



ReadBack NOVEMBER 2021

## Veteran's Easy Access Program

# ReadBack



## The Importance of Veterans Day

As you make plans for your Thursday off, it is important to take a moment and observe why this day is set apart.

Veterans Day, Nov. 11, formerly known as Armistice Day, takes place every year as "a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good," according to the Veterans Affairs (VA) website.

It is easy to lose touch with this concept when many of us have grown up in a generation where war is only something that happens on the nightly news.

In reality, we are surrounded by veterans from all eras. There are nearly 22 million living veterans in the U.S. according to an article published by U.S. News and World Report.

If this number alone is not enough to justify a day set aside for commemoration, their service records and sacrifices certainly are.

These men and women have served in a variety of conflicts dating from WWII and Vietnam, to more recent conflicts in Iraq and Afghanistan.

Being in any combat situation is certainly life changing and many veterans come back with issues that require treatment.

Of those who return from battle, 30 percent have disabilities as a result of their service, according to the Combat Wounded Veteran Challenge.

Many of these disabilities prove to have long-term effects on the well-being of these veterans.

In addition to the injuries that can be seen, perhaps the most devastating problems are those that are invisible – one of the largest problems facing veterans being post-traumatic stress disorder, or PTSD.

PTSD is a disorder that has become far too common among veterans, and is contributing to

shockingly high suicide rates.

About 22 veterans commit suicide every day, largely due to this disorder, according to an article published by the Huffington Post.

With the odds stacked against veterans, yet another problem faces many who return from service.

Unemployment rates for veterans are quite a bit higher than the general public, especially those who served in the post-9/11 era.

About one out of two (53 percent) post-9/11 veterans will face a period of unemployment, and also have a more challenging time receiving college degrees, according to the VA.

Seeing that there are numerous disadvantages being faced by veterans today, it is important now, more than ever, to recognize Veterans Day.

We should not only recognize this day, but use it as a stepping stone to see how we can help those who put their lives on the line to keep us safe.

Numerous organizations, both government-established and private, have dedicated time and resources to combating many of the problems veterans face today.

Organizations such as the Wounded Warrior Project and Hire Heroes USA are committed to helping veterans return to civilian life after service, be it through financial assistance, training programs or other means of assistance.

It is important to recognize and appreciate those who have served the country.

Don't take for granted the freedoms individuals have because of sacrifices made by veterans. Rather, be appreciative of past and current military members who are keeping us safe on a daily basis. Take a moment to remember those who have risked their lives in the line of duty.

By Philip Grossenbacher



Fred Glover, at 88, a veteran of the 9th Para Battalion

**Cpts. James and Hilda Parks**  
562/704-9029  
james.parks@usw.salvationarmy.org

**William Young**  
760/861-0037  
majorbill1@aol.com

**Deanna Young, Editor**  
760/832-2883  
okmrsyoung@gmail.com

## COLA Pay Increase?...YES PLEASE

Military retirees and veterans receiving disability payments from the Department of Veterans Affairs (VA) will see their paychecks go up by 5.9% for 2022, triggered by inflation and an annual adjustment to the federal [Cost of Living Allowance](#) (COLA).

That annual adjustment has averaged around 1.5% for the last 10 years.

The adjustment rate was announced Wednesday by the Social Security Administration. The VA is required by law to alter disability payment rates by that amount. While military retirement is not legally required to follow suit, the change is traditionally the same.

### Retirement Pay Increase

For 2022, retired military members will see a \$59 increase for each \$1,000 of [military retirement](#) pension they receive each month.

Retirees who entered military service on or after Aug. 1, 1986, and opted for the [Career Status Bonus \(CSB/Redux retirement plan\)](#) have any COLA increases reduced by 1%, so they will see a smaller increase in 2022. They should see a monthly increase of only \$49 per \$1,000.

Survivors receiving Survivor Benefit Plan payments will see the same increase of \$59 per \$1,000 in their monthly payments.

### Related content:

[Military Retirement & Survivor Pay Dates](#)

[Get the Military.com Pay App](#)

[Active-Duty Members on Track for 2.7% Pay Raise in 2022](#)

[VA Disability Increase](#)

Disabled veterans will also get a bump. The average [VA disability check](#) will go up about \$8.50 per month for those with a 10% rating, and \$185.65 for those rated at 100%.

**Related:** [See the current VA disability compensation rates.](#)

### Other Federal Retirees and Beneficiaries

Military retirees and VA beneficiaries aren't the only ones who benefit from the COLA increase. Civil Service retirees and Social Security recipients also will see the 5.9% jump in their monthly checks.

For Social Security recipients, the monthly increase will mean an extra \$91 per month for the average beneficiary.

### How the COLA Is Determined

Each year, [military retirement pay](#), [Survivor Benefit Plan Annuities](#), [VA Compensation and Pensions](#), and Social Security benefits are adjusted for the rate of inflation.

The Department of Labor determines the annual COLA by measuring the Consumer Price Index (CPI), which is a measurement of a broad sampling of the cost of consumer goods and expenses. The CPI is compared to the previous year; if there is an increase, there is a COLA. If there is no increase, there is no COLA.

The COLA affects about one in every five Americans, including Social Security recipients, disabled veterans, federal retirees and retired military members.

Retirees saw a 1.3% increase in 2021. The COLA increase was 1.6% in 2020.



## And This...

Two key lawmakers want a sizable increase to [pay](#) and benefits for enlisted troops as part of next year's defense authorization bill, the top Republican on the House Armed Services Committee said in October.

During an appearance 10/20 at an event hosted by the conservative Heritage Foundation think tank, Rep. Mike Rogers, R-Ala., said he and committee Chairman Adam Smith, D-Wash., would "lean into" proposals to "significantly" boost the compensation

and benefits packages in 2022.

"We want to maintain a professional military, and we need to compensate them as professionals. And we aren't doing that right now, particularly in the enlisted ranks," Rogers said. "So you're going to see us making some efforts to address some of those concerns."

He did not elaborate on the plans during the event, and his office did not provide further details when asked by Military.com.



## New VEAP Help Website

If you are a veteran, family member of a veteran or just interested in helping veterans then you will want to explore the new Salvation Army/VEAP website that goes live on Veterans Day!

(<http://coachellavalley.salvationarmy.org/>) It's broken into 7 major sections that will appear on the first page ... jobs and job training, housing, health, transportation, education and others. Under each category you will discover agencies that help answer your questions and resolve your problems.

**Jobs and job training:** Organizations such as Employment Development Department (EDD), CalVet, Department of Labor and Work for Warriors. Job training opportunities; learn how to do a great resume and a job interview and all about your worker rights.

**Health:** Help getting into the veteran's healthcare system if you are not already enrolled. Contact local clinics and the Loma Linda VA hospital system and get medical help. Information on dental, hearing and mental health assistance.

**Shelter and Housing:** Long and short term housing solutions in the Coachella Valley and Riverside County. Always a challenge, but get pointed in the right direction.

**Education:** Get answers to your questions about what education benefits you qualify for and learn about a number of veteran friendly schools and programs in the area.

**Transportation:** Where to turn to for rides to veteran's facilities. Veterans rates on public transportation.

### Survivors & Dependents:

**Other:** If your question or concern emergency food needs, end of life planning, financial/insurance, legal services or companion dogs, etc. use this section. There is also contact information for a number of local fraternal organizations such as the VFW, American Legion, DAV, MOAA, AFA, Navy League, etc. that you may find of interest. You will also find contact information for Federal/State level Offices if your problem requires a solution on that level. There is contact information for two excellent military themed museums in our area, the Palm Springs Air Museum and the General Patton Memorial Museum each of which is well worth a visit and host special events on holidays such as Veterans Day and Memorial Day that honor our service men and women, our veterans, and those who served and gave the ultimate sacrifice. Finally, there is information about several organizations in the area that need volunteers. Pick one and help out. There is also a means to sign and get the monthly e-mail ReadBack. If you don't receive it already, please do.

Bottom line is, there is a lot of good information on the website and on top of all that it looks great. Take a few minutes on Veterans Day to check it out and then tell all your friends about it.

## 100 Year Old WWII Veteran Remembers

### Borne the Battle Podcast: Army, Air Force, WWII, 100 Year Old Veteran Fannie Griffin McClen- don

Fannie served with the only overseas All-Black Women's Army BN unit known as the Six Triple Eight. Listen as Fannie shares how the unit persevered through hardships while unclogging the mail system in England so frontline troops were delivered letters from their loved ones back home, which was integral in the Allied Victory. She

also discusses how the battalion will soon be honored with a congressional gold medal.

[LISTEN](https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVkcyc50cm-Fuc2lzdG9yLmZtL2Jvcml5LXR0ZS1iYXRoR0bGU=) <https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVkcyc50cm-Fuc2lzdG9yLmZtL2Jvcml5LXR0ZS1iYXRoR0bGU=>

[LEARN MORE](https://mail.google.com/mail/u/0/#inbox/FMfcgzGkFzcPPzGdClSBwIQtmNSVlbd) <https://mail.google.com/mail/u/0/#inbox/FMfcgzGkFzcPPzGdClSBwIQtmNSVlbd>





**VOLUNTEER  
BELL RINGERS  
NEEDED!**

Ring a Bell *...help change a life!*



**Your Cathedral City Corps of The Salvation Army is in need of volunteers for bell ringing: Kettle season begins Nov 15 and runs through Nov 24. M-Sat.**

**(compensation offered under certain circumstances).**

**Volunteers are appreciated, as our most valuable donation from the community.**

**We are also, in need of toy donations for our Angel Tree program for 1000's of children this year.**

**For complete details, please call Captain James Parks, at 562/704-9029 or email him at [james.parks@usw.salvationarmy.org](mailto:james.parks@usw.salvationarmy.org)**





## Editorial

I know I am preaching to the choir here, and that's what makes it so much more important to say.

I believe this "choir" knows that the season has come for patriots...REAL patriots to begin to become the preachers and teachers of liberty the way it was meant to be enjoyed and understood...respected.

First premise is that liberty is not a forgone right. Liberty is a privilege that has been earned through sacrifice. Just like respect, it means nothing if it is not earned honestly. Respect ill gotten, becomes fear, or contempt. Unfortunately after enjoying the freedoms that liberty has given us, it is being taken for granted, and even morphed into perceived beliefs that one group, or another group has more freedom and more rights of liberty than any another. Although the cause of liberty and the pursuit of freedoms is used as the reason for much of the bias and unfortunate behaviors we can observe now, this faux liberty really boils down to the definition of pursuit of superiority and greed.

As defined in one dictionary, *liberty is: the state of being free within society from oppressive restrictions imposed by authority on one's way of life, religious beliefs, behavior, or political views.* This is a good check of behavior action and attitudes. If our actions, beliefs, attitudes and efforts aren't conformed to this definition, something becomes perverted, and is going wrong with those actions, beliefs attitudes and efforts...they turn into festering cancers and boil over in society. Laws were made to assure that those cancers don't destroy. There are those who now believe, that freedom means you can call yourself anything, or do anything you want to. The fact is that you can't. This Nation and our way of life and life itself is defined by certain truths, certain rules and directives... You can't run a stop sign without, in most cases, disastrous consequences for yourself and others. You can't dip your bare hands into boiling water, without disastrous consequences. You can't yell "fire" in a crowded theatre (for you younger folks, you may have to look that one up). Take it one step further, Abraham Lincoln said: "How many legs does a dog have if you call the tail a leg? Four. Calling a tail a leg doesn't make it a leg." My point is, that with our beliefs, and attitudes, with liberties and freedoms comes responsibilities. There are consequences for our actions...or should be. We need to be grateful for rules that help with that. Those responsibilities must include a creed of honor that is developed by a true grit, within ourselves. It becomes a roadmap of life, and how to become a success, not only for ourselves, but for the health, well-being and success of others, our nation, and the posture of the world.

"Lincoln also said: Important principles may, and must, be inflexible. In giving freedom to the slave, we assure freedom to the free – honorable alike in what we give and what we preserve. We shall nobly save, or meanly lose, the last best hope of earth."

"In great contests each party claims to act in ac-

cordance with the will of God. Both may be, and one must be wrong."

"If once you forfeit the confidence of your fellow-citizens, you can never regain their respect and esteem."

So what do we do with what has become a growing cancer among us?

These quotes give insight into how to become the teachers and preachers that we need today, and not just today, but every day...And who, better than those who have been there, are able to convey the message?...those "choir" members with the pride in their belief of liberty for all and the preservation of this nation. Those who have made the sacrifices and who understand honor. Here are words to remind us.

"History is full of examples of people who clamp down after they began to enjoy too much freedom. Freedom can lead to instability, anarchy, and confusion. So there can be a moral counter-revolution." Gary Ross

"Where you have no religion, you are sure to have no government, for as religion disappears, anarchy takes place and fixes a complete Hell on earth till religion returns." Daniel Morgan

"It is our choices, Harry, that show what we truly are, far more than our abilities." J.K. Rowling, *Harry Potter*

Outlined in the United States Code, during the national anthem, you should stand at attention and face the flag, or face toward the music, with your right hand over your heart. Men not in uniform should remove their hats and hold it with their right hand, putting the hat over the left shoulder so their hand is still over their heart.

"Ultimately, patriotism is not the tear in our eye when we recite the pledge, or how straight we stand, but true patriotism is demonstrated in the way we live. Perhaps, the best lesson on patriotism is from a graduation speech about the commitment to change for the better <https://www.youtube.com/watch?v=pxBQLFLei70> (recommended viewing), given at the University of Texas at Austin by General William McRaven. He shares ten things he learned from his experience as a navy seal that have changed his life and made the world a better place. From simply showing pride in making our bed every day to being committed to never accepting less than our best performance; these are the things that honor all those that have sacrificed their lives so we can enjoy the freedom to live and do as we please to find success and happiness in this life". Ben Johnson

Go out, show responsibility, preach and teach what you know...what you're proud of; walk the walk to show honor and respect, reverence for liberty, and what America is supposed to look like. "A journey of a thousand miles starts with a single step" Just start.

## One Man's Love for our Flag

Bernard J. Cigrand was a 19-year old Stony Hill, Wisconsin schoolteacher in 1885 when he conducted the first recorded Flag Day observance. A 10-inch flag of 38 stars inside a bottle, was his only prop when he assigned students to write themes on the American flag in honor of the anniversary of the 1777 congressional resolution that established it.

Over the next 31 years, Cigrand campaigned relentlessly for national observance of the U.S. flag's birthday, making his first public proposal in June 1886. By then, he had left teaching and studied to become a dentist, and later a professor of dentistry and college dean, but he continued his crusade for the flag. Living in the Chicago area, he wrote for newspapers and magazines and lectured extensively on the flag and its history.

In 1894, Cigrand and a Civil War veteran named LeRoy Van Horn called for a gathering in Chicago to form the American Flag Day Association, "whose purpose was to celebrate on the third Saturday in June and to conduct exercises in the interest of

school children," according to a program published in 1976 to honor Flag Day in the year of the U.S. bicentennial.

The association, with Cigrand as president, conducted Flag Day celebrations in large Chicago parks. In 1894, those Flag Day celebrations in five major parks were estimated to have attracted some 300,000 children. He went on to write no fewer than seven books on U.S. history and the flag. He contributed to the Encyclopedia Americana and was credited with helping draft the first Pledge of Allegiance. He was later called to service as a lieutenant in the U.S. Navy during World War I.

Cigrand's dream of national recognition for Old Glory was finally realized on June 14, 1916, when President Woodrow Wilson issued a proclamation calling for nationwide observance of Flag Day.

Where have all the men gone who loved the flag as much as Bertand Cigrand?

June 2021  
American Legion Magazine  
by Jeff Stoffer



## Tips for Cyber-Safety



- Fraudsters use pressure tactics to create a false sense of urgency. They may tell you they will disconnect your electricity, you're late with a payment, or your benefits will be discontinued.
- Confirm who you are dealing with by calling the number on the back of your card, at a trusted number on the company website, or by verifying the email address with the sender.
- Beware of anyone promising you high returns, low risk and "golden" opportunities.
- If someone claims to be a family member, verify with that family member by calling them directly. If you think your grandchild needs help, get in touch with them directly, not by email, social media or text, or call their parents before sending money unintentionally to a scammer.
- Keep your passwords and PINs a secret, even from close friends, family and teammates. It is never a good idea to share your login information.
- Check the return email address on any suspicious or unfamiliar communications even before you open it. The sender's name or organization may be familiar, but the return address accompanying the name must correspond. ie: First Integrity Bank; fsmith@gmail.com is a suspicious email.

Be Aware

## UPDATES:

Veterans Village of Cathedral City continues to move along nicely. Presently we are slightly ahead of schedule and should be open for our first move-ins at the beginning of the second quarter of 2022.

Veterans Village of Cathedral City will have 60 units comprised of 48 one-bedroom and 12 two bedroom units. There will be an onsite community center that will house the management office, case manager's offices, social service office, computer room, kitchen, laundry room and great room for functions. There will also be a pool, garden areas, bbq's and picnic tables.

Beginning November 1, there will be a sign displayed at the site, with a number to call for possible inclusion on the interest list for homeless veterans who are looking for a stable home.

All the units will require the Veteran to hold a HUD-VASH Voucher. HUD-VASH stands for Housing and Urban Development – VA Supportive Housing Program. It's a collaborative program between HUD and the VA.

For more information on HUD-VASH check out the link: <https://www.va.gov/homeless/hud-vash.asp>

A Veteran can add a family member(s) to the voucher, in accordance with the housing authority guidelines.

The apartments are for low income Veterans, and their families, who are currently homeless (as defined in the McKinney Homeless Assistance Act), and who may have medical, mental health and/or substance use disorders. Those Veterans deemed chronically homeless are prioritized first. Even though there will be onsite case management, it's considered independent living. Veteran's will sign a lease and must abide by the lease rules and regulations.

Criteria to enter HUD-VASH does change on occasion, so it will be best to address your eligibility when screening for the units begin. The goal is to house low income homeless Veterans and keep them housed. Case Managers will assist the Veterans in creating treatment plans that focus on their goals and assist the Veteran with achieving said goals. Examples include – Finding a job, paying rent on time, going to school, staying sober, focusing

on health issues/concerns, reuniting with family members, filing for disability, diet/exercise, and budgeting. (Pretty much whatever they want to work on.)

Just because a Veteran meets the criteria for a voucher, does not mean they will meet the criteria of property management. For example, if a Veteran has a recent eviction they may not be approved through the property management company.

Anyone applying for the program should have a current California ID, Social Security Card, a copy of their birth certificate, and their DD214. (Not having those items can slow down the vouchersing process, if approved for HUD-VASH.)

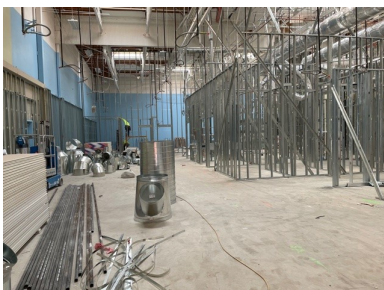
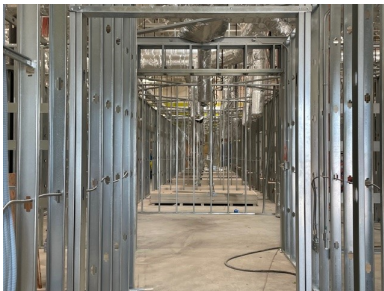
The following are reasons why someone may have to leave their apartment – Failure to pay their rental portion, ongoing lease violations as outlined in the lease, failure to complete yearly recertification with property management and the housing authority, finding work and exceeding income to keep the voucher. There is no "time limit" for staying in HUD-VASH and one of the apartments. The level of case management may be reduced to quarterly visits, if a Veteran is otherwise doing well and has few needs for a case manager to assist with. How often a Veteran is seen by a VA HUD-VASH Social Worker will depend on the needs of the Veteran. It can be as little as 4 times a year and as often as weekly visits. Veterans Village of Cathedral City is being developed by Urban Housing Communities and Ikiaka Ohana a 501(c)(3) company. The community is being developed to support our homeless Veterans.

The apartment building was slated for a June 2022 opening, but things are going well with the construction and "we might" start leasing in May of 2022.



Veterans Village, CC

## VA Clinic



The new VA clinic is now more than just a hollow building with some impressive silver stuff on the ceiling a freeway of lines and cables, and some fuzzy stuff. There are actually walls taking shape, and some drywall has been mounted.

You might ask why it is taking so long. Well, there are unique qualities of this facility that even an apartment or house wouldn't have. There will be an x-ray facility inhouse and for that you need walls that are specially insulated to contain x-rays. And, there is

an actual lab for processing tests, including blood work, etc. That takes special provisions and inspections every step of the way.

Finally, there will be a total of about 63 "rooms" for various uses and of course a lobby, store room, and other practical and infrastructure features.

There are 4 months left to go before the clinic will be totally open. Remember, they will be adding handicap signs in the parking lot, and building signage to let folks know where they are. All in all, we'll keep you posted on the completion of a most impressive addition to the VA's service centers.



## Tricare coverage for Eyes–FYI

### EYE EXAM COVERAGE

As stated by the [Mayo Clinic](#), “An eye exam helps detect eye problems at their earliest stage—when they’re most treatable.” TRICARE covers [eye exams and other specialized services](#) to diagnose or treat eye conditions. **Your coverage is based on who you are, your health plan, and your age.** For active duty service members (ADSMs), TRICARE covers eye exams on an as needed basis to help you maintain fitness for duty. If you aren’t an ADSM, the number of TRICARE covered eye exams you can receive are limited to:

- Once per year for active duty family members
- Every two years for children ages 3-6 as part of the [well-child care benefit](#)
- Every two years for retirees and eligible family members enrolled in [TRICARE Prime](#)

Are you a diabetic patient enrolled in TRICARE Prime? If so, you’re eligible for an annual eye exam, which is in addition to your routine eye exam coverage. TRICARE doesn’t cover eye exams for retirees and their family members who aren’t enrolled in a TRICARE Prime plan, including [TRICARE Young Adult Prime](#), unless the eye exam is part of a well-child exam. Talk to your [TRICARE contractor](#) if you have any questions about coverage and eligibility. Keep in mind, you may need a [referral and pre-authorization](#) before you get an eye exam.

“When you need your eyes checked, knowing where you can go to receive an exam is important,” said Elan Green, chief of TRICARE Health Plan’s Member Benefits and Reimbursement Section. “Be sure to check the rules of your plan. You may have the option to visit a military hospital or clinic, or see any TRICARE-authorized optometrist or ophthalmologist.”

Visit [TRICARE Eye Exams](#) and click on your beneficiary category to learn more about your options for seeing an eye doctor.

### GLASSES OR CONTACT LENSES COVERAGE

After your eye exam, your eye doctor may provide you with a prescription for [glasses or contact lenses](#) if you need them. TRICARE only covers glasses or contact lenses to treat certain conditions, like infantile glaucoma, for family members. However, if you’re an ADSM, a member of the National Guard or Reserve, or a retiree, TRICARE will cover the cost of glasses or sunglasses needed for vision correction. TRICARE doesn’t cover adjustments, cleaning, and repairs for glasses. Visit [TRICARE Covered Services](#) to learn how you can order your glasses with TRICARE if you’re eligible.

Not eligible for glasses or contacts with TRICARE? You may qualify for the [Federal Employees Dental and Vision Insurance Program](#) (FEDVIP). FEDVIP vision plans may include coverage for routine eye exams, eyeglasses, contact lenses, and more. Coverage and costs vary by plan. You must be enrolled in a TRICARE health plan to get FEDVIP vision coverage. Go to the [BENEFEDS website](#) to learn more about FEDVIP coverage and eligibility requirements. Keep in mind, you can only enroll in FEDVIP during the [Federal Benefits Open Season](#) or if you experience a FEDVIP qualifying life event. This year’s open season will run from Nov. 8 to Dec. 13. This is the same dates as the [TRICARE Open Season](#).

Taking command of your health includes taking care of your eyes. Be sure to visit the [TRICARE Vision](#) page to learn more about your vision benefits and explore options for you and your family.



## VA Extends Presumptive Period for Gulf War Veterans

The Department of Veterans Affairs has extended the presumptive period to Dec. 31, 2026 for qualifying chronic disabilities rated 10% or more resulting from undi-

agnosed illnesses in Persian Gulf War Veterans to ensure benefits established by Congress are fairly administered.





# TRICARE

The modernization of TRICARE was enacted in the FY 2017 National Defense Authorization Act (NDAA). Here are some of the resulting actions:

TRICARE Standard and Extra were combined into a new TRICARE Select.

Two groups were formed: Group A for service members and their dependents who entered service before January 1, 2018 and Group B for service members and their dependents entering service on or after January 1, 2018. Generally Group B pays higher fees for care.

The TRICARE retiree Dental Plan ended on December 31, 2018. Retirees, their dependents and survivors were given access to the same dental and vision insurance plans provided to all federal civilian employees: the Federal Employee Dental and Vision In-

surance Program or FEDVIP.

The pharmacy benefit also underwent significant changes. A 10-year cost schedule for 30-day initial prescriptions and 90-day maintenance prescriptions via Express Scripts mail order delivery was developed and implemented with copay increases every two years. Mail order maintenance refills for a generic drug went from \$0 to \$7 on January 1, 2018. Those with access to a military treatment facility pharmacy continue to receive initial prescriptions and refills without a copay.

One last significant change from the FY 2017 NDAA was the introduction of a TRICARE Select enrollment fee of \$150 annual for individuals or \$300 annual for family coverage that began January 1, 2021.



## Research suggests... New Benefit



Journaling, what a concept. Do you doodle...or are you an artist of sorts. Do you like puns, inspirational phrases, or sentiment. Have memories?...dreams? No money? Well, Journaling is for you.

In fact, "Studies suggest that the habit (of keeping a journal) can boost your immune system, lower your heart rate, and lessen some symptoms of depression, anxiety, and PTSD. Keeping a journal can also improve our body image."

In a series of different experiments done in the late 1980's, and the 1990's, Dr. James Pennebaker, a professor of psychology at the University of Texas-Austin, and his colleagues also found journaling to have several health benefits. As the American Psychological Association explained in a review article, Pennebaker discovered that writing about stressful or traumatic experiences helped people reduce their visits to the doctor, have better immune system responses, and even improve their blood pressure.

Nothing to write about? How about a dream journal. Write or draw something you imagine for a future. When your inspiration has "dried up" you might be surprised at how creative you become. If you need instructions or directions, there are sites online which can help in that area.

So, here's the deal. Anyone who is interested in journaling, or maybe even beginning a journaling group, can write a note with their mailing address on it, to the Editor with a request for a free journal, instructions, and a pen. It will be mailed to you.

Then, you journal for a while. If you run out of pages in your journal, you can write to ask for another one. Easy. If you want to doodle, you might want to request a journal without lines, if you are more of a wordsmith, or deep thinker, maybe lines are your thing. Point is, it's free, so let me hear from you...

*The Editor (okmrsyoung@gmail.com)*

# Blue Angels

Before you read the list that follows, how many can you name?

The Navy's Blue Angels flight demonstration team have flown 11 different aircraft models since it was formed in 1946. So, do you know what their primary demonstration aircraft were?

They began with the **F6F Hellcat** in the mid-1940's and soon transitioned to the **Grumman F8F Bearcat** in the late 1940's (1946-49). Next, came the **F9F-2 Panther** and **F9F-5 Panther** in the early 1950's. The unit's first jet aircraft. The **F9F-8 Cougar** was their main aircraft for a couple of years in the mid 1950's followed by the **Grumman F11-1 Tiger** for 11 years from 1957 to 1968. That was followed by the **McDonnell F-4J Phantom II** from 1969 to 1974. It was loud and impressive, but also large and difficult to fly in close formations. After two serious accidents in 1973, one in which 3 pilots were killed, it was retired for the more nimble and much smaller **Douglas A-4F Skyhawk II** for the next 12 years (1974 to 1986). In 1986, the **McDonnell Douglas F/A-18 A/B Hornet** and the upgraded **Boeing F/A-18C (in 2010) Hornet** became the Blues main aircrafts. Finally,

in 2021 the **F/A-18 Super Hornet E/F** became the go to aircraft. With the exception of the F-4J Phantom II, the primary Blue Angels demonstration aircraft were all single-seaters. Two-seater versions were introduced in later years for the number 7 aircraft so that individual guests could take to the air with the team. F/A-18 Bs, Ds and Fs are two-seat aircraft.

At the end of World War II, naval hero and Chief of Naval Operations Adm. Chester W. Nimitz, ordered the formation of a flight demonstration team to keep the public interested in naval aviation and to boost Navy morale.

Each Blue Angel aircraft is capable of being returned to combat duty aboard an aircraft carrier within 72 hours!

The F/A-18 can reach speeds just under Mach 2

That's almost twice the speed of sound or about 1,400 mph! During an airshow, however, the Hornet flies at about 700 mph (just under Mach 1 — the speed of sound — for the sneak pass maneuver) at its fastest.

Not only does the smoke from the exhaust provide a path for spectators to follow, it also enhances safety of flight by allowing solo pilots to see each other during opposing maneuvers and conditions of lowered visibility.

Now you know facts and figures. How many did you get right?



## Bits and Pieces

**IMPORTANT**

### WHY I STAND FOR THE FLAG

<http://www.virtualwall.org/WhyIStand.htm>

### AFGHANISTAN AID FOR REFUGEES

[https://blogs.va.gov/Vantage/95588/afghanistan-response-the-power-of-community/?utm\\_source=VetResources&utm\\_medium=email&utm\\_id=VetResources+Oct+6+2021](https://blogs.va.gov/Vantage/95588/afghanistan-response-the-power-of-community/?utm_source=VetResources&utm_medium=email&utm_id=VetResources+Oct+6+2021)

### CO PAYS TO INCREASE IN 2022

Sept. 29, 2021

Do you get your prescription drugs through TRICARE Pharmacy Home Delivery or at a TRICARE retail network pharmacy? If so, you'll pay anywhere from \$1 to \$8 more in copayments starting Jan. 1. These costs changes won't affect all beneficiaries.



### MEDICARE UPEN ENROLLMENT



### REDINESS

We're less than a month away from TRICARE Open Season. That means it's time to start thinking about your and your family's health care needs for next year. Are you planning to make changes to your TRICARE plan? Will you be enrolling in a new plan for the first time or staying in your current plan? Regardless of your situation, make sure you show up as eligible for TRICARE in the [Defense Enrollment Eligibility Reporting System](#) (DEERS).

### MAJOR CHANGE IN EXPRESS SCRIPTS NETWORK

Walmart joined the Express Scripts network in 2018, signing a three-year contract to provide prescription services to the pharmacy benefit management company's clients, including Tricare and the Defense Health Agency.

The contract expires in December and Walmart and Sam's Club will be removed from the network, Luddy said. Walmart did not return a request for comment by publication.

Meanwhile, CVS, a company that left the Tricare network in 2016, also after negotiations failed, will return to the network, giving beneficiaries access to its nearly 10,000 pharmacy locations, including inside many Target stores.

Under the agreement, as of Dec. 15, all prescriptions filled at a Walmart will be considered non-network. Beneficiaries will have to pay the full cost of their medication up front and file a claim with Tricare for partial reimbursement.



Guests and friends of DBFC Construction has been delayed tentative Boutique reopening November 8

offices will remain open  
we appreciate your patience while we expand

### 2021 VETERANS BENEFITS GUIDE

Stars and Stripes and the Veterans Benefits Administration (VBA) have developed a 2021 Veterans Benefits Guide. The guide was created for veterans, service members and their families and contains information on financial assistance, career planning and guidance as well as home loan assistance and much more. Go to either the Stars and Stripes webpage or the VBA webpage to learn more or go to <https://epub.stripes.com/issue=VBA011021>





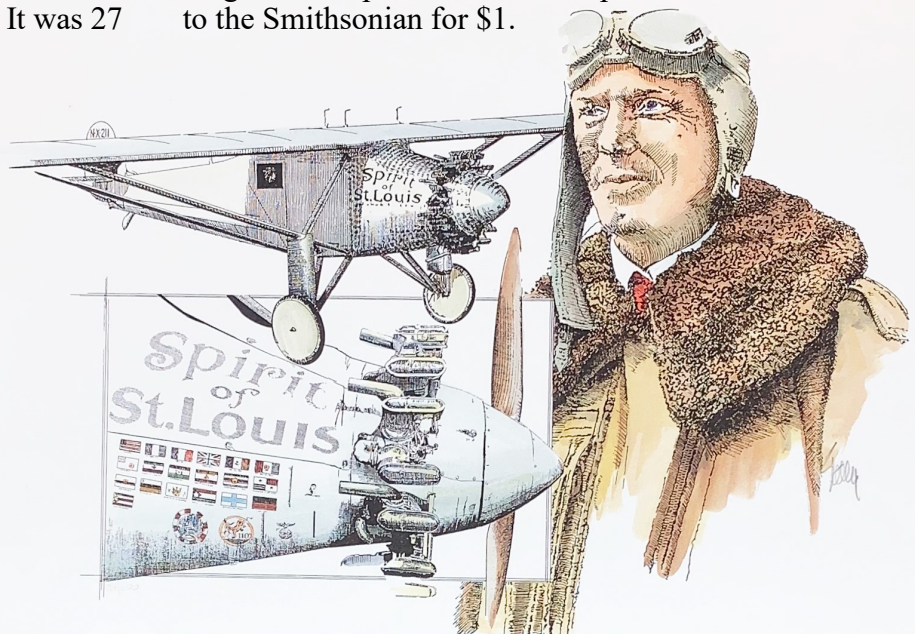
## Lindbergh Trivia

Charles Lindbergh made maybe the most famous flight in aviation history when he flew nonstop solo across the Atlantic Ocean in May of 1927. Here are a few facts about that journey.

1. Replacing the Navigator with extra fuel gave him 300 miles of additional range
2. To reduce weight further, he did not take a radio, night flying lights, navigation equipment or a parachute and his seat was a wicker chair bolted to the floor.
3. He was not the first aviator to cross the Atlantic. That was done by two British airmen, John Alcock and Arthur Witten Brown. However, they flew from Newfoundland to Ireland, just 1,936 miles. Lindbergh's total distance almost doubled that at 3,610 miles.
4. His fuel tanks were topped off with 450 gallons of fuel.
5. Lindbergh first considered the flight while flying the mail from St Louis to Chicago in 1926.
6. In 1919, hotel operator Raymond Orteig offered \$25,000 to the first aviator to fly non-stop from New York to Paris or Paris to New York. Nobody even tried during the early years, but when he renewed the challenge in 1925, technology had improved greatly.
7. The aircraft was designed and built in 60 days by Ryan Airlines of San Diego to Lindbergh's specifications based to a large degree on the design for their mail planes. The engine was a 223 HP Wright J-5C. It was 27 feet, 8 inches long and 9 feet, 8 inches high.
8. It was named "The Spirit of St Louis" when the St Louis Chamber of Commerce sponsored the flight.
9. Lindbergh picked up the plane in San Diego on May 10<sup>th</sup> and flew it across the country setting new transcontinental speed records along the way.
10. Flying solo was Lindbergh's choice, it was not required by Orteig rules but it meant he had to be at the controls for more than 30 hours despite his lack of sleep the night before the flight.
11. He landed in Paris (Le Bourget Field) at 10:22PM on May 21, 1927, 33 ½ hours after take-off and had 85 gallons of fuel left.
12. Lindbergh finally got to bed about 4:15AM or about 63 hours since he had last slept.
13. The crowd at the parade in New York City to honor Lindbergh upon his return was estimated at 4 million and he was awarded the Medal of Honor by a special act of Congress.
14. Between July and October 1927, he flew the Spirit of St Louis on a tour of the nation touching down in 49 states and later visited Mexico and 12 other Central American and West Indies countries.

And my favorite.....

15. In May 1929, 2 years after the flight, Lindbergh and his partners sold the Spirit of St Louis to the Smithsonian for \$1.





## Veterans Day Discounts and Diversions

There are many events in the area where you can celebrate Veterans Day: parades in San Bernardino, Palm Springs and Beaumont (and many other locations) and special ceremonies at the General Patton Memorial Museum and at the Veterans Wall of Freedom in Grand Terrace. See the ReadBack calendar for more information. One way we all can show respect and honor to our veterans is the two minutes of silence recommended to be observed at 2:11PM Eastern Standard Time.

**California Pizza Kitchen** -- Veterans and active military get a complimentary entree and beverage when they dine in and show proof of service on **November 11**. In addition, all veterans who dine with California Pizza Kitchen will receive a BOGO, redeemable from **November 12 through 20**.

**Red Robin** -- Veterans and active-duty military who are Red Robin Royalty members can redeem a free Red's Tavern Double Burger with Bottomless Steak Fries **November 1 through November 14** for dine-in or to-go. You must register for Red Robin's Royalty Program with military designation by Monday, November 1.

**7-Eleven** -- Active-duty, retired, veteran, guard, reservists and family members get a free coffee or Big Gulp on **November 11**. (7-Eleven app and Veterans Advantage membership required.)

**Applebee's** -- Veterans and active-duty military receive a free meal from a special menu on **November 11**. Dine-in only.

**Army & Air Force Exchange Service** -- On **November 11**, MILITARY STAR cardholders will receive various deals, including 15% off food orders at participating Exchange restaurants. And Exchange Expresses and participating restaurants will be serving free coffee on **November 11**.

**Bakers Square** -- Active-duty military and veterans receive a free Rise & Shine breakfast on **November 11**, as well as a 20% off the entire check coupon valid for their next visit from November 12 through 30. Valid for dine-in and pick-up orders only. Online orders use promo code VETSRise when placing order for pick-up.

**Buffalo Wild Wings** -- Veterans and active-duty service members get a free order of 10 boneless wings and fries on **November 11**. The offer is available for dine-in or takeout.

**Carrows** -- Veterans get a free meal and slice of pie on **November 11**. Purchase one entree and receive one of equal or lesser value at no charge.

**Chili's** -- Veterans and active-duty service members get a free meal from a select menu on **November 11**. Available for in-restaurant only.

**Chop House** -- On **November 11**, active-duty and retired service members get 50% off any dine-in lunch or dinner entree.

**Claim Jumper** -- Veterans receive a free entrée from a special menu at participating locations on **November 9**. Dine-in only.

**Coco's** -- On **November 11**, veterans and active-duty service members get a free slice of pie, along with a "Buy One, Get One" free deal at all locations. The offer is valid for dine-in or take out orders; online and delivery not included.

**Cracker Barrel** -- Veterans get a complimentary slice of Double Chocolate Fudge Coca-Cola Cake when dining at any location on **November 11**.

**Denny's** -- Veterans and military personnel get a free Build Your Own Grand Slam on **November 11**, from 5 a.m. to noon. Dine-in only.

**Dickey's Barbecue Pit** -- Veterans get a free Pulled Pork Classic Sandwich in-store at participating locations on **November 11**.

**Dunkin' Donuts** -- On **November 11**, veterans and active-duty military receive a free donut at participating locations. Offer available in-store only.

**Einstein Bros. Bagels** -- Veterans and active-duty military get a free hot or iced medium coffee on **November 11**.

**Farmer Boys** -- Veterans and active-duty military receive a free Big Cheese cheeseburger on **November 11** at participating locations.

**Golden Corral** -- Golden Corral is handing out a free meal and beverage card between **November 1 and 30**, while supplies last. Military personnel can then redeem their card once for lunch or dinner Monday through Thursday from **November 1 to May 31**.

**Juice It Up** -- Veterans and active-duty military receive a free 20oz Classic Smoothie on **November 11**.

**Krispy Kreme** -- Veterans get a free doughnut of choice and coffee on **November 11**.

**Little Caesars** -- Veterans and active military get a free HOT-N-READY Lunch Combo at participating stores on **November 11**, from 11:00 a.m. to 2:00 p.m.

**Luna Grill** -- Veterans and active-duty service members get a

"Buy One, Get One Free" deal from **November 11 through 13**, valid for dine-in or to-go orders. (Not valid online or delivery.)

**Macaroni Grill** -- Veterans and active-duty military receive a free Mom's Ricotta Meatballs + Spaghetti on **November 11**.

**Mimi's Cafe** -- Veterans and their families get 20% off **through November 13**. Valid for up to 6 guests per party. Applies to dine-in or take-out orders. Not valid for delivery or online orders.

**Morton's The Steakhouse** -- On **November 11**, current and former military members get 20% off. Dine-in only.

**Olive Garden** -- On **November 11**, veterans and current members of the military who dine in get a free entrée from a special menu.

**On the Border** -- Active and retired military get a free Pick 2 Combo on **November 11**. Dine-in only.

**Outback Steakhouse** -- Veterans and active-duty service members get a free Bloomin' Onion and Coca-Cola product to on **November 11**. Offer available for dine-in or to-go (call-in orders only, not available online).

**Red Lobster** -- Veterans, active-duty military and reservists get a free appetizer or dessert from a select menu on **November 11**. Dine-in only.

**Shoney's** -- Veterans and active-duty service members get a free All You Care To Eat, Freshly Prepared Breakfast Bar on **November 11** until 11 am. Dine-in only.

**Starbucks** -- Veterans, military service members and military spouses get a free tall (12-oz) hot brewed coffee at participating stores on **November 11**.

**Wendy's** -- Active military and veterans get a free small breakfast combo on **November 11** at participating locations from 6:30 to 10:30 a.m. Not valid for mobile orders or at kiosk.

**Wienerschnitzel** -- Veterans and active-duty military receive a free Chili Dog, small fries and a small drink at participating locations on **November 11**.

**Yard House** -- Veterans and active duty military receive a complimentary appetizer on **November 11**.

Check you local listings for other discounts and call for verification of offer.s



# UPCOMING EVENTS



## NOVEMBER

**2 -** Monthly meeting of Chapter 78 of the Disabled American Veterans (DAV). 5PM. CoCo's. Palm Desert (Varner Road). [Adjutantdav78@gmail.com](mailto:Adjutantdav78@gmail.com)

**2 -** VFW Post 3699 and its Auxiliary monthly meeting and pot luck dinner. Pot luck from 5:30 to 6:30PM and meeting at 6:30PM. Contact Mike Pierson at [piersoninvestigationsservice@gmail.com](mailto:piersoninvestigationsservice@gmail.com)

**4 -** Palm Springs Chapter of the Air Force Association (AFA) monthly meeting at Palm Springs Air Museum. 8:30 to 10AM. All veterans welcome. Bill Bramer [wbramer@aol.com](mailto:wbramer@aol.com)

**6 -** Palm Springs Air Museum 25<sup>th</sup> Anniversary and A-7 Corsair II Unveiling. Palm Springs Air Museum. 11AM to 2PM. 760-778-6262

**6 -** Turn your clocks back tonight ... Daylight Savings Time ends

**9 -** Virtual Veteran's Day Symposium. 1PM to 3:30PM (Eastern Standard Time). Learn about resources available 404-397-1596. Access Code: 27639364325

**10 -** U.S. Marine Corps established (1775)

**10 -** Mt San Jacinto College (MSJC) Veterans Day Celebration. 11AM. For more information/Reserve a table, contact MSJC Veterans Services at [Veterans@MSJC.edu](mailto:Veterans@MSJC.edu)

**11 -** Veterans Day. Signing of WWI Armistice (1918). Ceremonies/parades throughout the area and our country. Lots of free/discounts for veterans. See article in this issue. fly your flag.

**11 -** 21<sup>st</sup> Annual Veterans Day Salute and Parade. 9AM. Court Street Square, San Bernardino. 909-384-5233.

**11 -** 33<sup>rd</sup> Veterans Day Ceremony at the General Patton Memorial Museum. 9:30AM to 4:30PM. Just off the I-10 freeway. See attached flyer. [www.generalpattonmuseum.com](http://www.generalpattonmuseum.com)

or call 435-922-0213

**11 -** Veterans Day Parade and Ceremony. Beaumont. Beaumont Avenue and 6<sup>th</sup> Street.

10AM start. Ceremony at 11AM at Beaumont Civic Center. Info: BeaumontCa.gov See flyer.

**11 -** Veterans Day Ceremony. Veterans Wall of Freedom. Veterans Freedom Park. 21950 Pico Street, Grand Terrace. Info? 951-756-4711 or [wvof2016@gmail.com](mailto:wvof2016@gmail.com)

**11 -** 24th Annual Palm Springs Veterans Day Parade. Palm Canyon Drive, Palm Springs. 3:30PM start. Parade followed by fireworks. 760-410-8711 or [veterans-day@dehartegroup.com](mailto:veterans-day@dehartegroup.com)

**13 -** For Love of Life and Country with Lt Col Dean Hunter. Palm Springs Air Museum. 1PM. 760-778-6262.

**16 -** 19<sup>th</sup> Annual Law Enforcement and Veterans Appreciation Breakfast. Indio Sunrise Rotary. 7AM. Heritage Palms Clubhouse. Space limited Call Jo Daily at 760-578-7011

**18 -** Veterans Services Meeting via zoom. 9AM. Open to all. Contact Anita Worthen [abird82@aol.com](mailto:abird82@aol.com)

**18 -** 1<sup>st</sup> Marine Division Monthly Meeting. Classic Club. Palm Desert. North of the I-10 off Varner Road (call 760-601-3600 for directions). 11:30AM. Lunch meeting (cost). Gunny Puentes at [puentesrc@gmail.com](mailto:puentesrc@gmail.com) to learn the details.

**18 -** Palm Springs Chapter of MOAA Monthly luncheon. Classic Club, Palm Desert. North of I-10 off Varner Road (call 760-601-3600 for directions). Lunch meeting (cost). Guest Speaker: Captain Erin Stone, JAGC, USN (ret), National MOAA HQ. Annual JROTC Cadet Awards Ceremony. Contact: Robert Ramirez at [rramirez4@dc.rr.com](mailto:rramirez4@dc.rr.com) or 760-409-5357

**19 -** Riverside County Veterans Advisory Committee (VAC) Legislative Breakfast. Guest speaker: Chad Bianco, Riverside County Sheriff. Contact Artie Allen at 301

-364-8040 or [artie.allen3@yahoo.com](mailto:artie.allen3@yahoo.com)

**20 -** Red Kettle Kick-Off Dinner 760/324-2275

**23 -** National Virtual Career Fair. Presented by DAV and RecruitMilitary. <https://rmvets.com/2RvPtkW>

**24 -** Input for the December VEAP ReadBack due.

**25 -** Thanksgiving

**27 -** WASPs - The women Air Force Service Pilots of WWII. Palm Springs Air Museum. Guest speaker: Michael Carra. 1PM. 760-778-6262.



**2 -** Palm Springs Chapter of the Air Force Association (AFA) monthly meeting at the Palm Springs Air Museum. 8:30AM to 10AM. All veterans welcome. Bill Bramer at [wbramer@aol.com](mailto:wbramer@aol.com)

**3 -** December VEAP ReadBack due out

**4 -** Pearl Harbor - the Japanese Aircraft at the time of the attack. Presenter: Michael Carra. Palm Springs Air Museum. 1PM. 760-778-6262.

**7 -** National Pearl Harbor Remembrance Day. Fly your flag proudly.

**7 -** Monthly Meeting of Chapter 78 of the Disabled American Veterans (DAV). 5PM. CoCo's. Palm Desert (Varner Road). [Adjutantdav78@gmail.com](mailto:Adjutantdav78@gmail.com)

**7 -** VFW Post 3699 and its Auxiliary monthly meeting and pot luck dinner. Pot luck from 5:30 to 6:30PM and meeting at 6:30PM. American Legion Post 739 Hall, 44-200 Sungold Street, Indio. Contact Mike Pierson at [piersoninvestigationsservice@gmail.com](mailto:piersoninvestigationsservice@gmail.com)

**11 -** Which Way Did They Go? Air Wing 8 at Midway. 1PM. Presenter: Mark Carlson. Palm Springs Air Museum. 760-778-6262.

**15 -** Bill of Rights Day

**16 -** Veterans Services Meeting via zoom. 9AM. Open to all. Contact Anita Worthen at [abird82@aol.com](mailto:abird82@aol.com) to get connected or to learn more.

**16 -** 1<sup>st</sup> Marine Division Monthly Meeting. Classic Club. Palm Desert. North of the I-10 off Varner Road (call 760-601-3600 for directions). Contact Gunny Puentes at [puentesrc@gmail.com](mailto:puentesrc@gmail.com) for more details.

**17 -** Palm Springs Chapter of MOAA annual Christmas Party. Classic Club, Palm Desert (760-601-3600 for directions). 5PM. Bring Children's toy to distribute at 29 Palms Marine Base. Contact Robert Ramirez at [rramirez4@dc.rr.com](mailto:rramirez4@dc.rr.com) or 760-409-5357 to learn more.

**23 -** Input for January ReadBack due

**25 -** Christmas



**1 -** New Year's Day

**3 -** January VEAP ReadBack due out

**4 -** Monthly meeting of Chapter 78 of the Disabled American Veterans (DAV). 5PM. CoCo's. Palm Desert (Varner Road). [Adjutantdav78@gmail.com](mailto:Adjutantdav78@gmail.com)

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**6 -** Palm Springs Chapter of the Air Force Association (AFA) monthly meeting at the Palm Springs Air Museum. 8:30 to 10AM. All veterans welcome. Bill Bramer at [wbramer@aol.com](mailto:wbramer@aol.com)

**8 -** Just Amelia. The Amelia Earhardt story ... what we now know. Palm Springs Air Museum. 1PM. 760-778-6262.

# VETERANS **RIDE** **FREE**

***FREE** healthcare appointment transportation for veterans\**

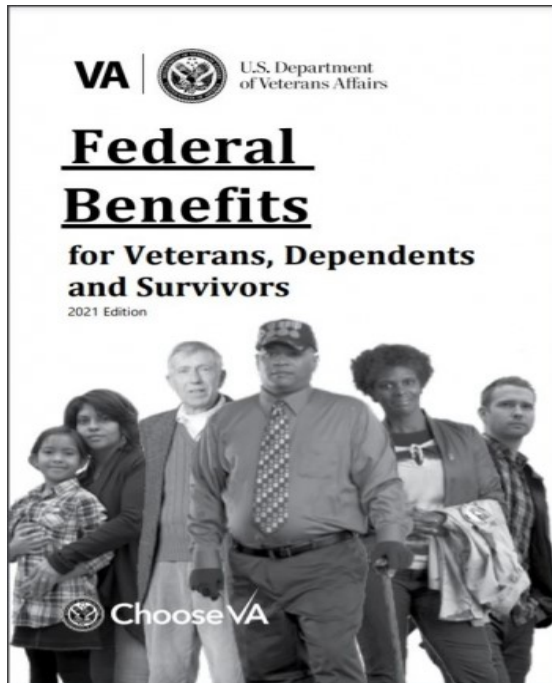
**(877) 932-4100**

**AVAILABLE TRANSPORTATION**

- TAXI • FRIEND
- VSO's • SUN DIAL

*\*As funds are available. All requests must be approved three days in advance.*

Disclaimer: The sharing of any non-VA information does not constitute an endorsement of products or services on the part of The Salvation Army or VEAP.



CLICK HERE OR VISIT  
[WWW.VA.GOV/GETSTARTED](http://WWW.VA.GOV/GETSTARTED)

VA's [www.va.gov/getstarted](http://www.va.gov/getstarted) landing page makes it easier for Veterans and family members to access VA benefits and services information.

The website provides two newly updated booklets on information about VA benefits and services, as well as how to apply for them.

The first booklet is the *2021 Federal Benefits Handbook for Veterans, Dependents and Survivors*. The handbook contains a comprehensive listing of VA benefits and services with direct links to contact benefits and services representatives. In fact, an index located on the inside cover lists both phone numbers and websites for easy reference.

Importantly, the handbook provides a legal overview on eligibility requirements to include the definition of a Veteran. Additionally, VA serves many generations of Veterans. There are specific qualification guidelines for distinct periods of service to clarify eligibility during both peacetime and wartime environments.

The handbook aligns with benefits information and services for VA's three administrations: Veterans Health Administration; Veterans Benefits Administration; and Veterans Cemetery Administration. Also, a section of the handbook discusses non-healthcare services, such as [homelessness](#), survivor assistance, women and minority Veterans, and many other programs.

The handbook is a one-stop resource for Veterans, family members and survivors. Limited printed copies may be available at medical centers or VBA regional offices. The website allows Veterans to access VA benefits and services information.



## Expected Services

- Primary Care
- Women's Health Care
- Mental Health
- Group Care
- Audiology
- Pharmacy
- Full Service Laboratory
- Referrals for Specialty Care

### PALM DESERT VA CLINIC

72700 Dinah Shore Dr.  
Palm Desert, CA 92211  
[www.lomalinda.va.gov](http://www.lomalinda.va.gov)  
760-341-5570



## THE NEW PALM DESERT VA CLINIC

Coming February 2022

YOUR SAME GREAT VA  
HEALTHCARE, MOVING TO A  
NEW STATE-OF-THE-ART  
FACILITY.



THE STGI WAITING ROOM  
FILLED WITH COMFORTABLE  
SEATING, CONVERSATIONAL  
AREAS, AND TV FOR  
VIEWING. THIS SPACE IS  
MEANT TO FEEL JUST LIKE  
HOME.

**VA**



U.S. Department  
of Veterans Affairs

IN PARTNERSHIP WITH



A PREMIUM ON SITE  
TELEHEALTH SUITE HELPS  
OPEN UP ACCESS TO  
SPECIALTIES RIGHT FROM  
YOUR HOME CLINIC.



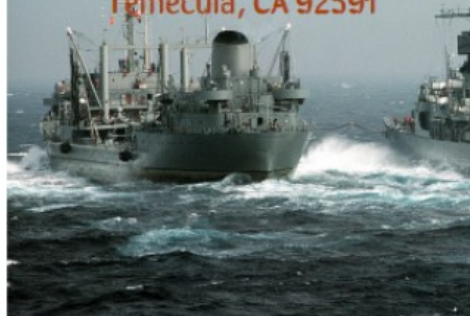


**SAVE THE  
DATE!**



**NOVEMBER  
10  
STARTS 11 AM**

Mt San Jacinto College  
Temecula Valley Campus  
41888 Motor Car Parkway  
Temecula, CA 92591



**For More Info/  
Reserve a Table  
Contact MSJC  
Veterans Services  
[Veterans@msjc.edu](mailto:Veterans@msjc.edu)**



**MSJC  
VETERANS  
DAY  
CELEBRATION**



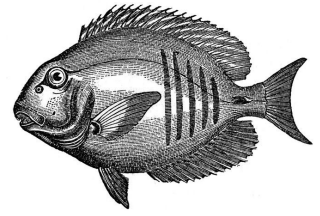




**V. MANUEL PEREZ**  
SUPERVISOR, FOURTH DISTRICT



**RIVERSIDE COUNTY**  
REGIONAL PARK & OPEN-SPACE DISTRICT



## **Free Veterans Day Admission and Fishing at Lake Cahuilla for Veterans and Service Members**

LA QUINTA – Riverside County thanks and honors all who have served our country with free admission and fishing at Lake Cahuilla Veterans Regional Park on Veterans Day, Thursday, November 11.

Lake Cahuilla Veterans Regional Park is open Veterans Day from 6 a.m. to 5 p.m.

Free admission is open to active duty military personnel, veterans of the U.S. Armed Forces, National Guard and federal and state reservists, and all other guests in the vehicle. Free entry also covers all day use activities such as fishing. To qualify, veterans need to present valid proof of military service.

For the general public, Lake Cahuilla Veterans Regional Park will have a \$20 per vehicle entry fee on Veterans Day.

Those fishing need a state fishing license, required for anyone 16 and older. The state fishing license is not sold at Lake Cahuilla Veterans Regional Park, but can be purchased at retailers.

Lake Cahuilla Veterans Regional Park, the first in the county park system named in honor of veterans, is located at 58075 Jefferson Street, La Quinta, CA 92253. The phone number for more information is 760-564-4712.

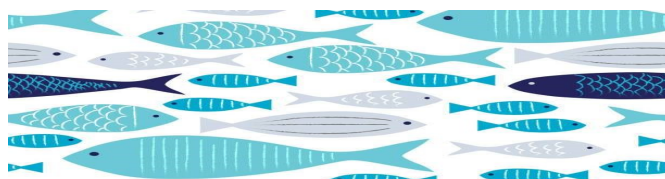
“Veterans Day is a day of honor, pride and thankfulness for all veterans, past present and future, who risk their lives for our country,” said Supervisor V. Manuel Perez. “Lake Cahuilla Veterans Regional Park is a beautiful place to spend the day, to walk, hike, go fishing, or horseback riding, and just relax and enjoy nature. We welcome veterans, their families and the community to enjoy Lake Cahuilla Veterans Regional Park, a park veterans can call their own, on Veterans Day.”

In August 2017, Lake Cahuilla Regional Park was renamed to Lake Cahuilla Veterans Regional Park in honor of veterans. The renaming measure included free entry to the park for veterans and service members every Veterans Day (November 11) and Memorial Day weekend (Saturday-Monday).

Lake Cahuilla Veterans Regional Park is operated by the Riverside County Regional Park and Open-Space District via a lease with the Coachella Valley Water District and the U.S. Bureau of Reclamation.

The park features flags of each military branch, dedication plaques, lighting and landscaping pathways.

[www.rivcoparks.org](http://www.rivcoparks.org)



**BEAUMONT PRESENTS**



# **VETERANS DAY**

*parade & ceremony*



**THURSDAY, NOVEMBER 11**



**PARADE - 10:00 A.M.**

Begins at Beaumont Avenue & 12th Street and ends at the Beaumont Civic Center.

**CEREMONY - 11:00 A.M.**

Beaumont Civic Center, 550 E. 6th Street

**ADDITIONAL EVENT DETAILS - [BEAUMONTCA.GOV](http://BEAUMONTCA.GOV)**



## GENERAL PATTON MEMORIAL MUSEUM

PLEASE NOTE:  
THIS YEAR'S  
EVENT WILL BE  
SCALED DOWN  
FOR SAFETY  
PURPOSES.  
MASKS WILL BE  
REQUIRED AND  
ENTRY WILL BE  
LIMITED. WE  
HOPE YOU  
UNDERSTAND  
THAT WE VALUE  
YOUR SAFETY.  
GOD BLESS  
AMERICA AND  
OUR VETERANS



Thursday, November 11, 2021

Veterans Day

HONORING ALL WHO SERVED

### OPENING OF THE BARKER FOUNDATION LIBRARY



PLAQUE  
PRESENTATION  
BY SONS OF  
THE GOLDEN  
WEST

HONORING FIRST  
RESPONDERS WITH  
THE 2021 PATTON  
AWARD



FORMER SHERIFF STAN  
SNIFF WILL SPEAK AND  
ANSWER QUESTIONS IN  
THE USO THEATER  
ROOM

HONORING JESSIE  
MCKEEVER WITH THE  
2021 FOUNDER'S  
AWARD

For Event Info please call us at 760-507-4143

The General Patton Museum is located 30 miles east of Indio on Interstate 10 at Exit 173



## Joseph L Stone VFW Post 1534

1 Club House Dr, Desert Hot Springs, CA  
760-671-6185 / [www.vfwpost1534.org](http://www.vfwpost1534.org)



### *Veterans Day Dinner*

*November 13th 2021*

*5pm-7pm food 8pm last call*

*1 Club House Drive , Desert Hot Springs*

*Please RSVP 760-847-2319*

#### *Menu*

- 1. Hamburger & fries \$9.00*
- 2. Fish & chips \$12.00*
- 3. Deep fried chicken \$12.00*

*music  
By DJ Noriega*

*Opportunity drawing  
Raffle & prizes*

*All Veterans get a free meal  
\$1.00 off for their guest limit 3*

*Donations are welcomed*





The poster is a festive invitation for a Red Kettle Kickoff Dinner & Awards Ceremony. It features a cream-colored background with a decorative border of red poinsettias, green pine branches, and gold ribbons. At the top center is a red Salvation Army kettle with the organization's logo. Below it, the text "You're cordially invited to our" is in a cursive font, followed by "Red Kettle Kickoff Dinner" in large, bold, red serif font, and "& Awards Ceremony" in a green serif font. The date and time "NOV. 20 6 PM" are displayed in gold serif font, separated by horizontal lines. A gold banner below this states "Tickets \$25 Per Person". The venue information "The Salvation Army 30400 Landau Bl. Cathedral City, CA 92234" is in green serif font. Below that, "For Tickets Call (760)-324-2275" is in bold black font. A cursive message at the bottom reads: "We hope you will join us. All proceeds go towards our year round programs that benefit Coachella Valley residents in need." At the very bottom center is a glass terrarium containing a red cardinal perched on a branch with red flowers and greenery.



*You're cordially invited to our*

**Red Kettle Kickoff  
Dinner**

**& Awards Ceremony**

**NOV. 20 6 PM**

**Tickets \$25 Per Person**

**The Salvation Army**  
**30400 Landau Bl. Cathedral City, CA 92234**

**For Tickets Call (760)-324-2275**

*We hope you will join us.  
All proceeds go towards our year round programs that  
benefit Coachella Valley residents in need.*





## ***A Tribute to Women Veterans***

**Support Our Sisters!**  
**Veterans Court Graduation**  
**In addition to honoring our graduates,**  
**we will be paying special tribute to our**  
**women veterans**

**December 3, 2021, 3:30 pm**  
**Riverside Historic Courthouse**

Honored Guests

State Senator Melissa Melendez  
Riverside Mayor Patricia Lock Dawson





## VFW Post 1534 6th Annual toy drive

1 Club House Dr, Desert Hot Springs

# Merry Christmas

Ages for this event  
1yr old - 12yr old

Gift cards for  
13yr old - 16yr old

Must show valid  
VA or military ID  
To receive presents

Please donate toys for our Veterans  
kids.

We will have boxes here at our Post.

We will have other places that will be  
setting up boxes  
To take your unwrap toy donation.

This event has gotten bigger every  
year.

This year we will have jumpers,  
cookie decorating, stockings,  
And a surprise visit from Santa Claus.

December 18th at 11am VFW Post  
1534

11am hand out Stockings.

12pm cookie Decorating.

1pm pictures with Santa  
Handing out toys

Please register  
let us know your child  
Name and age  
Male or female

Send info to  
[veteranspost1534@gmail.com](mailto:veteranspost1534@gmail.com)



## ***Days of Military Commemoration***

- Feb. 3, 2021 – Four Chaplains Day** – A day to remember the four U.S. Army chaplains who made the ultimate sacrifice when the USAT Dorchester sank during World War II.
- Feb. 19, 2021** – Coast Guard Reserve Birthday
- March 3, 2021** – Navy Reserve Birthday
- March 13, 2021 K-9 Veterans Day** – The date is the official birthday of the United States K9 Corps and a day to honor their service.
- March 25, 2021 Medal of Honor Day** – A holiday to honor the heroism and sacrifice of Medal of Honor recipients for the United States.
- March 29, 2021 – Vietnam Veterans Day** – A national holiday to recognize and honor Veterans who served in the military during the Vietnam War.
- April 5, 2021 – Gold Star Spouses Day** – A day dedicated to those whose spouses gave their lives while serving in the U.S. military or as a result of service-connected injuries or illness.
- April 14, 2021** – Air Force Reserve Birthday
- April 23, 2021** – Army Reserve Birthday
- May 1, 2021** – Silver Star Banner Day – Per Congressional resolution, it is an “Official Day to honor wounded, ill, and injured Veterans”.
- May 7, 2021** – Military Spouse Appreciation Day – This date recognizes the service and sacrifices of military spouses.
- May 13, 2021** – Children of Fallen Patriots Day – A day to honor the children left behind by the brave men and women who gave their lives while defending our freedom.
- May 15, 2021** – Armed Forces Day Observed on the third Saturday every May, this is a day dedicated to paying tribute to men and women currently serving in the U.S. Armed Forces.
- May 31, 2021** – Memorial Day A solemn occasion to honor the men and women who died while serving in the military.
- June 6, 2021** – Anniversary of the World War II – Allied invasion in Normandy, France, now known as D-Day.
- June 14, 2021** – Flag Day – A day to celebrate the adoption of the U.S. flag.
- June 14, 2021** – Army Birthday
- June 23, 2019** – Coast Guard Auxiliary Birthday
- June 27, 2021** – National PTSD Awareness Day – A day to bring awareness about issues related to PTSD.
- July 4, 2021** – Independence Day
- July 27, 2021** – Korean War Veterans Armistice Day
- Aug. 4, 2021** – Coast Guard Birthday
- Aug. 7, 2021** – Purple Heart Day – A time for Americans to pause to remember and honor the brave men and women who were either wounded on the battlefield or paid the ultimate sacrifice.
- Aug. 29, 2021** – Marine Forces Reserve Birthday
- Sept. 11, 2021** – Patriot Day – An annual observance to remember and honor those who were injured or killed during the Sept. 11, 2001 terrorist attacks.
- Sept. 18, 2021** – Air Force Birthday
- Sept. 26, 2021** – Gold Star Mother’s and Family’s Day – A day to honor the families of fallen Servicemembers.
- Oct. 13, 2021** – Navy Birthday
- Oct. 26, 2021** – National Day of the Deployed
- Nov. 10, 2021** – Marine Corps Birthday
- Nov. 11, 2021 – Veterans Day** – This is the anniversary of the signing of the armistice treaty, which ended World War I and is also a day to thank military Veterans for their service.
- Dec. 7, 2021** – Pearl Harbor Remembrance Day – The anniversary of the day Japan attacked Pearl Harbor, Hawaii, signaling the United States’ entrance into World War II.
- Dec. 13, 2021** – National Guard Birthday
- Dec. 18, 2021** – National Wreaths Across America Day