

ILLINOIS AMVETS

September 2008

Call to Action: Volunteer & help our vets today!

Volume 32 No. 9

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WHAT A FOLDED FLAG REALLY MEANS

The flag folding ceremony represents the same religious principles on which our great country was originally founded.

The portion of the flag denoting honor is the canton of blue containing the stars representing states our veterans served in uniform. The canton field of blue dresses from left to right and is inverted only when draped as a pall on the casket of a veteran who has served our country honorably in uniform.



The fifth fold is a tribute to our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."

for the defense of our country since he or she was first born.

The eleventh fold, in the eyes of Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies, in their eyes, the God of Abraham, Isaac and Jacob.

The twelfth fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son and Holy Ghost.

When the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

In the Armed Forces of the United States, at the ceremony of retreat, the flag is lowered, folded in a triangle fold and kept under watch throughout the night as a tribute to our nation's honored dead. The next morning it is brought out and, at the ceremony of reveille, run aloft as a symbol of our belief in the resurrection of the body.

The first fold of our flag is a symbol of life.

The second fold is a symbol of our belief in the eternal life.

The third fold is made in honor and remembrance of the veteran departing our ranks, and who gave a portion of life for the defense of our country to attain peace throughout the world.

The fourth fold represents our weaker nature; for as American citizens trusting in God, it is to Him we turn in times of peace, as well as in times of war, for His divine guidance.

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all enemies, whether they be found within or without the boundaries of our republic.

The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.

The ninth fold is a tribute to womanhood, for it has been through their faith, love, loyalty and devotion that the character of the men and women who have made this country great have been molded.

The tenth fold is a tribute to father, for he, too, has given his sons and daughters

After the flag is completely folded and tucked in, it takes on the appearance, of a cocked hat, ever reminding us of the soldiers who served under General George Washington and the sailors and marines who served under Captain John Paul Jones who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges, and freedoms we enjoy today.

From: <http://www.legion.org/national/americanflag/folding>

NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 174
PEORIA, IL

AMVETS State Headquarters
2200 S. 6th St.
Springfield, IL 62703

RETURN SERVICE REQUESTED



2008-2009
AMVETS
 Department of Illinois

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 Senior Vice Cmdr.: Rudy Spaulding
 Junior Vice Cmdr.: Bill Buckner

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 2200 South Sixth Street
 Springfield, IL 62703
 217.528.4713
www.ilamvets.org



Find an AMVETS Post near you!

Division I

Post 1, 7, 13, 17, 18, 34, 36,
 37, 47, 243, 247, 252 & 326
 -Chicago
 Post 5-Skokie
 Post 24 - Berwyn
 Post 43- Burnham
 Post 66-Wheeling
 Post 97-Oak Park
 Post 99- Brookfield
 Post 192- Bridgeview
 Post 268-Glenwood

Division II

Post 26-Depue
 Post 32- Freeport
 Post 35-Waukegan
 Post 90-Dekalb
 Post 91-Hampshire
 Post 103- Aurora
 Post 123-Dixon
 Post 145-East Moline
 Post 167-Sterling
 Post 180 - Princeton
 Post 202- Elgin
 Post 245- Cary
 Post 255-Buffalo Grove
 Post 269-Woodstock
 Post 277- Streamwood

Division III

Post 8-Knoxville

Post 16 - Litchfield
 Post 29-Taylorville
 Post 44 - Pana
 Post 55-Mount Olive
 Post 61- Chatham
 Post 64- Peoria
 Post 71-Lincoln
 Post 76- Ursa
 Post 77- Chillicothe
 Post 94-Springfield
 Post 100-Jacksonville
 Post 104-Quincy
 Post 169-North Pekin
 Post 179-Greenview
 Post 235- Pekin
 Post 256-Springfield
 Post 257-Springfield

Division IV

Post 3- Champaign
 Post 14-Clinton
 Post 19-Hoopeston
 Post 30-Ottawa
 Post 41-Marshall
 Post 52-Fisher
 Post 53 - Morris
 Post 67- Beecher
 Post 75-Danville
 Post 84 - Crete
 Post 107-Manteno
 Post 113-Bradley
 Post 115 - Pontiac

Post 120-Streator
 Post 133-Paris
 Post 270-Bloomington
 Post 276 - Elliott
 Post 278-Colfax
 Post 312-Streator

Division V

Post 4-Mt. Vernon
 Post 11 - Cairo
 Post 31 - Marion
 Post 33 - Palestine
 Post 40 - Effingham
 Post 51-Granite City
 Post 70-Vandalia
 Post 101-Centralia
 Post 132-Metropolis
 Post 140-Greenville
 Post 148-Waltonville
 Post 149-West Frankfort
 Post 156 - Waterloo
 Post 161-Belleville
 Post 204-Madison
 Post 267-Jerseyville

For more information about one of the posts listed near you, visit www.ilamvets.org!

Children's Safety Awareness Fun Fair

When: September 20th, 12 - 3 PM
Where: DePue VFW by Lake DePue

Sponsored by the AMVETS Post 26

*Fun for the whole family!
 Learn how safety & fun go together.*

Please bring a food pantry item for donation if possible.

Contact Russell Stinar for more information.

Moving?

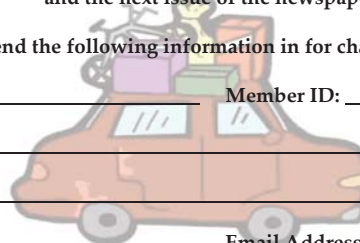
If you're moving, let us know eight weeks before you go! By changing your address with us before you move, you can avoid possibly missing important membership information and the next issue of the newspaper!

Please send the following information in for change of address:

Name: _____ Member ID: _____

New Address: _____

Phone Number: _____ Email Address: _____



COMMANDER'S CORNER

Dear AMVETS,

The State and National Conventions are over, and we had a good showing at both Conventions. The School of Instruction is September 5th-7th. I hope all the posts take the opportunity to send two people to the School in Springfield.

I recently attended a press conference that Senator Dick Durbin held concerning improved education benefits for veterans returning from Iraq and Afghanistan relating to the GI Bill. They will receive educational benefits comparable in quality to those received by World War II veterans.

"Our country has never gone wrong when it invests in education benefits for our veterans," said Senator Dick Durbin.

Veterans who have served on active duty for three years or more since 9/11 will be offered educational assistance in proportion to the total length of active duty service. In addition, it will allow career service members to transfer their unused educational benefits to family members, which is currently limited under the Montgomery GI Bill. It also increases the amount of time veterans have to use the GI Bill's educational benefits.

Senator Durbin said he is particularly proud that the new GI Bill puts Reserve and National Guard veteran on the same benefit level as regular, full-time armed service members for the first time. More than 1.7 million have served in the Military since September 11, 2001. Of those, about 483,000 have served in the Reserve and the National Guard.

I was in attendance at both Illinois State Fairs (DuQuoin and Springfield) on their respective Veteran's Day. The Illinois State Fair at Springfield was very successful, with 3,000 information packets distributed to veterans. Going to the State Fairs allowed me the opportunity to meet with several veterans and pass along the AMVETS message.

Finally, we are working with the people at St. Leo Veterans Campus to begin a post there. I hope to see the St. Leo's post get started this year. If you have any interest in starting a post in your area, please contact the state headquarters for more information.



Yours in AMVETS Service,

William Scheffel
Commander

Dear AMVETS,

During the last 3 weeks in July and the 1st week in August, AMVETS has been delivering the AMVET 5.11 Tactical Gear T-shirts to the Illinois National Guard Troops deploying to Afghanistan. We traveled to the Marseilles National Guard Training Site and personally handed out over 2,500 shirts. While there, we took the opportunity to thank them for their service to our country and speak with them about AMVETS. Many soldiers had never heard of AMVETS, so it was an excellent opportunity to pass along the AMVETS message.

Now, it's your turn! On the post level, a National Guard Family Readiness Group liaison needs to be appointed. This person should contact the local FRG Leader to find out what assistance the group needs. By helping the FRG, your post will be providing support to our soldiers. This support will help ease their minds, knowing his or her family is being cared for.

This deployment affects 32 armories, from Machesney Park in the north, to Carbondale/Marion in the south, to Galva/ Kewanee to the west and Kankakee/ Aurora to the east. Contact the armories close to your post.

As veterans, we know the hardships of being deployed, but not the problems of staying home. We also need to reach out to the families that wait for their loved ones to return. Talking to a veteran can help ease some of their fears.

Offer to speak with the troops about the AMVETS. The troops are veterans and need to know who we are, what we do, and how we can help. We need these troops as members, particularly as they will be the next generation to carry out the AMVETS mission. So get out there and spread the word about AMVETS!

Build our membership by using our successes.



Yours in AMVETS Service,

Rudy Spaulding
Senior Vice-Commander
Membership

Dear AMVETS,

On July 2nd, I joined Commander Bill Wright at the press conference Senator Dick Durbin held regarding increased educational benefits relating to the GI Bill.

The World War II G.I. Bill allowed a generation of returning veterans to go to college. They used their education to build a solid middle class, which sparked economic growth and expansion across the nation. Durbin's bill has the potential to do the same.

The new GI Bill is supported by every major veterans service organization, including AMVETS. I believe, that as a staunch advocate for veterans, we should be very pleased with the part we played in the bill's success. Our legislative effort is a very important part of our program to help improve the life of our nations veterans. Take the time to contact your elected officials on the state level.

The New GI Bill will:

- Modernize education benefits by fully covering the cost of any in-state college's tuition and fees for any member of the military who has served on active duty for 3 years or more since 9/11. Under the current Montgomery GI Bill, the maximum tuition benefit is \$1,101/month and \$9,909/year.
- Increase educational benefits to all service members who have served since 9/11, including activated reservists and members of the National Guard, who do not receive the same level of benefits as active duty members under the current Montgomery GI bill.
- Provide monthly stipends for housing. No housing stipend is included under the current Montgomery GI Bill.
- Offer educational assistance in proportion to the total length of active duty service, for members who have served on active duty for less than 36 months.
- Provide a dollar-for-dollar match to any college that chooses to help veterans pay for tuition over the in-state tuition cap.
- Increase the amount of time veterans have to use the GI Bill's educational benefits.
- Allow career service members to transfer their unused educational benefits to family members, which is limited under the current Montgomery GI Bill.

Illinois will see the largest deployment of its National Guard since World War II more than 2,700 members will deploy to Afghanistan. When they come back home, under the new GI Bill, the opportunity to attend college will be waiting for them



Yours in AMVETS Service,

Bill Buckner
Senior Vice-Commander

2008-2009 National Commander Elected at Convention

At the 64th National Convention, Chap Hapner was elected National AMVETS Commander. As a life member of Michigan Post 126 (Grand Rapids), Chad has served on his department's Finance Committee for total of 17 years, the last nine as chairman. Husband to National Ladies Auxiliary PNP Janice Hapner (1998-99), Chad has also served as post commander, department commander, National District IV commander, national finance officer, national 2nd vice commander and last year's national 1st vice commander.



Other newly elected officers are as follows: National First Vice Commander, Duane J. Miskulin (WI); National Second Vice Commander, Jerry Hotop (MO); National Judge Advocate, Daniel M. Snyder (OH); National Finance Officer, Fertie Brand (FL); and, National Provost Marshal, Eugene Meyer (OH).

Upcoming Meetings

State Meetings

Oct. 24 - 26, 2008
SEC

Abraham Lincoln Presidential Hotel
701 East Adams St.
Springfield, IL 62703
217-544-8800

Feb 27 - March 1, 2009
SEC

Abraham Lincoln Presidential Hotel
701 East Adams St.
Springfield, IL 62703
217-544-8800

Jun 11 - Jun 14, 2009
Convention

Abraham Lincoln Presidential Hotel
701 East Adams St.
Springfield, IL 62703
217-544-8800

Sept 11 - Sept 13, 2009
School of Instruction

Abraham Lincoln Presidential Hotel
701 East Adams St.
Springfield, IL 62703
217-544-8800

Oct 30 - Nov 1, 2009
SEC

Abraham Lincoln Presidential Hotel
701 East Adams St.
Springfield, IL 62703
217-544-8800

National Meeting

December 4-6, 2008
NEC

Hilton
1739 West Nursery Road
Linthicum, MD 21090
(800) 445-8667
Local: (410) 694-0808
\$134.47 (inclusive of taxes)/Night

Aug. 8-15, 2009

65th National Convention
Sheraton New Orleans Hotel
500 Canal St.
New Orleans, LA 70130
888-627-7033
Local: 504-525-2500
\$109/Night

Post 243 Commander Presents AMVETS Awards to JROTC



Commander of Post 243, Danny Wenserski, stayed busy presenting ROTC awards! Cmdr. Wenserski presented awards to Lakeview High and Lane Prep High ROTC earlier this year.





Above: The parade at East Moline for the Fourth of July.

Right: Department Provost Marshal, Rudy Spaulding, Senior Vice Cmdr. Bill Buckner, Ladies Aux. President Leslie Nell and Commander Bill Scheffel all attended the celebration.



Above: Sad Sacks Unit 10, Mt. Vernon, presented a \$500 check to the Mt. Vernon Fire Chief Jim Brown to help the "Remembering When" project, which is designed to help older and disabled adults live safely at home. The project visits older-adult homes and installs, replaces or repairs smoke detectors and other home safety devices to prevent falls in the home.

Left to right: Sad Sack Joe Norris, Fire Captain Benton Fitzjerrells, Fire Chief Jim Brown, Saddest Bill Palmer and Sad Sack Ernie Brown.



Above: Post 26 Commander Russ Stinar (right) presents an appreciation award to sponsor member Connie Schmutz. Also pictured is Dave Lennox (left).

Right: Commander Stinar also presented member Greg Zerfas with a special achievement award for recruitment.



Above: Sack Unit 126 gave out 1-\$750.00 scholarship and 5-\$500.00 scholarships. Three of the six winners were present at our annual presentation picnic, which was held at our AMVETS Post 66 home. We welcome more great nurses to communities.

left to right: Saddest Jim Mosby, \$750.00 winner Paula Fernandez,\$500.00 winners Annette Pierce, Bebra Woodlief.



Local Spotlight: Post 52

Representatives from Post 52, Fisher, continue their mission of distributing the Illinois AMVETS' provided 5.11 Tactical Gear shirts to the men and women deploying out of Illinois. Janelle Lucas, wife of Post 52 Commander Scott Lucas and Department Senior Vice Commander (and Post 51 member) Rudy Spaulding travelled to Marseilles, Illinois, to distribute more shirts. PDC Robert Studebaker (Post 115) was also in attendance to hand out materials.



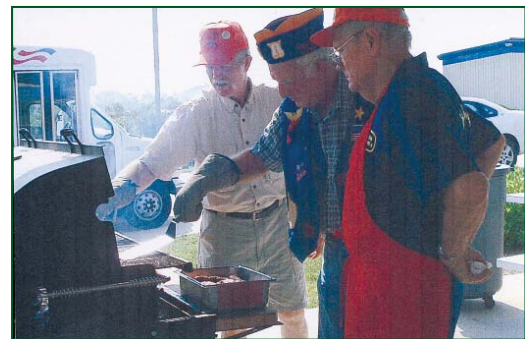
Above: (Left to right) Janelle Lucas, PDC Robert Studebaker, Senior Vice Commander Rudy Spaulding organize the 5.11 Tactical Gear shirts and the 250-minute phone cards to pass out.

Right: Soldiers visit with the AMVETS members and receive their life-saving shirts.



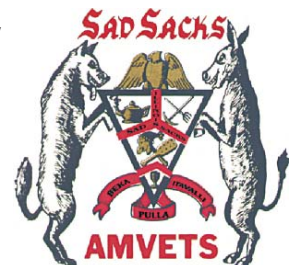
Sad Sack # 10 Offer Some Fun to Anna Veterans Home Residents

Sad Sack Unit 10, Mt. Vernon, held a cook out at Anna Veterans Home for residents on July 19th. The cookout provided some much needed fun and fellowship for the veterans and AMVETS alike.



Above: Sad Sacks Joe Norris, Art Holloway (Past Department Saddest) and Don Russell (PNC) tend the grill.

Left: Joe Norris, Bill Palmer, PNC Don Russell and Penny Bagby take a moment to celebrate with Anna Resident Oliver Herschek (age 95).



Secretary of State Jesse White Unveils a Universal Veterans License Plate for Motorcycles

Illinois Secretary of State Jesse White announced July 15, 2008, the availability of a Universal Veterans License Plate designed specifically for motorcycles.

"This is a small token of appreciation that we can extend to our military service men and women who have given so much for our country," said White. "Veterans are real heroes, and I am proud to make available this uniquely designed Universal Veterans License Plate for motorcycles."

The cost of this motorcycle license plate is \$41 for those who wish to switch from their current license plate to the Universal Veterans License Plate. For those who are purchasing a motorcycle license plate for the first time, the cost of the Universal Veterans License Plate is \$53. The annual renewal for these license plates is \$38.

The Universal Veterans License Plate for motorcycles is smaller in size than Universal Veteran's License Plate designed for passenger vehicles. For more information on the Universal Veterans License Plate for motorcycles, contact the Secretary of State's Office at 217-785-1697.

Currently, there are 21,879 Universal Veterans License Plates on the road today.

Bill to Allow Active Duty Military Personnel to Hunt and Fish without License Passes Agriculture and Conservation Committee

State Rep. Jack Franks passed Senate Bill 2906 allowing active military personnel to hunt in Illinois without a permit or license out of the Agriculture and Conservation Committee. Senate Bill 2906 passed its respective committees by a unanimous vote.

Senate Bill 2906 amends the Wildlife Code to allow active duty military members who are Illinois residents on leave to hunt certain species and fish without obtaining a hunting or fishing license. Interested servicemen and women must only have a valid Firearm Owner's Identification Card or the equivalent from another state and proof of active duty status to hunt or fish in Illinois if Franks' bill becomes law.

"Active duty military personnel should be allowed to enjoy the same rights and privileges as any other citizen when they are on leave," Franks said. "Many of our servicemen and women come from families that like to hunt and fish. They should be able to participate in these activities with their family and friends when they are home on leave without the need to jump through bureaucratic hoops. Anything we can do to help make our soldiers' lives more comfortable is a worthwhile endeavor."

AMVETS partners with Medical Mercy Airlift

Recently, AMVETS signed a memorandum of understanding with Mercy Medical Airlift at the AMVETS National Headquarters, allowing both organizations to partner in providing assistance to the veterans of the wars in Iraq and Afghanistan.

The partnership between AMVETS and Mercy Medical Airlift allows AMVETS Healing Heroes program to work with Mercy Medical Airlift's Air Compassion for Veterans to provide support to the families of wounded warriors through a variety of comprehensive programs.

"Our wounded warriors have given so much of themselves in the Global War on Terrorism, it is our responsibility to see to it that they can see their loved ones and receive their earned benefits in a timely manner once they return stateside," said AMVETS National Commander John P. "JP" Brown III.

Mercy Medical Airlift will now be able to work with AMVETS posts and departments across the country to coordinate their efforts within the military and veterans' communities. Mercy Medical Airlift will also be able to work in concert with AMVETS National Service Officers to assist in VA claims-processing for wounded warriors.

Mercy Medical Airlift is a nationwide non-profit organization that provides air travel for patients and family members requiring distant, specialized medical treatment. Air Compassion for Veterans is a program orchestrated by Mercy Medical Airlift that provides airfare to family members of troops wounded serving in the Global War on Terrorism.

For more info, visit the AMVETS.org pressroom tab.

Diabetes Corner with Dr. Chapman-Novakofski



It's that time of year—the time for outdoor picnics, barbecues, weddings, and parties! Food is always important at these gatherings. The choices we make can greatly influence our blood sugar, weight, and overall health. Make the most of these special summertime occasions by socializing and playing games with

family and friends. Of course, eating with family and friends is all part of the atmosphere, but don't focus on the food table as the main event.

When grilling: choose lean cuts of fresh meat more often

and processed products like hotdogs and brats less often because they are higher in sodium and fat. A skinless chicken breast or a 4-5 oz steak marinated in a little olive oil, lemon, vinegar, and spices are healthier options than always having brats. You can also skewer your meat with fresh garden vegetables like onions, peppers, tomatoes, and squash.

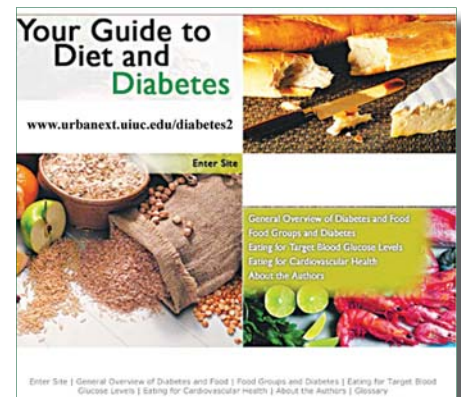
3 ounces grilled chicken breast: 143 calories, 18% calories from fat, 27g protein, 0g carbohydrate, 74mg cholesterol, 64mg sodium

5 oz beef steak: 304 calories, 47% calories from fat, 37g protein, 0g carbohydrate, 98mg cholesterol, 98mg sodium

1 hotdog: 182 calories, 84% calories from fat, 6g protein, 1g carbohydrate, 29mg cholesterol, 638mg sodium

2 oz bratwurst: 190 calories, 80% calories from fat, 8g protein, 1g carbohydrate, 34mg cholesterol, 540 mg sodium

Karen Chapman-Novakofski, RD, PhD
University of Illinois for Illinois AMVETS



NOTES FROM VETERANS AFFAIRS

VA Vet Centers Coming to 39 Communities

WASHINGTON (July 9, 2008) - Combat veterans will receive readjustment counseling and other assistance in 39 additional communities across the country where the Department of Veterans Affairs (VA) will develop Vet Centers by fall 2009.

"Community-based Vet Centers -- already in all 50 states -- are a key component of VA's mental health program," said Dr. James B. Peake, Secretary of Veterans Affairs. "I'm pleased we can expand access to bring services closer to even more veterans, including screening and counseling for post-traumatic stress disorder."

The existing 232 centers conduct community outreach to offer counseling on employment, family issues and education to combat veterans and family members, as well as bereavement counseling for families of service members killed on active duty and counseling for veterans who were sexually harassed on active duty.

Vet Center services are available at no cost to veterans who experienced combat during any war era. They are staffed by small teams of counselors, outreach workers and other specialists, many of whom are combat veterans. The Vet Center program was established in 1979 by Congress, recognizing that many Vietnam veterans were still having readjustment problems.

The centers have hired 100 combat veterans who served in Iraq and Afghanistan as outreach specialists, often placing them near military processing stations, to brief servicemen and women leaving the military about VA benefits.

VA's 2009 budget proposal seeks \$20 million more than this year's budget for Vet Centers, to include operating and leasing space for the new centers. Eighteen of the counties that will have new centers already have one or more; the other 21 do not.

Illinois will receive:

Illinois - Cook, DuPage •

Summit Brings Renewed VA Drive for Women Veterans

WASHINGTON (July 11, 2008) - An aggressive push to ensure women veterans receive the highest quality of care in VA medical facilities was pledged by Secretary of Veterans Affairs Dr. James B. Peake at a recent VA National Summit on Women Veterans' Issues.

Although VA already has services for women patients equal to those men receive, Peake told the audience of more than 400 women-veteran advocates, "We are reinventing ourselves by expanding

our women-centric focus to initiate new programs that meet the needs of women veterans."

Citing the demographic shift that brings increasing numbers of women to VA for care and the need for changes, Peake announced formation of a work group to focus on women's needs in prosthetics and rehabilitation, hiring women's advocates in VA medical centers, developing quality measurements specifically for women patients, purchasing more state-of-the-art, specialized women's health care equipment, and expanding medical education in women's health for VA care providers.

Summit attendees also learned that VA recently established a work group whose goal is to ensure every female veteran enrolled in VA care has a women's health primary care provider, especially to meet gender-specific needs.

The June 20-22 conference in Washington focused on how to ensure VA meets women-specific health needs and how to inform more women veterans of their VA benefits. It was the fourth women's summit, which VA holds every four years.

Summit co-sponsors included the American Legion Auxiliary, AMVETS, Disabled American Veterans and Veterans of Foreign Wars. Other assisting veterans groups included the Blinded Veterans Association, Military Officers Association of America, Paralyzed Veterans of America, the American Legion, Vietnam Veterans of America and TriWest.

VA Announces On-Line Claims Applications

WASHINGTON (July 16, 2008) - The Department of Veterans Affairs (VA) announced today that on-line applications are now accepted from veterans, survivors and other claimants filing initial applications for disability compensation, pension, education, and vocational rehabilitation and employment benefits without the additional requirement to submit a signed paper copy of the application.

Effective immediately, VA will now process applications received through its on-line application website (VONAPP) without the claimant's signature. The electronic application will be sufficient authentication of the claimant's application for benefits. Normal development procedures and rules of evidence will still apply to all VONAPP applications.

VONAPP (www.va.gov/onlineapps.htm) is a Web-based system that benefits both internal and external users. Veterans, survivors and other claimants seeking compensation, pension, education, or vocational rehabilitation benefits can apply electronically without the constraints of location, postage cost, and time delays in mail delivery.

VONAPP reduces the number of incomplete applications received by VA, decreasing the need for additional development by VA claims processors. The on-line application also provides a link to apply for VA health care benefits and much more.

Over 3.7 million veterans and beneficiaries receive compensation and pension benefits from VA and approximately 523,000 students receive education benefits. Approximately 90,000 disabled veterans participate in VA's Vocational Rehabilitation and Employment program. •

VA's National PTSD Center Deputy Honored Ladies Home Journal Cites Work with Women Veterans

WASHINGTON (July 18, 2008) -- Dr. Paula Schnurr, deputy executive director for VA's National Center for Post Traumatic Stress Disorder (PTSD), received the 3rd annual Ladies Home Journal "Health Breakthrough Award" for her work with PTSD and women veterans.

"Dr. Schnurr's contribution to veterans is an exceptional example of the Department's commitment to healing those who have borne the battle," said Secretary of Veterans Affairs Dr. James B. Peake. "Her research was recognized for finding the best therapy among current treatment approaches for PTSD in women."

The study led by Schnurr for the Department of Veterans Affairs (VA) was the largest clinical trial of individual psychotherapy for PTSD ever conducted. The findings led to VA supporting a national training program in "prolonged-exposure therapy," which had not previously been widely used.

Schnurr has been serving veterans at VA for 19 years and is responsible for program development, consultation on research projects, and strategic direction of the activities at the seven sites that make up the National Center for PTSD.

She is also a research professor of psychiatry at Dartmouth Medical School, as well as the editor of the Journal of Traumatic Stress.

Schnurr is one of four doctors and researchers who is featured in the August 2008 issue of the Ladies Home Journal, the fifth largest magazine in the country, with more than 13 million subscribers. They were chosen following a search of more than 80 medical organizations, medical schools, teaching hospitals, universities and government agencies.

VA is a world leader in the research, diagnosis and treatment of PTSD, providing specialized PTSD programs at its medical centers and clinics. •

NOTES FROM VETERANS AFFAIRS

VA, Monster Partner for Veteran Job Seekers Veteran-Owned Businesses Listed

WASHINGTON (July 22, 2008)- In a new plan to help veterans find jobs, the Department of Veterans Affairs (VA) has partnered with Monster Government Solutions, a division of Monster Worldwide, Inc., a company that markets online employment services to employers and job seekers.

Part of VA's mission is to assist veterans to gain employment. Monster, in partnership with VA's Center for Veterans Enterprise, provides veteran-owned small businesses the opportunity to post job openings for veterans, including service-disabled veterans, at a large price discount. Monster will post the job openings for 60 days, twice as long as for other employers.

"This government-corporate partnership represents the best kind of effort to help those who gave up time in their lives to serve their country and return to an economic community that may not recognize their skills," said Secretary of Veterans Affairs Dr. James B. Peake. "The program should make it easier for employers to find qualified job candidates as well as veteran suppliers and service contractors."

To participate in Monster job listings, veteran business owners must be listed in VA's online Vendor Information Pages (VIP) maintained by the Department's Center for Veterans Enterprise at <http://www.VetBiz.gov>.

In addition to helping veteran owners get business from other companies and prospective veteran employees find jobs, VA's VIP pages will give Monster a source for purchasing services itself and VA will refer appropriate, listed suppliers to Monster.

The VA-Monster agreement is initially for two years and provides for extensions. •

VA Announces New Nursing Academy Sites

WASHINGTON (July 31, 2008) -- To provide compassionate, highly-trained nurses to serve the health care needs of the nation's veterans, the Department of Veterans Affairs (VA) is establishing new partnerships with seven of the country's finest nursing schools. The partnerships will bring to 10 the number of collaborations between the Department and nursing schools under the VA Nursing Academy.

"The expanded role of VA in the education of nurses will ensure the Department has the nurses needed to continue our world-class health care for veterans," said Secretary of Veterans Affairs Dr. James B. Peake.

"The VA Nursing Academy expands our teaching faculty, improves recruitment and retention, and

creates new educational and research opportunities."

The VA Nursing Academy is a virtual organization with central administration in Washington. It expands learning opportunities for nursing students at VA facilities, funds additional faculty positions so competitively selected nursing school partners will accept additional baccalaureate-level students, and increases recruitment and retention of VA nurses. The five-year, \$40 million program began in 2007.

Seven nursing schools will form new partnerships with nine VA medical centers and join the VA Nursing Academy this year. They are:

VA Facility School of Nursing

Charleston, S.C.
Medical University of South Carolina

Hines, Ill.
Loyola University of Chicago

Michigan Consortia
University of Detroit (Detroit, Saginaw, Mercy, and Battle Creek, Ann Arbor)

Saginaw Valley State University

Oklahoma City, Okla.
University of Oklahoma Health Sciences Center

Providence, R.I.
Rhode Island College

Tampa, Fla.
University of South Florida

Partnerships already in the VA Nursing Academy include the VA medical center in Gainesville, Fla., with the University of Florida; the VA medical center in San Diego with San Diego State University; the VA medical center in Salt Lake City with the University of Utah; and the VA medical center in West Haven, Conn., with Fairfield University in Connecticut.

VA expects to add several more nursing-school partnerships.

The American Association of Colleges of Nursing has reported that in 2006 more than 38,000 qualified applicants were turned away from entry-level baccalaureate degree programs in nursing schools because of insufficient numbers of faculty, clinical sites, classroom space and clinical mentors. VA currently provides clinical education for approximately 100,000 health professional trainees annually, including students from more than 600 schools of nursing.

VA's "Enhancing Academic Partnerships" pilot

program enables competitively selected VA-nursing school partnerships to expand the number of nursing faculty, enhance the professional and scholarly development of nurses, increase student enrollment by about 1,000 students and promote innovations in nursing education.

Further information about the pilot program can be obtained from VA's Office of Academic Affiliations web site at www.va.gov/oa. •

VA Announces 55 Per Diem Awards for Homeless Assistance

WASHINGTON (July 14, 2008) -- Homeless veterans and those who help them received a significant boost in their efforts when the U.S. Department of Veterans Affairs (VA) made 55 new awards to public and private nonprofit organizations that assist homeless veterans.

"It's important that VA continue to help our nation's homeless veterans, many of whom are still dealing with the effects of past conflicts," said Secretary of Veterans Affairs Dr. James B. Peake. "These awards provide needed resources to hard working, caring and compassionate people who provide one-on-one care and services to our veterans every day in their own communities."

Today's announcement of awards to 55 community-based organizations in 24 states will add over 1,000 transitional housing beds to the 9,400 beds already available for homeless veterans because of VA grants for the homeless.

VA has the largest integrated network of homeless assistance programs in the country. It is the only federal agency that provides substantial one-on-one contact with the homeless. In many cities and rural areas, VA social workers and other clinicians conduct extensive outreach programs, clinical assessments, medical treatment, alcohol and drug abuse counseling and employment assistance.

Last year, VA committed more resources than at any time in its history for programs benefiting homeless veterans. The Department committed \$26 million in new funding to support about 2,000 new transitional housing beds, \$12 million for seriously mentally ill veterans, terminally ill veterans, frail elderly veterans and women veterans, to include women with children, and \$2 million for other programs.

VA has provided more than \$350 million in grants and per diem payments since it initiated the Grant and Per Diem Program in 1994.

Since 1988, VA has partnered with hundreds of communities to support more than 1,500 "Stand Downs" across the nation. •

LADIES AUXILIARY

From the Desk of Leslie Nell: Ladies Auxiliary Department President

Dear Ladies Auxiliary members:

Ah...September days...not quite fall, but then again still not summertime. The kids are back to school, vacations over and what are we to do??? Come back and get active with your Auxiliary and attend the SEC's. Much like kids need a break from school, our ladies also need a hiatus, but now its time to get back to and report all of your work.

As in the past, we are going to have the Mini School of Instructions at each SEC. These would not be possible without the assistance of the AMVETS Service Foundation. They graciously cover the expense of one room for each Auxiliary up to four ladies in a room

We can all benefit from this school and learn something. We need to use them as a tool to share and carry back information to our local. Please encourage your membership, especially new members to attend. We need their input and ideas for our Organization to meet the needs of those we help and in order for our Organization to survive.

Coming around in short order are the holidays. Please keep in mind our Veterans who are confined to their home or a nursing facility. Any day of the week we need to remember them, but it seems that during the

holidays it means even more. Not only do we need to remember our veterans we need to make sure that our Active, Reserve and National Guard Military units are not forgotten. There are a number of groups that will be doing special mailings to the troops for Christmas. Check with your local units and see that you can do for them. Keep them in your hearts and prayers. Remember that we are the Dept of Illinois Ladies Auxiliary and we are SUPPORTING THOSE... DEFENDING AMERICA.



Leslie Nell

Department President
309-346-2175
lnell_1955@hotmail.com

Left:

Ladies Auxiliary President Leslie Nell rides atop the AMVETS Auxiliary Float at the Fourth of July parade in East Moline.



Chaplain's Words

Each Day

Each day is a new beginning

To live a better way

And newer chance for winning

The gifts for which we pray

A day to better serve and share

As God would have us do

And better pave the days ahead

For blessing to accrue

It is a fresh beginning

He grants with every dawn

To make amends for sinning

And live a life reborn

A newer chance to better do

The deeds that earn His Grace

And better Prove our Christian faith

Within His love's embrace.

-Michael Dubina

Submitted by Chaplain Pam Lukemire

2008-2009 Slogan

Supporting Those...

Defending America



LADIES AUXILIARY

Division V Auxiliary Supports the Local Homeless Shelter

Right:

Hope Stuckey, a representative for the Mt. Vernon Homeless Shelter, receives a donation check from Elsie Flerlage (Department 1st Vice President) from the Division V Ladies Auxiliary.



Focus with Flerlage

Dear Ladies Auxiliary members,

I want to congratulate Leslie for becoming our new State President. A special thank you goes to Beth, our outgoing President. Beth was an excellent leader for our organization, and we will miss her leadership at the top.

It is time to start our new membership from 2008-09. Let's work hard to get our membership in and renew our members from last year. If I can be of any assistance, please let me know.

As always, you can contact any state office and they will be glad to help.

I ran across an interesting article (see below), and I thought many of you would also find it of interest. It is a subject close to all of our hearts.

Continue to remember our veterans and families in this difficult time, and be sure to get our and vote! It is an important right to practice in our democratic country.

Elsie Flerlage
1st Vice President

We waited together, now let's work together.

Interesting Facts about the Tomb of the Unknown Soldier

The following are interesting facts about the Tomb of the Unknown Soldier.

How many steps does the guard take during his walk across the tomb of the Unknowns and why? *21 steps. It alludes to the twenty-one gun salute, which is the highest honor given any military or foreign dignitary.*

How long does he hesitate after his about face to begin his return walk and why? *21 seconds.*

Why are his gloves wet? *His gloves are moistened to prevent his losing his grip on the rifle.*

Does he carry his rifle on the same shoulder all the time, and if not, why not? *No, he carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.*

How often are the guards changed? *Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.*

What are the physical traits of the guard limited to? *For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30".*

Other requirements of the Guard:

They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform {fighting} or the tomb in any way.

After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror.

The first 6 months of duty a guard cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Every guard spends five hours a day getting his uniforms ready for guard duty.



Phillip Carpenter AMVETS Post #66

And

Paul Towne Memorial AMVETS Auxiliary #169

Announces a

Testimonial Dinner

Honoring

AMVETS Department Commander

Bill Scheffel

&

AMVETS Auxiliary Department President

Leslie Nell

Saturday – October 25, 2008

Abraham Lincoln Hotel

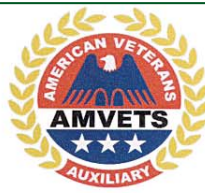
Springfield, IL

\$35.00 per guest



Please send dinner reservations by October 15th to:

Susan Sisler - PO Box 262 - Groveland, IL 61535



Membership Application
 Mail to: AMVETS Department of Illinois
 2200 S. 6th St, Springfield, IL 62703

AMVETS

JOIN TODAY!

Date _____ Membership: Annual Life

Name _____ Date of Birth ____/____/____ Sex: Male Female

Street _____ City _____ State & Zip _____

Phone # _____ E-Mail _____

Branch of Service _____ Month/Year Entered _____ Month/Year Discharged _____

I verify that I am serving or have served honorably in the US Armed Forces (Active, Guard or Reserves) after Sept. 15, 1940. DD-214 is required.

Your Signature _____ Sponsor/Post Officer _____

Recruit a new member today using the enclosed membership application!

AMVETS Department of Illinois

Mission Statement:

To improve the lives of our nation's Veterans and the communities they live in.

AMVETS Department of Illinois

Goals:

To increase public awareness, to support veteran's issues and to effect a call to action by all citizens on behalf of our veterans.