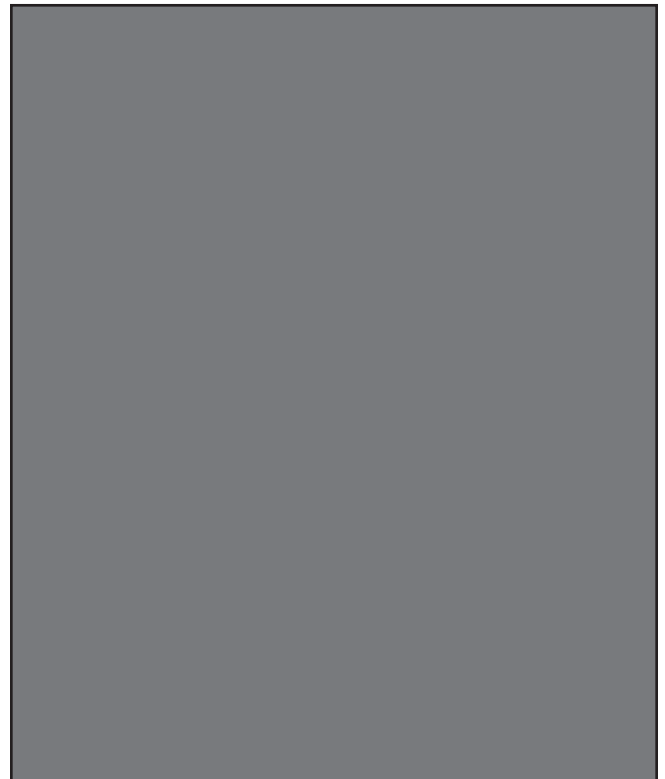
## Local Activities

- 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

## July Awareness Month:

Disability Pride Month

Minority Mental Health Awareness





# Awareness Month: Spotlight

## Minority Mental Health Awareness

Minority Mental Health Month is a time to raise awareness about the unique mental health challenges faced by minority communities and to promote access to mental health care for all.

Mental health is an important issue for all individuals, but it is particularly pressing for minority communities. Studies have shown that minority groups are more likely to experience mental health conditions such as anxiety, depression, and post-traumatic stress disorder (PTSD) due to a variety of factors, including discrimination, poverty, and lack of access to mental health services.

One of the biggest challenges facing minority communities when it comes to mental health is a lack of access to care. Many minority individuals live in areas where there is a shortage of mental health professionals, and they may not have the financial resources to seek out care. Additionally, there is often a cultural stigma around mental health in minority communities, which can prevent individuals from seeking help.

To address these challenges, it is important to promote access to mental health care for all individuals, regardless of their background. This can be done through a variety of strategies, such as increasing funding for mental health services in underserved communities and providing training for mental health professionals to work with diverse populations.

Another important step is to raise awareness about the unique mental health challenges faced by minority communities. This can be done through edu-

cational campaigns and public events that highlight the experiences of minority individuals and the impact of mental health on their lives.

In conclusion, Minority Mental Health Month is an important opportunity to raise awareness about the unique mental health challenges faced by minority communities and to promote access to mental health care for all. By increasing access to care and raising awareness, we can work towards improving the mental health of minority individuals and creating a more inclusive and equitable society.

To make a traditional s'more, you will need the following ingredients:

Graham crackers

Marshmallows

Chocolate bars

Instructions:

Heat a campfire or grill to medium-high heat.

Place a marshmallow on a skewer or long stick and roast it over the fire until it's golden brown and gooey.

Remove the marshmallow from the fire and place it between two graham cracker halves.

Add a piece of chocolate on top of the marshmallow. Press the two graham crackers together, sandwiching the marshmallow and chocolate in between.

Allow the chocolate to melt for a few seconds before biting into the delicious s'more.

Alternatively, you can also make s'mores in the oven, or on a stove top. To make them in the oven, preheat oven to 375°F. Place the graham cracker, chocolate and marshmallow on a baking sheet and bake for about 5-8 minutes, or until the marshmallow is golden brown.

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**



# Chapter Quarterly Meeting:

18 July 2023

## 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**

# **CHAPTER 14**

**Empowering Veterans**

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