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**Feeling Generous and want to make a Donation to our chapter?**

**Donate by Mail**

**Make Checks Payable to: "DAV - Chapter #23"**

**DAV Chapter #23**

**PO Box 10335**

Santa Ana, CA 92711

## Transforming Veteran Lives



Only with your support are we able to help more than 1 million veterans every year access the healthcare, disability, employment, education and financial benefits they have earned.

Your gift gives ill and injured veterans the opportunity to live a life with respect and dignity. Help change the lives of even more veterans in need with a donation to DAV today.

About Your Gift

By making a gift to DAV you are empowering veterans to lead high-quality lives with respect and dignity.

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**Next Monthly meeting is:**

**Wednesday January 24, 2024**

**E-board Please Wear "RED" Shirts**

*(We wore BLUE Last Month)*

**Setup Volunteers Please arrive at 4:00 PM  
to assist with the meeting room setup.**

**1700 E-board meeting in back room**

**1800-1900 Social Hour (Meal Time)**

1900-TBA Membership general meeting



# ANNOUNCEMENTS



**Come to our DAV California Midwinter Conference!**

**We're back in person! We hope you will come and join us for comradery, training and more!**

[Click here for all the details!](#)



DAV wants to foster connection and share the latest on veterans' issues and DAV news and perspectives. But- we need your help! If you have a story to share, an issue to address, or an event to announce, let us know by emailing [news@davcal.org](mailto:news@davcal.org). Check out our growing Newsroom [Here!](#)

DAV Dept. of California  
13733 Rosecrans Ave.  
Santa Fe Springs, CA 90670  
[news@davcal.org](mailto:news@davcal.org)



The team at DAV Auxiliary is happy to announce the dates and location for our California Midwinter Conference 2024!

We will be meeting on January 19-20th at The Hills Hotel in Laguna Hills.

Please visit the information page at [Midwinter 2024 - DAV CALIFORNIA](https://www.davcal.org/midwinter-2024.html).

<https://www.davcal.org/midwinter-2024.html>

On the information page, you will have links to the -

- DAV tentative schedule
- Book a room!
- Purchase Commander's Reception Tickets

The link to Book a room! automatically gives you the DAV/DAVA discounted rates.

We will be sending out additional information about the DAV Auxiliary agenda very soon.

The DAV Auxiliary State of California Team



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# ANNOUNCEMENTS



Dial 988 then press 1  
Text 838255  
[Chat online](#)





# ANNOUNCEMENTS

## WINTER RESPIRATORY SEASON IS HERE!

(From December 1st to March 31st)

Please protect our Veterans by following these guidelines:

- Children under the age of 13 may visit if they are able to maintain masking **(For inpatient units only - No visitation restriction for outpatient locations)**
- No visitors with flu-like symptoms (fever, cough, chills, or sore throat)

Thank you for protecting our Veterans!



# VA NEWS

## Veterans Affairs Life Insurance Celebrates One Year

More than 31,400 Veterans have signed up for VA's newest life insurance program, VALife. VALife is VA's first new insurance program in nearly 50 years, and since Jan. 1, 2023, has provided Veterans with the peace of mind that comes from knowing loved ones will have some funds after



their departure.

[Read more.](#)

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## Whole Health

### **It's 2024, time to make your New Year's intentions!**

Well, here we are — another year. Another chance to decide what really matters in your life! This year, instead of resolutions, how about setting intentions? We all know what they say about “good intentions,” but without them, we may end up living out the same patterns year after year.

### **Intentions work better than resolutions.**

Intentions come from the heart and can reconnect you to your true mission, aspiration, and purpose (MAP). Intentions are different from a specific goal or resolution, but they can help us achieve goals. For example, you may consider setting an intention to live a healthier lifestyle versus a resolution to go to the gym every Monday, Wednesday, and Friday.

Living a healthier lifestyle may include working out, but it may also include weeks where you don't make it to the gym all three days. Maybe those weeks you focus on getting quality sleep, eating healthy meals, increasing the amount of water you drink, and decreasing your screen time.

### **What matters most to you?**

Before setting your intentions for the year, take a few minutes to answer two questions, either by writing them down or just thinking about them in your mind. There are no right or wrong answers for these questions, and the answers to both may be similar:

- What really matters to you in your life?
- What brings you a sense of joy and happiness?

When you are ready, setting your paper aside if you were writing down your answers, [practice this short 5-minute meditation](#) to help you set your intentions for 2024. Do your 2024 intentions include making changes related to your health and well-being? [VA's Live Whole Health mobile app](#) is a free, easy-to-use tool created for anyone ready to take the next step in their Whole Health journey. With this app, you can fill out your Personal Health Inventory, set goals, get virtual coaching, and learn more about Whole Health.

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## CHAMPVA Pharmacy Benefits - Take Advantage Now

Get your prescriptions delivered to your home without having to wait in long lines or pay high out-of-pocket costs. Receiving the medications you need, when you need them, has never been easier for beneficiaries enrolled in the [Civilian Health and Medical Program of the Department of Veterans Affairs \(CHAMPVA\)](#).

[Read more.](#)



## VALBHS EVENTS

**Veteran Town Hall - In-Person - Jan. 24**

**VA Long Beach  
Healthcare System**

**IN-PERSON  
VETERAN  
TOWN HALL**

**WEDNESDAY  
January 24, 5:30-6:30 p.m.  
Tibor Rubin  
VA Medical Center  
Bldg. 165, Rm D101 (The Egg)**

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**We want to hear  
from YOU!**

Join us at Tibor Rubin VA Medical Center, Bldg 165., Rm. D101 from 5:30 - 6:30 p.m. for an **In-Person** Veteran Town Hall.

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**Veterans Social Connection - Jan. 26**



# VETERANS SOCIAL CONNECTION

0830-1030 | Canteen Patio | Bldg 165

<b>JAN 26</b>	<b>JUL 26</b>
<b>FEB 23</b>	<b>AUG 30</b>
<b>MAR 29</b>	<b>SEP 27</b>
<b>APR 26</b>	<b>OCT 25</b>
<b>MAY 31</b>	<b>NOV 15</b>
<b>JUN 28</b>	<b>DEC 20</b>

Proudly Sponsored by:  
Tibor Rubin VA Medical Center  
Veterans Connection Committee  
Food and coffee will be served

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Long Beach Healthcare System



Calling all Veterans: The Veteran Social Connection (VSC) provides Veterans with an opportunity to meet and socialize in a safe environment. The VSC is also designed to expose Veterans to key programs and offerings at VA Long Beach Healthcare System. The VSC is held on the last Friday of each month from 8:30 a.m. - 10:30 a.m. on the Patriot Café Patio.

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## Veterans Legal Institute Legal Clinic - Jan. 26



# LEGAL CLINIC



PLEASE CALL FOR A CONSULTATION WITH AN ATTORNEY TO RECEIVE ASSISTANCE WITH THE FOLLOWING MATTERS:

- Vietnam Veterans with Agent Orange Exposure;
- Veterans with Burn Pit Exposure; and
- All other VA Disability Benefits Claims and Appeals.

**9 AM - 12 PM**

**TIBOR RUBIN VA MEDICAL CENTER**  
**BLDG. 165, RM. C209B**  
**5901 E. 7TH ST.**  
**LONG BEACH, CA 90822**

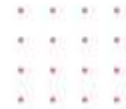
**2024 CLINIC DATES**

**26 JAN**   **29 MAR**   **31 MAY**  
**26 JUL**   **27 SEPT**   **22 NOV**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Long Beach Healthcare System

[www.vetslegal.org](http://www.vetslegal.org) 714-852-3492



The Veterans Legal Institute is partnering with VA Long Beach Healthcare System for a Legal Clinic on Friday, Jan. 26 from 9:00 a.m. - 12:00 p.m. in Building 165, Rm C209B at Tibor Rubin VA Medical Center.

Call 714-852-3492 for guidance on the application process and to determine eligibility to attend the clinic. Please specify the type of legal assistance you are seeking.

\*Please bring a copy of your DD214 if you have it available.



## LOCAL EVENTS



# Off-Base Transition Training Career Workshop - Jan. 23



Join Us!

## Career Workshops That Get Results!

The Off-Base Transition Training (OBTT) pilot program is an opportunity for veterans, veterans currently serving in the National Guard and Reserve, and their spouses to take control of their career through workshops to help meet their employment goals. OBTT provides employment preparation, education and opportunities that allow attendees to maximize their career potential.

### Tierney Center for Veteran Services

1231 Warner Ave.  
Tustin, CA 92870

#### Upcoming Workshops:

January 23, 2024

Understanding Resume Essentials 9:00 AM - 11:00 AM

Resume Writing Workshop 11:45 AM - 1:15 PM

February 20, 2024

Marketing Yourself 9:00 AM - 11:00 AM

Interview Skills 11:15 AM - 1:15 PM



Lunch Provided

#### Ways to Sign Up :

Scan the QR Code



[Click Here to Sign Up](#)

Or

Email

[cmorales@ocgoodwill.org](mailto:cmorales@ocgoodwill.org)



VETERANS' EMPLOYMENT & TRAINING SERVICE  
UNITED STATES DEPARTMENT OF LABOR

[@ dol.gov/obttworkshops](https://dol.gov/obttworkshops)

When: January 23, 2024 | 9:00 a.m. - 1:15 p.m.

Where: Tierney Center for Veteran Services, 1231 Warner Avenue, Tustin, CA 92870

# Veterans Stand Down - Feb. 24

## VETERANS STAND DOWN

**February 24th 2024 10:00am - 3:00pm**  
**Garden Grove Elks Lodge**

### Welcoming Veterans In Need

#### Provided Services

- Hot Meal Provided •
- Housing Assistance •
- Mobile Shower Facilities •
- Dental Care •
- Minor Medical & Wound Care •
- Transportation Services •
- PEER Resources •
- Men's & Women's Clothing Available •



**Service Providers:**  
**Tables And Chairs Provided**  
**Bring Your Own Pop-UP**  
Garden Grove Elks  
11551 Trask Ave  
Garden Grove, CA 92843



For More Information  
Contact Eli Morales at 714-317-3806  
or Angela Anderson 714-343-8774



REGISTER YOUR ORGANIZATIONS PARTICIPATION @  
[WWW.COGNITIFORMS.COM/NEWPORTHARBORELKS/STANDDOWNFEB2024](http://WWW.COGNITIFORMS.COM/NEWPORTHARBORELKS/STANDDOWNFEB2024)

**When: February 24, 2024 | 10:00 a.m. - 3:00 p.m.**

**Where: Garden Grove Elks Lodge, 11551 Trask Avenue, Garden Grove, CA 92843**

Provided Services:

- Hot Meal Provided



- Housing Assistance
- Mobile Shower Facilities
- Dental Care
- Minor Medical & Wound Care
- Transportation Services
- PEER Resources
- Men's and Women's Clothing Available



## RESOURCES

### [VA Podcast Network](#)

The [VA Podcast Network](#) offers a diverse selection of top-quality podcasts made with a Veteran community in mind. Each podcast specializes on a different topic and covers gripping content that no Veteran should want to miss out on.

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### [#theSITREP - VA YouTube Channel](#)

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### [Mindfulness Meditation - Free Classes](#)

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### [VA Health and Benefits App](#)

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### [The Bulldog](#)

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### [PACT Act Performance Dashboard](#)

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### [Caregiver Support Program](#)

**VA Caregiver Support Line**  
1-855-260-3274 toll-free

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## Free Service to Help Preserve and Share Your Military Service Story

Together We Served is offering Veterans a free service to help preserve and share your memories and photos of key people and events from your military service. You can share this presentation with friends and family.

[LEARN MORE](#)

## Your Claim Exam Questions Answered

After filing a disability claim, you may have some lingering questions about what comes next in the claims process. Many Veterans wonder what will happen at their [VA claim exam](#) (also known as a compensation and pension, or C&P exam). To help answer these questions, VA has updated two websites to [provide current information on frequently asked questions](#).



## Vietnam War Veterans Health Issues

### Get the care you need

If you served during the Vietnam War, you may be at higher risk for some health conditions. The PACT Act expands health care eligibility for Veterans of the Vietnam Era.

[Learn More](#)





## 6 Healthy Eating Habits to Start This Year

The new year is a great time to set better habits for the year ahead. Try these tips and recipes for a healthier you in 2024. [Watch now.](#)



## Self-Care for Colds

There's no cure for the common cold. But you can ease symptoms and help your body heal faster. Try these tips at the first signs of a cold. [Learn more.](#)





**MIA Update: See websote**

<https://dpaa-mil.sites.crmforce.mil/dpaaRecentlyAccountedFor>

## **Resources**

To fill needs that extend beyond our programs and services, we team up with others whose services can be easily drawn upon when needed.

**MILITARY  
ONE SOURCE**

### [Military OneSource](#)

[Offering a wide range of individualized consultations, coaching and counseling for many aspects of military life, Military OneSource serves America's warrior guardians, military families and our entire global military community – to help you live your best MilLife.](#)



## Nonprofit Leadership Alliance

The mission of the Nonprofit Leadership Alliance is to strengthen the social sector with a talented and prepared workforce. Continue your service to country by earning the Certified Nonprofit Professional (CNP) credential: a hands-on leadership development program that will set you on a path to nonprofit leadership success.



## Student Veterans of America

Founded in 2008, Student Veterans of America's (SVA) represents a network of more than 1,500 chapters on campus in all 50 states and four countries representing more than 750,000 student veterans. SVA supports all veterans through their transition from the military, educational advancement and career growth.



Team Red, White, & Blue

Team Red, White & Blue (Team RWB), a nonprofit organization founded in 2010, is forging America's leading health and wellness community for military veterans, families, and their supporters. Join #EagleNation and connect with the community through workouts, challenges, and events.



## Warrior Reunion Foundation

Warrior Reunion Foundation supports combat veterans in overcoming the challenges of post-military transition by reconnecting those who served together overseas. We challenge stigma through shared experience, rebuilding essential peer support networks that enable our veterans to live with meaning, purpose and positive impact in their communities.

- **Displaying the Flag**

- **On Same Staff**

- U.S. flag at peak, above any other flag.

- **Grouped**

- U.S. flag goes to its own right. Flags of other nations are flown at same height.

- **Marching**

- U.S. flag to marchers right (observer's left).



### **On Speaker's Platform**

When displayed with a speaker's platform, it must be above and behind the speaker. If mounted on a staff it is on the speaker's right.

### **Decoration**

Never use the flag for decoration. Use bunting with the blue on top, then white, then red.

### **Salute**

All persons present in uniform should render the military salute. Members of the armed forces and veterans who are present but not in uniform may render the military salute. All other persons present should face the flag and stand at attention with their right hand over the heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart.

**Over a Street** Union (stars) face north or east depending on the direction of the street.

### **Half Staff**

On special days, the flag may be flown at half-staff. On Memorial Day it is flown at half-staff until noon and then raised.

### **Special Rules**

Do not let the flag touch the ground.

Do not fly flag upside down unless there is an emergency.

Do not carry the flag flat, or carry things in it.

Do not use the flag as clothing.

Do not store the flag where it can get dirty.

Do not use it as a cover.

Do not fasten it or tie it back. Always allow it to fall free.

Do not draw on, or otherwise mark the flag.

### **Illumination Guidelines**

Per Federal Flag Code, Section 2, paragraph (a), it is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.

### **Order of Precedence**

The order of precedence when displaying military flags together is Army, Marine Corps, Navy, Air Force, Space Force and Coast Guard.

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**VETERANS, GET ON THIS TODAY:**

**DON'T MISS OUT ON WHAT BENEFITS ARE  
AVAILABLE TO YOU.**

**"You can only blame yourself if you are  
not receiving the VA benefits you rate"**

**The VA will only give you what you ask for,**

**So ask for every injury you know you received in service,  
remember most injuries get worse over time for most of us  
aging veterans**

**(Yes, We know a Few of you are Extremally healthy)**

**You can do this yourself Online,**

**Just need to create a VA.Gov account if you have not already done so.**

## **DAV Veteran Service Officer (VSO)**

Were here to help you submit your claim/s.

### **Long Beach VAMC**

5901 E. 7th St.

Bldg. 8, Room 107

Long Beach, CA 90822

Hours: 8-3 M-F

(562) 826-5711

### **Department Service Officer:**

**Bryan Root**

562-826-8000 x8587

bryan.root@davcal.org

**Disabled American Veterans Department of CA**

Address:

13733 Rosecrans Ave, Santa Fe Springs, CA 90670

Hours:

Friday 8 AM–4 PM  
Saturday Closed  
Sunday Closed  
Monday 8 AM–4 PM  
Tuesday 8 AM–4 PM  
Wednesday 8 AM–4 PM  
Thursday 8 AM–4 PM

Phone: (562) 404-1266

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**Your Local DAV National Service Officer (NSO) can help with:**

- Assisting veterans in filing claims with the Department of Veterans Affairs for compensation, pension, healthcare, and other benefits.
- Caregiver benefits
- Guidance on state and local veteran benefits
- Burial benefits for qualified veterans and their spouse
- Vocational Readiness and Employment benefits

SAN DIEGO, CA YOUR OFFICE  
VA Regional Office  
8810 Rio San Diego Dr, Ste 1160  
(619) 299-6916

## **Donating Cars to Charity Has Never Been Easier**

### **Donate Your Car to DAV**

Help the brave men and women who served our country by donating any car, truck, RV or boat— plus you could even qualify for a tax deduction at the same time.

Donating is a great way to get rid of an old or extra vehicle. The process is easy, and we provide free and convenient pick-up. We strive to accept any vehicle – cars, trucks, motorcycles, RVs, boats, airplanes, heavy equipment, farm machinery, and most other motorized vehicles – in all fifty states, running or not.

Turn your vehicle into resources that help ensure our nation's heroes have the opportunity to enjoy the freedoms their sacrifices have made possible.



[DONATE VEHICLE NOW](#)

**or call 833-227-4328**

**How it works**



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### **Call or Submit the Online Form**

Call us toll free at 833-CAR-4DAV (833-227-4328) seven days a week or submit the secure online form. All vehicles are considered! We accept cars, trucks, RVs, motorcycles, trailers, boats, campers, off-road vehicles, heavy equipment, and most other motorized vehicles— whether they're running or not.



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### **Schedule Your Free Pick-up**

Choose best time that works for you! Our Donor Support Representatives will arrange to have a licensed tow company pick up your vehicle. We can pick up your vehicle just about anywhere in the U.S. within 72 hours of completing the donation.





### **Tax Benefits**

Most vehicle donations qualify for a tax deduction. When your vehicle is picked up, the driver will provide you with an initial donation receipt. You may claim as a tax deduction the fair market value of your vehicle up to \$500 on your donation even if your vehicle sells for less. If your vehicle sells for over \$500, we will provide a 1098-C IRS form which will allow you to claim the full sale price.

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Have Ideas for the New Website / Newsletter,  
Please send them in.

I am always looking for new content for the website  
and our Newsletters,



***Link's to things you need to know***



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**VA is here for you.**

[1-800-MyVA411](tel:1800MyVA411) ([800-698-2411](tel:8006982411)) is always the right number



[DAV Helps Keep the Promises Made to Veterans](#)

DAV--Disabled American Veterans--is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than 1 million veterans in positive, life-changing ways each year. The organization provides more than 500,000 rides for veterans attending medical appointments annually and has assisted veterans with more than 12 million benefit claims since the organization was chartered by Congress in 1932. In 2022, DAV helped attain more than \$26 billion in earned benefits to care for veterans, their families and survivors.

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**Hello New DAV Chapter #23 Partial and Full Life Members  
(You are a Life Member once you pay \$300.00,  
Goes up to \$325.00 Jan 1, 2024)**

If you are a Paid up for Life Member, Come to our  
meeting  
(4th Wednesday of each month)  
Show the Commander (Mel Forbes) your Life  
Membership card,  
and receive a DAV Chapter Tee Shirt.

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**For any Information that needs to be put into our newsletter. Please email Newsletter editor:**

[Past Commander John "Mack" Mackus](#)



**JOHN "Mack" MACKUS**  
Membership / Newsletter / Newsletter Editor / Past Commander  
Sponsor # 0402315006895

JACK FISHER CHAPTER #23  
PO BOX 10335  
SANTA ANA, CA 92711

Cell: (949) 716-6400  
GySgtMackus@msn.com  
www.DAV23.com

**FULFILLING OUR PROMISES  
TO THE MEN AND WOMEN WHO SERVED**

**ORANGE COUNTY DAV CHAPTER #23**  
MONTHLY MEETING'S; 4TH WEDNESDAY OF THE MONTH  
LOCATION: VETERANS OF FOREIGN WARS POST 3173  
805 E. SYCAMORE ST., ANAHEIM, CA 92805

**BECOME A MEMBER OF DAV Today Online:**  
<https://www.mydav.org/dav-membership>  
Fill out form, make payment, Choose: California, Chapter 23  
check recruited, use Sponsor # & Info on front of this card



WEBSITE: [www.DAV23.com](http://www.DAV23.com)  
Facebook.com/DAVchapter23



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 [Forward to all your Veteran Friends and Family](#)

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[Join DAV Chapter #23 Now](#)

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[Join DAVA Unit #23 Now](#)



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**When you need recognition, we make your ideas come to life.**  
**Appreciation in Words**

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Our mailing address is:

**DAV Chapter #23**

**PO Box 10335**  
**Santa Ana, CA 92711**