



CHAPTER 10 ARLINGTON- FAIRFAX, VA

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CHAPTER 10 WEBSITE

The Chapter 10 Arlington-Fairfax, VA website has information for members and non-members alike.

You can sign up for regular delivery of the newsletter by e-mail by sending an e-mail request to webmaster@DAV10.org with the subject newsletter.

There are links to the National Headquarters, Department of Virginia, and other chapters' websites. The site also contains information on news and events of interest.

Visit www.dav10.org.

MEETING CHANGE!

By popular demand we will be moving our meeting day to different days of the week. Many members would like to attend meetings but have fixed commitments on Tuesdays. Therefore we will have our March meeting on Wednesday, March 12 and our April meeting will be on Thursday, April 17. Because of this change you will have to read your newsletter to know the meeting date. Your Chapter needs your support. Please plan to attend several meetings this year. ★

WHAT WOMEN NEED TO KNOW ABOUT HEART DISEASE

Are women at risk?

Yes. Heart disease is the leading cause of death among women over 65. It causes more deaths than all cancers combined.

What do women need to know about heart disease and heart attacks?

Women are less likely to survive heart attacks than men.

Warning signs of a heart attack include: Chest discomfort, Discomfort in one or both arms, neck, jaw, back or stomach, Shortness of breath, Nausea, lightheadedness, breaking out into a cold sweat

What can women do to protect themselves?

Know your risk. Risk factors are conditions that make a person more likely to develop a disease. There are risk factors we can't change, for example, family history (heredity) and age. Important risk factors that we can change include: continued on page 3

VA TRAVEL REIMBURSEMENT RATES, DEDUCTIBLES INCREASE

Effective Feb. 1, 2008, the Department of Veterans Affairs Beneficiary Travel Program mileage reimbursement rate increases from 11 cents per mile to 28.5 cents per mile for travel to or from a VA facility or other place for the purpose of examination, treatment or care. Along with the increase in reimbursement rates, the VA increased associated deductibles. The new deductibles are \$7.77 per one way trip and \$15.54 for a round trip, with a maximum deductible of \$46.62 per calendar month. The previous deductibles were \$3 one way; \$6 round trip; with a maximum of \$18 per calendar month. These deductibles may be waived when their imposition would cause severe financial hardship, the VA said.

"Congress provided the first increase in the reimbursement rate in 30 years, yet the VA is taking a bigger bite out of it than before," said Washington Headquarters Executive Director David W. Gorman. "In effect, this may leave sick and disabled veterans even worse off and circumvents the intent of Congress to provide them a measure of much-needed financial relief."

Those eligible for mileage reimbursement for travel to or continued on page 3

CHAPTER 10 OFFICERS

COMMANDER

James G. Hopkins 703-910-6677

ADJUTANT

Fiona Greenwood 703-953-3381

SR. VICE CDR

Roy S. Lee 703-428-4441

1ST JR. VICE CDR

Steve Deines 703-989-9721

2ND JR. VICE CDR

Vacant

TREASURER

John W. Capriotti 703-521-3014

CHAPLAIN

John Murray 703-796-1212

JUDGE ADVOCATE

Arnold H. Sells 703-642-3611

LEGISLATIVE AFFAIRS

Jesse Bendeahan 703-455-2816

OFFICER OF THE DAY

SGT AT ARMS

CHAPTER SERVICE OFFICER

John Maki 202-565-5318

PAST CDR

June Springer 703-548-7023

DEC

S. Kenneth Booker 703-534-4354

ALT. DEC

Jesse Bendeahan 703-455-2816

UNIT 10 OFFICERS

COMMANDER

Lena Mae Maki 703-262-0016

ADJUTANT

Ruth Sells 703-642-3611

SR. VICE CDR

Marci Reed 703-250-1206

JR. VICE CDR

Harriet Epstein 703-560-4137

TREASURER

Ingrid Capriotti 703-521-3014

CHAPLAIN

Beatrice Stepheneson 703-273-5730

CONDUCTRESS

Gracie Moody 703-548-7023

PATRIOTIC INSTRUCTRESS

Harriet Epstein 703-560-4137

PAST CDR

Beatrice Stepheneson 703-273-5730

Arlington-Fairfax Chapter 10

P.O. Box 4001

Arlington, VA 22204-4001

703-534-4354

Home page: <http://www.dav10.org>

Newsletter Editor: David L. Barrette

CHAPTER 10 COMMANDER'S MESSAGE

March begins the election process for Chapter 10 officers for 2008. At the March 12, 2008 meeting three members will be elected to the nominating committee. The nominating committee will then interview members who are interested in taking one of the following positions:

Commander
Senior Vice Commander
Junior Vice Commander
Second Junior Vice Commander
District Executive Committee

All of these positions are truly open to all interested members. There are other ways to support the DAV and Chapter 10 and the election committee will discuss these opportunities with interested members.

Each of these positions takes five to ten hours of your free time each month. Filling all positions is necessary for the effective operation of the chapter. Each member should consider giving one year of active support to the DAV and Chapter 10 you will find it an exciting and rewarding experience.

Members who would like to take a position as a Chapter 10 Officer or discuss other opportunities to serve the DAV and Chapter 10 should attend the March 12, 2008 and/or April 17, 2008 Chapter meetings. If you cannot attend one of these meetings please contact Arnold Sells, 703-642-3611.

Election of Officers will take place at the April 17, 2008 meeting. Please plan to attend your Chapter needs your support.

James G. Hopkins
Commander

SICKNESS OR DISTRESS

John Capriotti, is again recovering from cancer surgery this time however after many years fighting he has lost his left arm. After talking with him, there is little doubt that he will be back in action shortly. In addition, our intrepid newsletter editor David Barrette, has taken a serious fall resulting in three broken ribs and other injuries. Keep them in your prayers. Please notify the Chaplain or any officer of any sickness or distressed members or their families.

Please remember in your hearts and prayers all those in "harm's way," especially those we have lost. Also pray for all the new disabled veterans. ★

SOME VETERANS NEED TO FILE FOR REBATES

The recently signed Economic Stimulus package allows disabled veterans, whose primary income consists of VA compensation, to qualify for rebates. The catch is they must file a federal tax return. Many social security recipients and veterans who might not otherwise need to file a tax return must do so to receive the economic stimulus payment. The link below provides information on how to file to receive the rebate. Thanks Harriet.

The website is: <http://www.irs.gov/irs/article/0,,id=179096,00.html> ★

COME TO A CHAPTER MEETING

The next Chapter 10 meeting will be Wednesday, March 12 and the one in April is Thursday, April 17. We meet at American Legion Post #176, 6520 Amherst Ave. Springfield, VA. (the Post is just off Backlick Rd., South of Old Keen Mill Rd.).

Please bring another DAV or potential member. Bring your wife and friends.

UPCOMING EVENTS

- Mar. 2-5** DAV Mid-Winter Conference, Crystal City Marriott Gateway Hotel.
Mar. 6 Bingo at Washington, D.C. VA Medical Center Nursing Home.
Contact John Capriotti if you can help with this volunteer activity.
Mar. 8 Executive Committee Meeting
Mar. 12 Regular business meeting, 7:30 p.m. at the American Legion Post #176,
6520 Amherst Ave., Springfield, VA.
Mar. 13-15 DAV Spring Conference at Holiday Inn, Lynchburg, VA.
Mar. 30 - Apr 4 22nd National Disabled Veterans Winter Sports Clinic at
Snowmass Village in Aspen, Colorado.
Apr. 3 Bingo at Washington, D.C. VA Medical Center Nursing Home.
Apr. 12 Executive Committee Meeting
Apr. 17 Regular business meeting, 7:30 p.m. at the American Legion Post #176,
6520 Amherst Ave., Springfield, VA. ★

continued from page 1 Smoking, High blood pressure, High blood cholesterol, Overweight, Inactivity, and Diabetes.

Will hormone replacement therapy (HRT) reduce risk for heart disease?

No. Research results reveal the risk for heart attack and heart disease may actually be increased. HRT can help minimize the symptoms of menopause (such as hot flashes) and reduce the risk of osteoporosis (weakening of the bones).

Talk with your women's health care provider about your specific questions and any concerns you might have.

If you think you or someone else is having a heart attack, seek help immediately! ★

continued from page 1 from a VA facility or other place for the purpose of examination, treatment or care include:

- Veterans rated 30 percent or more service-connected for travel relating to any condition;
- Veterans rated less than 30 percent disabled for travel relating to their service-connected condition;
- Veterans receiving VA pension benefits for all conditions;
- Veterans with an annual income below the maximum applicable annual rate of pension for all conditions;
- Veterans traveling in relation to a Compensation and Pension examination; and
- Veterans in an authorized Vocational Rehabilitation Program for all conditions. ★

2008 MID-WINTER CONFERENCE

The 2008 Mid-winter Conference will be held March 2 - 5, at the Crystal Gateway Marriott, 1700 Jefferson Davis Highway, Arlington, VA. The legislative seminar will be conducted on Sunday, March 2, 2008, and our National Commanders presentation before the joint House and Senate Committees on Veterans' Affairs is scheduled at 2:00 p.m., Tuesday, March 4, 2008, in Cannon House Office Building, Room 345. ★

IMPORTANT PHONE NUMBERS

NATIONAL SERVICE OFFICE (Washington, D.C.): 202-530-9260
DAV NATIONAL SERVICE OFFICE (Roanoke, VA): 1-540-857-2373
VA MEDICAL CENTER: 202-745-8000
VA CENTER FOR POST-TRAUMATIC STRESS DISORDER: 1-802-296-5132
WOMEN'S COORDINATOR (DC VA MED CTR): Fran Johnson: 202-745-8469
ALEXANDRIA COMMUNITY-BASED OUTPATIENT CLINIC,: 703-313-0694
ARMED FORCES RETIREMENT HOME - WASHINGTON, D.C.: 800-422-9988
ARLINGTON NATIONAL CEMETERY: 703-607-8585
QUANTICO NATIONAL CEMETERY: 703-221-2183

A SELECT GROUP

The total veteran population in the United States and Puerto Rico, as of September 2007, was approximately 23.5 million. The population of women veterans numbered 1,744,580. ★

WOMEN WHO SERVED IN OUR MILITARY

Insights for Interventions: For Veterans and Families is a 41 minute film that presents the many trauma treatment options available to women veterans today by VA medical facilities. It can be viewed over the internet but needs a high speed connection.

Women Who Served in Our Military - for Veterans and Families - (National Center for PTSD). ★

VALNET VA LIBRARY NETWORK

The Library Program Office of Information Veterans Health Administration periodically publishes a Women's Health Bibliographies.

Those interested can view them at: <http://www1.va.gov/VALNET/page.cfm?pg=13>. ★

DAV LEGAL SERVICES

The DAV has its own nationwide network of attorneys who have agreed to give reduced-fee services to our members. These lawyers will prepare simple wills for \$100 and health care and financial powers of attorney for \$35 each. Other legal services are provided at 10 percent off the lawyer's prevailing rate.

You may access our list of participating lawyers in the DAV Legal Services Network (LSN) at the Membership section of our website, http://www.day.org/membership/legal_services.asp, or call the National Headquarters Membership Department for assistance. Simply choose a participant, call his/her office and identify yourself as a DAV or DAV Auxiliary member. If none of the lawyers is conveniently located, just let us know if there is a specific lawyer you would like to see and we will invite him/her to join the network. ★

MEMBERSHIP APPLICATION (PLEASE PRINT) SIGN UP A NEW MEMBER

LAST NAME		FIRST NAME		MI	SUFFIX	TITLE
STREET ADDRESS				SPOUSE'S FIRST NAME		
CITY	STATE	ZIP CODE		SEX	M	F
BIRTH DATE	DATE ENLISTED	BRANCH	DATE DISCHARGED	RANK	V.A. CLAIM NO.	
I RECEIVE		<input type="checkbox"/> VA COMP	<input type="checkbox"/> VA PENSION	<input type="checkbox"/> PURPLE HEART	<input type="checkbox"/> SERVICE RETIREMENT	
DISABILITIES		<input type="checkbox"/> AMPUTEE	<input type="checkbox"/> BLIND	<input type="checkbox"/> HEARING IMPAIRED	<input type="checkbox"/> OTHER	
APPLICANT'S SOCIAL SECURITY NUMBER				PERCENT (%) OF DISABILITY		
				%		
MEMBER CODE NO.		CHAPTER PREFERENCE				
		ARLINGTON-FAIRFAX CHAPTER 10				
SPONSOR'S NAME			SPONSOR'S TELEPHONE NUMBER ()			
SPONSOR'S ADDRESS				SPONSOR'S MEMBERSHIP CODE NO.		
CITY		STATE	ZIP CODE			

 APPLICANT'S SIGNATURE

() _____
 TELEPHONE NO.

The full cost of Life Membership is based on the applicant's age: 80 and over is free; 71-79 is \$140.00; 61-70 is \$180.00; 41-60 is \$230.00; and 40 or younger is \$250.00. A Life Membership can be paid for on a quarterly basis with a \$40.00 initial payment.

Mail completed application form to: Arlington-Fairfax Chapter 10, P.O. Box 4001, Arlington, VA 22204-4001

WHO IS ELIGIBLE TO JOIN THE DAV?

Any man or woman, who was wounded, gassed, injured or disabled in the line of duty during time of war, while in the service of either the military or naval forces of the United States of America, and who has not been dishonorably discharged or separated from such service, or who may still be in active service in the armed forces of the United States of America is eligible for membership in the Disabled American Veterans. Others who are disabled while serving with any of the armed forces of any nations associated with the United States of America as allies during any of its war periods, who are American citizens and who are honorably discharged, are also eligible.

Dates of active duty service that are considered during "time of war": World War I - 04/06/1917-07/02/1921; World War II and Korea - 09/16/1940-01/31/1955; Vietnam and other engagements - 01/31/1955-10/14/1976; Iranian Crisis, Lebanon Crisis, Invasion of Panama and other engagements - 11/04/1979-01/31/1990; Persian Gulf Crisis and other engagements 08/02/1990 - present. ★



Next Meeting - March 12, 2008

MARCH - Salute to Women Veterans



NON-PROFIT ORGANIZATION
 U.S. POSTAGE PAID
 MERRIFIELD, VA
 PERMIT NO. 6455

DISABLED AMERICAN VETERANS
 Arlington-Fairfax Chapter 10
 P.O. Box 4001
 Arlington, VA 22204-4001