



FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED

Disabled American Veterans, Department of Ohio
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February, 2015

FROM THE DESK OF WILLIAM CAINE

February finds your leadership preparing to visit Capitol Hill to assist the full time legislative staff in getting the legislative goals on the DAV enacted into law. The officers, four NSO's, some PDC 's, along with a few chapter commanders descend upon the offices of our Senators and Congresspersons equipped with facts and figures supporting our view of the ideal VA budget and perhaps two or three bills that warrant debates and votes on the floors of the house and the senate. Concerted efforts during the last few years resulted in much of the VA budget being shielded during government shutdowns and budget stalemates. DAV Ohio is also tasked with visiting the Speaker of the House where we request one time slot for a voted on a targeted bill. Speaker Boehner acquiesced last February and scheduled one vote of DAV's choosing.

The legislative cycle also gives you as an individual DAV life member a chance to participate through the DAV resolution process. Some of your submissions are internal to Ohio DAV but many touch the laws and regulations of the VA itself. Now is the time to draft your idea of how to better care for the veteran community in this Nation and then get your Chapter's endorsement and a vote from a Spring District meeting as well. All such resolutions end up at the Ohio DAV Convention in June and hopefully on to National Convention and next February to the House and Senate. Deadline for resolutions is May 15, 2015 in Columbus. Our corps of NSO's enjoy great success in this process as they are ringside as the VA applies federal regulations as it adjudicates thousands of claims. On the afternoon of Tuesday, February 24, 2015 you can tune into see our National Commander testify on National television with the Ohio DAV seated proudly behind him, supporting his words to the Joint House and Senate Committee.

February finds Ken Marcum one of your elected Junior Vice Commanders joining the Columbus staff as a part time management trainee where he will work both with the Adjutant and Office Manager training in the administration of the Ohio DAV. At least for now he is forgoing a chance to be your Commander in the immediate future, however, his presence, vigor and skill set will make for a smooth transmission of staff support to the coming slates of officers for years to come. We welcome Ken and wish him all the best.

Chapter Service Officers who missed the annual training and recertification in 2015 will have a makeup day on Friday, March 13, 2015 at an Akron location. You must make a reservation through the Adjutant so that an adequate number of manuals can be ordered. Lunch will be provided. Any officer or Department officer can also sign up for this session to avoid having to report early on the week of the Ohio DAV Convention. Any service officer whose certification has been more than 1 year ago is no longer authorized to work claims as his or her insurance coverage provided by National has expired. It would be akin to driving without auto insurance- you and you alone are liable for any malpractice in handling a claim.

DAV mourns the loss of National Junior Vice Commander Dennis Krulder of New York. Dennis was our gracious National guest at last June's Convention on track to be a future National Commander. He will be greatly missed by family and friends and the tens of thousands of veterans he served in the transportation network of New York City.

Hope your winter is bearable.

William Caine
Department Commander

IMPORTANT NUMBERS

Nat'l. Hdqrs., DAV	(877) 426-2838
NSO Office, Cleveland	(216) 522-3507
NSO Office, Cincinnati	(513) 684-2676
Washington Office, DAV	(202) 554-3501
Cincinnati HSC, Tom Kirstein	(513) 475-6443
Lisa Wilson	
Dayton HSC, Bill Millett	(937) 268-6511 Ext. 2962
Heather Hall	(937) 268-6511 Ext. 2965
Wade Park DSO,	(216) 791-3800
Walter Dryja	Ext. 3395
Chillicothe HSC,	(740) 773-1141
Darlene Maravilla	Ext. 7916
Columbus Clinic,	(614) 257-5487
Henry Snodgrass	
Parma Clinic DSO,	(216) 739-7000
Richard Healy	Ext. 2405
Youngstown Clinic DSO,	(330) 646-9214
Paul Webber	

DATES TO REMEMBER

February 22-24, 2015	Mid-Winter Conference, Crystal Gateway Marriott, Arlington, VA
February 28, 2015	1 st District Meeting, March 20-21, 2015
March 20-21, 2015	Power Piston Show (Custom Car Show) at Cleveland IX Center, Cleveland, Ohio
March 28, 2015	Commander William Caine and Auxiliary Commander Jeanette Scott Testimonial Dinner, Dublin, Ohio
March 29-April 3, 2015	National Disabled Veterans Winter Sports Clinic, Snowmass Village, Colorado
April 18, 2015	2 nd District Meeting, 11 a.m. - 2 p.m. at Chapter 93, 51 E. First St., London, Ohio
April 18, 2015	5 th District Meeting, 1 p.m., American Legion, 1544 US Highway 20, West Norwalk Ohio.
April 26, 2015	4 th District Meeting, 1 p.m. lunch and meeting at 2 p.m., AMVETS Post 1991, 1795 Spruce Street, Defiance, Ohio.
May 1-2, 2015	Forget-Me-Not, H.B. "Doc" Riley Chapter #51, Ironton, Ohio.
June 25-28, 2015	Department of Ohio Convention, Crowne Plaza, Dublin, Ohio.
August 7-8, 2015	Forget-Me-Not, Darke County Chapter #57, Eikenberrys South, Ace Hardware, Greentown LLC, Greentown LLC, Kroger, Marathon, Greenville, Ohio.
August 8-11, 2015	National Convention, Sheraton Hotel, Denver, CO
Oct. 29 – Nov. 1, 2015	Fall Conference, Crowne Plaza, Dublin, Ohio.
June 23-26, 2016	Department of Ohio Convention, Crowne Plaza, Dublin, Ohio.
November 4-7, 2016	Fall Conference, Crowne Plaza, Dublin, Ohio.

NOTES FROM THE STATE ADJUTANT WILL DAVIS

Welcome Ken Marcum to the DAV's office. Ken is a Navy/Army/Marine Corp Veteran and the 2nd Jr. Vice Commander for the State of Ohio DAV. He has recently retired from the Ohio Department of Jobs and Family Service. Ken will be learning the "ins and outs" of our organization in the next few months. Ken, Anita and the family are great advocates for our veterans and their families. Welcome aboard!

Our heartfelt sympathy goes out to our New York DAV family in the loss of the 3rd National Jr. Vice Commander Dennis Krulder.

The Four Chaplains

February 3, 1943, four Army chaplains, Father John P. Washington, Rabbi Alexander D. Goode, and the Revs. George L. Fox and Clark V. Poling, gave up their life jackets on a sinking Army transport in the North Atlantic so that others might live. There were 902 soldiers, Navy armed guard, ship's crew and civilian passengers on board the *Dorchester*, of which only 230 survived. The survivors have told of the heroic efforts of the chaplains while trying to restore calm in a hopeless and chaotic situation and how they were last seen at the Ship's stern, arms linked together and in prayer. The survivors' testimony and the chaplains' bravery are enshrined at the Chapel of Four Chaplains in the Philadelphia Navy Yard.

Veterans in Congress

Only 20 percent of today's lawmakers have served in the military. This is the lowest rate since World War II.

Pending Legislation

S. 932 Putting Veterans Funding First Act.

H.R. 411 Fort McClellan Health Registry Act.

H.R. 4778 Atomic Veterans Service Medal Act- This legislation would issue a medal to the veterans or surviving families members who participated in above- ground nuclear weapons testing, were part of the U.S. military occupation forces in or around Hiroshima and Nagasaki before 1946, or were held as POW's in or near Hiroshima and Nagasaki.

If you would like to receive updates on legislative issues go to www.dav.org and sign up for the Commanders Action Network (CAN).

Homeless Veterans

The *Supportive Housing Program*, a joint venture between VA and the Department of Housing and Urban Development has been granted a \$269 million to aid homeless veterans. A rental assistance program that will help more than 9,000 homeless veterans has been granted \$62 million. The remaining \$207 million will fund rapid assistance grants to help 70,000 veterans and their families keep their homes or return to permanent housing.

Since 1944, VA has guaranteed more than 20 million home loans. For more information on *VA Guaranteed Home Loans for Veterans*, go the www.benefits.va.gov/homeloans.

PTSD

If you think you have PTSD there are options for you. You could contact your local VA hospital or Vet Center. Talk to a close friend or family member that will give you support and help you find a doctor or health professional. There is an online PTSD screening available through the National Center for PTSD website www.ptsd.va.gov. The Veterans Crisis Line connects Veterans in crisis, their families and friends with qualified Department of Veterans Affairs responders. This is done through a confidential toll-free hotline, online chat or text. For more information send a text message to 838225; call 1-800-273-8255 and press 1, or chat online@veteranscrisisline.net.

Alternative Therapies

The VA is testing the effectiveness of alternative treatments for veterans who suffer from chronic pain, anxiety attacks, traumatic wounds and other ailments, to help reduce the dependence of prescription painkillers. Some of the alternatives include, equine therapy, alpha stimulation, guided imagery, yoga, Pilates, hypnosis and aqua therapy. These alternative therapies are being tested at the Richmond VA Medical Center.

Substance abuse can be defined as overindulgence in or dependence on an addictive substance such as alcohol or drugs. There are other items such as inhalants, solvents, caffeine and tobacco that can be abused. While illicit drug use is lower with military personnel than among civilians, heavy alcohol use, tobacco and prescription drug abuse are more prevalent in the military. For more information visit Army Substance Abuse Program website.

A program, Assisted Living Pilot Program for Veterans with TBI, has helped 187 veterans at more than 20 private facilities since 2011. This program has been extended for three years due to *the Veterans Access, Choice and Accountability Act of 2014* being passed in August. For more information, www.va.gov.

If you have received the Choice Card, visit www.va.gov/opa/choiceact for more information.

Hiring Veterans

ManpowerGroup Solutions has launched their Veteran/Military Spouse Hiring initiative to honor and offer transitioning service members, veterans and their spouses employment opportunities. For more information www.manpowergroupsolutions.com or e-mail Alejandra.Cox@ManpowerGroup.com.

Chapter Chaplain

The Chaplain is responsible for leading the opening prayer of the Chapter meetings. The Chaplain is the spiritual leader of the Chapter and may be called upon to represent the Chapter at the funeral services for deceased members, send sympathy cards and visit members of the Chapter or their family members who are ill. This information is found on page 12 of the *Chapter Officer Guide*.

DAV's Mid-Winter Conference February 21-24. Contact your elected official and make our issues and concerns known.

Save the date of March 28 for Commander William Caine and Auxiliary Commander Jeanette Scott's Testimonial Dinner. Contact the office for more information.

Chapter Service Officers keep March 13 opened for certification. For more information, call Will at the office.

Reminder- At your March and April Meetings, nominating and electing of officers for the 2015-2016 should take place.

Mile High City will host the DAV National Convention. The dates for the convention are August 8-11, 2015. For more information visit www.dav.org/events.

War on Terrorism

This information was taken from a military magazine: U.S. intelligence and military officials conclude that as many as 30 former Guantanamo Bay detainees have joined forces with the Islamic State and other militant groups inside Syria, Fox New reports. Some of the former detainees were released within the past three years. All told, 180 of the 620 detainees released from Guantanamo Bay have returned to the battlefield or are suspected of doing so. There are 149 detainees still being held at the facility.

May God Bless America, May God Bless our Troops and May God Bless the DAV.

Will Davis
State Adjutant

1st JR. VICE COMMANDER KENNETH MARCUM

LEADERSHIP DEVELOPMENT

It takes a little something extra to be a manager/leader of people, and not everybody has it. If you're thinking about moving up the ladder at your organization, see if you have any of these five signs that you'd make a great leader.

You're there for people.

If you feel you can stand up for your team that can serve you well as a leader. A good leader will focus on employees first, customers second. If the majority of what the leader says is focused on customers and little is said about subordinates, they will not stand in the gap for their leaders when things get stressful and the best subordinates will leave.

You're observant.

The best leaders prevent problems, and to prevent problems, you have to be observant. A subordinate fidgeting while giving an update that Project X is on schedule; a subordinate that gives an update on a project that is inconsistent with past updates, a person that is very confident of a needed item that doesn't add up with other available data are all indicators that deserve follow up -- now.

Leaders who accept the reports that there isn't a problem even when the evidence says otherwise won't succeed for long. Someone who is observant and follows up on what they have seen and heard has an extremely valuable management skill.

You're empathetic.

Someone who can feel and understand another person's pain and happiness is cut out to be a good leader. "They're better able to read subordinate and connect with them as a boss and person."

A recent study by the Center for Creative Leadership finds that empathy is fundamental to leadership because it is a key part of developing relationships. It defines empathy as being sensitive to others who seem overworked; showing interest in other people's hopes and dreams; being willing to help employees with personal problems, and being compassionate when other discuss a personal loss -- is positively related to job performance. The study found that leaders who show empathy to the people they manage are seen as better performers by their own managers.

"Unfortunately some hiring/promoting leaders misunderstand that trait." "They see it as being sympathetic, which is a problem as sympathetic managers don't often hold people accountable."

You're willing to be coached.

If you can take feedback and coaching well and grow from it, that trait can serve you well as a leader. "A person who appreciates and seeks out feedback usually has a healthy viewpoint on feedback," Creative Leadership says. "They're able to give their direct feedback in a direct and tactful way. People who don't take feedback well, rarely give it."

It's important to be flexible, Creative says. "They should be able to adjust their leadership style to the situation," he says.

You've got talent.

Obviously, you need to get the job done. If you're a high performer, you can create a culture and framework where things get done. This can provide a great training and advancement opportunity.

THE "SELF-MEDICATION" TRAP

Drug use or excessive drinking isn't a smart way of unwinding or coping with difficult emotions. It can make you feel worse, strain your relationships and harm your work career. It can also slow down recovery from a stress reaction or physical injury.

- *My drinking or drug use sometimes cause problems with work or in my relationships.*
- *People have criticized my drinking or drug use.*
- *I sometimes feel guilty or bad about my drinking or drug use.*
- *Sometimes I drink or use drugs in the morning to steady my nerves.*
- *I drink or use drugs when I'm upset.*
- *It takes more alcohol or other drugs than it used to for the same feeling.*
- *I've tried cutting back, but I can't.*

These are red flags. If any apply to you, you may have a problem. But you aren't helpless or alone. Ask for help and support from one of the following resources listed:

- **Veterans Crisis Line** Veterans and their families can get 24/7 confidential support during times of emotional distress by:
 - I. Calling 1-800-273-TALK (1-800-273-8255)-press-1
 - II. Texting to 838255
 - III. Chatting online at www.VeteransCrisisLine.net
- **Counseling** These organizations offer counseling to help you ease back into life, plus great information and support:
 - I. VA Vet Center Program at www.vetcenter.va.gov or 1-800-WAR-Vets (1-877-937-8387)
 - II. Military OneSource at www.militaryonesource.mil or 1-800-342-9647
- **Treatment** Depending on eligibility, you can get help for mental or physical symptoms from these resources or civilian health plans and providers:
 - I. Tricare at www.tricare.mil or your regional office.
 - II. Department of Veterans Affairs (VA) at www.va.gov or 1-800-827-1000
 - III. MyHealthVet is also a helpful tool. See www.myhealt.va.gov
- **Online Screening** Trying to decide if professional help is right for you? The online screening tools and information offered by these resources can help:
 - I. Military Pathways at www.militarymentalhealth.org
 - II. National Center for Telehealth & Technology at <http://t2health.org> (check out apps!) and www.AfterDeployment.org
- **Support and Advise** For support and practical advice on post-deployment stress and more, try:
 - I. Chaplains, civilians spiritual leaders or family groups
 - II. The VA's Make the Connection Web Site at <http://maketheconnection.net>
- **Information and referrals** For information and referrals on a range of post-deployment topics, check out family centers located on active military installations (names vary) or Army National Guard Family Assistance Centers at locations nationwide (open to all branches of service). Or try:
 - I. Defense Centers of excellence for Psychological Health & Traumatic Brain Injury at www.realwarriors.net and www.dcoe.health.mil or 1-866-966-1020
 - II. National Military Family Association at www.militaryfamily.org

You're not alone! Whether you're Active-Duty, Reserve, National Guard or Retired, your military community is there for you. Family members also often qualify for support. Here are just some of the many resources that may be able to help.

DEPARTMENT AND AUXILIARY TRADITION by PDC Dave May

Every year on the first Sunday in December DAV & DAVA members share a little Christmas Spirit with the veterans at the Sandusky Ohio Veteran Home (OVH). Thank you DAV Team Ohio! Chapters and Auxiliary Units come together to provide a Christmas Party that would include Bingo (prizes), Pizza, and Christmas cookies.

Dale Smith (former Hospital Chairman and long-term VAVS Deputy REP at the OVH) agreed to be our VAVS REP when Stuart stepped down. We, Department, truly appreciated former OVH VAVS REP Stuart Heaberlin's dedication and commitment for the last 15 years providing Service to our OVH Veterans.



(L-R) PDC David May, Dept. Asst. Hospital Chairman, OVH VAVS REP. Dale Smith, and PDC Ray Hutchinson, Dept. Hospital Chairman.

We're blessed to have DAV & DAVA members who are committed to continue our Traditions to serve our veterans at the Sandusky OVH. We have members who come every year to help by bringing their Christmas cookies for our OVH veterans, and sharing a little Christmas Spirit on the first Sunday in December. God bless DAV Team Ohio! If your chapter or unit volunteers are looking for a small service project please contact Dale, Ray, Dave, or our State DAV & DAVA Adjutants. Please contact our Adjutants if your chapter or units are interested in donating funds. Become part of our DAV Team Ohio Traditions and mark your calendars for December 6, 2015, "**Service to our OVH Veterans!**"

DAV DEPARTMENT OF OHIO SUPPORTS CLEVELAND VAMC CHRISTMAS GIFT SHOP

PDC David May, Dept. Asst. Hospital Chairman (Cleveland VA, Columbus VA, and Sandusky OVH), presented two checks on behalf of DAV Department and Massillon Chapter 38 to Calvin Curry, Cleveland VA VAVS Chief, for the Christmas Gift Shop. DAV Department's check in the amount of \$500 and Massillon Chapter 38's check for \$100 (FMN Funds) to provide a little Christmas Spirit for our hospitalized veterans.



If your chapter or unit is looking for a service project please call Dave at (330.456.7805). Cleveland VA has a team of disabled vets going to the DAV/VA National Disabled Veterans Winter Sport Clinic. This Winter Sports Clinic Team is actually a VISN Team! The Team has 4 disabled vets from Dayton VA and 4 from Cincinnati VA and Cleveland VA has 19 going to this outstanding recreational therapy program that DAV National has supported for over twenty-five years. Please help us fund all of our Ohio disabled vets to the WSC's "Miracles on the Mountainside." I thank you in advance for all you can do. You can donate to Department's Hospital Fund or directly to Cleveland VA Medical Center's General Post Fund (GPF) #1132 WSC. Thank you again for considering to provide service for our Ohio disabled veterans' attending DAV/VA WSC (recreational therapy program).

NEW VA COMPENSATION RATES

www.benefits.va.gov/COMPENSATION/resources_comp01.asp

DAV AND DAVA COMMANDER'S TESTIMONIAL DINNER

The dinner will be held on Saturday, March 28, 2015 at the Columbus Marriott Northwest, 5605 Blazer Parkway, Dublin, Ohio 43017. A cash bar will be available beginning at 6:00 p.m. with dinner set at 7:00 p.m.

Rooms have been blocked for the dinner at the room rate of \$106.00 per room per night plus tax. If making reservations, please specify that you will be attending the **Disabled American Veterans Testimonial Dinner** to receive this room rate. You may contact the Columbus Marriott Northwest directly 1-888-801-7133. You may also make your room reservations at the dedicated website.

https://resweb.passkey.com/resweb.do?mode=welcome_ei_new&eventID=12835954

The cost of the dinner is \$45.00 per person and the meal choices are Chicken Dijon or Sirloin Steak.

Reservations for Dinner must be received no later than March 20, 2015. No money will be taken at the door.

If you wish to attend, please contact Department Headquarters at 614-221-3582 to receive a R.S.V.P. form.