

VETERANS OF FOREIGN WARS

POST 9934 AND AUXILIARY 9934

DANA POINT, CALIFORNIA
DECEMBER 2023



ALL STATE POST 2004-05, 2005-06, 2007-08,
2008-09, 2009-10, 2010-11, 2011-12, 2012-13,
2013-14, 2014-2015, 2015-16, 2016-17, 2017-2018-
2019-2020, 2021-2022

ALL AMERICAN POST 2007-08
2009-10, 2010-11, 2011-12, 2012-13, 2013-2014,
2014-2015, 2015-2016, 2019-2020, 2021-2022

2018 NATIONAL OUTSTANDING COMMUNITY SERVICE AWARD
2022 NATIONAL OUTSTANDING COMMUNITY SERVICE AWARD

COMMANDER'S MESSAGE

Greetings Comrades,

Happy Holidays to all! As usual my December message will be brief. I hope that all of you will be planning to celebrate in your own way with family and friends.

I ask that all of you try to remember that person we all know of, veteran or not, that may not have anyone to spend the holiday with.

Make that call...invite them for coffee or an early holiday meal.

Share this special time and do something nice for someone.

There are still a few spots open for the Post Holiday Party on December 17th. If you wish to attend, please let us know.

We still do not have a date for the annual toy pickup at KWave in Santa Ana. As soon as I have a date, I will immediately notify the Post.

Please be safe and be kind to each other.

Rick Jauregui, Commander. Post 9934. Dana Point

PRESIDENT BIDEN LAYS WREATH AT ARLINGTON NATIONAL CEMETERY

President Biden said America's veterans are "the steel spine of this nation" as he marked Veterans Day during a visit to Arlington National Cemetery.

In remarks at the Memorial Amphitheater, the commander in chief recounted famous battles fought by U.S. troops and said those deployments of soldiers are "linked in a chain of honor that stretches back to our founding days. Each one bound by a sacred oath to support and defend. Not a place, not a person, not a president, but an idea, to defend an idea unlike any other in human history. That idea is the United States of America."

"We come together today to once again honor the genera-



tions of Americans who stood on the front lines of freedom. To once again bear witness to the great deeds of a noble few who risked everything, everything, to give us a better future," he said, paying tribute to "those who have always, always kept the light of shining bright across the world."

Biden said that as commander in chief, "I have no higher honor. As the father of a son who served, I have no greater

privilege."

He said that "our veterans are the steel spine of this nation and their families, like so many of you, are the courageous heart."

VFW POST 9934 SCHEDULE OF EVENTS DECEMBER 2023

- Sunday, December 3 - 9:30 AM to 11:30 AM (and each Sunday, weather permitting) BEGINNING PICKLE-BALL LESSONS with Wayne Yost at Dana Crest Park. RSVP 949-357-3303 if you wish to learn this fun game. Also, free beginners lessons each Monday, Wednesday, and Friday 9:00 – 10:00 AM at the Laguna Niguel YMCA located off Crown Valley Pkwy.
- Tuesday, December 5 – 6:00 PM Dana Point City Council meeting.
- Wednesday, December 6 - 2:00 to 4:00 Disability Clinic – Dana Point Community Center, 34052 Del Obispo St.
- Thursday, December 7 – Memorial Service, ROBERT FOWLER, Dana Point Veterans Memorial, Strands Beach Park, 1:00 PM
- Tuesday, December 12 - 6:00 PM, VFW Post Meeting – South Shores Church, 32712 Crown Valley Pkwy. Feel free to invite a Veteran guest so they can see what our Post does!
- Sunday, December 17, Post Annual Christmas Dinner, Jack's Restaurant, 24462 Del Prado Ave, Dana Point (Reservations required -- Contact Post 9934 Office, 949-248-1419), 5:00 PM.
- Wednesday, December 20 - 2:00 PM to 4:00 PM, Disability Clinic – Dana Point Community Center, 34052 Del Obispo St.
- **MONDAY, DECEMBER 25 MERRY CHRISTMAS**
- **SUNDAY, DECEMBER 31 NEW YEARS EVE**

BE CAREFUL WHAT YOU WISH FOR

An Interesting Bit of History

The recent destruction of the Blimp Hanger at the former MCAS Tustin by fire brings back an historical tale about this building. After the Navy closed the former base, a plan was developed concerning the disposition of the two hangers and the land. One hanger and most of the land was to be placed under the control of the City of Tustin for development. The other hanger, referred to as the North Hanger, was to be turned over to the Orange County government. Many Veterans in Orange County were reluctant to see the loss of the historical significance of this base.

An organization, known as United Veterans of Orange County, a non-profit corporation consisting of many Veterans posts and organizations, saw a possible opportunity to use the North Hanger as a significant facility for Veterans services and activities, and a military museum. A commitment was received for a million dollars to develop the building. Numerous promises were received for military equipment for the museum. An Army base in Texas which was being closed said they could provide two trainloads of tanks and similar vehicles! Some commercial activities submitted proposals to pay for the use of the tremendous area

inside the hangar which would provide funds for operation of the facility.

UVO put together a proposal and submitted to the Orange County Board of Supervisors. The Board voted unanimously to approve the proposal. However, the County administrative staff pointed out that the Board could not turn over the hanger for the one proposal without allowing other entities to also submit proposals. Various other proposals were received by the County including one that wanted to install a ski lift, with actual snow, and a skating rink. The Board, to the chagrin of the Veterans, accepted that proposal.

Over the years, the City of Tustin has made use of the other hanger in many ways, including filming of major movie and TV programs. Nothing was done for any proposal to develop the North Hanger and the Navy never actually turned over control to the County. Some time later, the building suffered major damage to the roof and, now of course, the fire. If the UVO had actually received control of this facility, one has to imagine the potential ruinous costs that would now be faced by the Veterans.

TO CONTACT YOUR POST

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Facebook: www.facebook.com/vfwpost9934

TO CONTACT U.S. DEPARTMENT OF VETERANS AFFAIRS

1-800-MyVA411

DECEMBER 2023 MEETING

The next meeting of the Post and Auxiliary 9934 will be Tuesday, December 12, 2023. **The Post meeting will be at South Shores Church, 32712 Crown Valley Parkway, starting at *5:45 p.m.***

The Auxiliary will meet at Gloria Dei Lutheran Church, 33501 Stonehill. Auxiliary meeting time is 6:30.

DATA BROKERS ARE SELLING SERVICEMEMBER, VETERAN INFORMATION FOR PENNIES

Data brokers are collecting and selling service member data -- including health, family, geographic and military service information -- for pennies and dimes, according to a recent study from Duke University.

Over a 12-month study and to better understand the problem, the university's data brokerage research project bought data from sites that collect and sell personal information. Some of those sites curated their search criteria to military demographics like branch, duty and veteran status.

Researchers found that the unregulated, multibillion-dollar industry poses a significant risk to national security -- and current U.S. policy isn't doing enough to curtail it.

"It is not difficult to obtain sensitive data about active-duty members of the military, their families, and veterans, including non-public, individually identified, and sensitive data, such as health data, financial data, and information about religious practices," the study, which was published earlier this month, found.

The data broker ecosystem, which includes companies like Oracle and Experian, gathers information "on virtually every American," according to the project, with the intent of aggregating it and selling it.

Part of that accessibility comes from the low price that the data brokers sell their information at. The research team bought data from U.S. data brokers for as low as \$0.12 per record in some cases. Researchers purchased tens of thousands of datasets from the brokers, and noted that "identifiable datasets pertaining to the U.S. military can be purchased for as little as \$0.01 per military service member for much larger purchases."

Outside of being an invasion of privacy for service members and their families, the study found that the sale of this information could be used by foreign intelligence services to compromise, blackmail and then coerce troops by "outing servicemembers' sexual orientations, releasing information that damages servicemembers' reputations, stalking and tailing personnel, or microtargeting personnel with particular messages."

"This includes buying data from brokers directly or through front organizations, hacking into data brokers' servers, or compromising the servers of data brokers' clients that have acquired data," the study said.

Other data that the study warned could be collected is on mental health conditions, credit scores, and information about service members' families -- all of which could be used to target personnel.

Ally Armeson, the executive director of programs for the Cybercrime Support Network, described personal safeguards for service members, veterans and their families to protect themselves from the practice despite its unregulated and shady nature.

"Protecting one's personal data from data brokers is crucial in today's digital age, especially for service members, their

families, and veterans," Armeson told Military.com. Her recommendations include:

- Limit personal information sharing. Be cautious about the personal information you share online, particularly sensitive details like Social Security numbers and deployment specifics.
- Review privacy settings. Regularly check the privacy settings on your social media accounts and online profiles to ensure they are set to "private" or "friends-only" to restrict access to your data.
- Monitor your online presence. Regularly search for your name and profiles to identify and correct any inaccurate or sensitive information.
- Limit third-party app permissions. Be cautious about the permissions you grant, as some may access and share your data without your knowledge.
- Opt out of data broker services. Follow procedures on broker websites to request the removal of your information from their databases.

[Editor's note: This article by Drew F. Lawrence originally appeared on Military.com, a leading source of news for the military and veteran community.]

Celebrating
THE LIFE OF

Robert J. Fowler
02-09-1947 ~ 11-02-2023

Please join us in honoring the life of Bob Fowler

Thursday| December 7th| 1:00pm

The Veterans Memorial at Strands Vista Park
34109 Selva Rd
Dana Point, CA 92690
Repast immediately following at Jack's in DP

DISCOVERING VA CANCER CARE AND WELLNESS FOR VETERANS

VA's goal is to optimize your overall quality of life during your cancer journey

In pursuit of VA's commitment to being a high-reliability organization and provide high-quality and holistic care, VA's National Oncology Program recognizes the significance of healthy living in cancer care. Faced with the challenges of cancer, maintaining well-being is of utmost importance. VA has transformative resources, guidance and real-world perspectives that empower Veterans, enhance well-being and foster resilience.

Prevention and screening: Unlocking wellness potential

"Getting regular physical activity, striving for a healthy weight, being tobacco free and limiting alcohol are all powerful tools for reducing cancer risk," said Dr. Jane Kim, executive director for Preventive Medicine at VA's National Center for Health Promotion and Disease Prevention. "Not only for cancer, these healthy lifestyle behaviors are the foundation for preventing and reducing other diseases as well."

Staying up to the date on your cancer screenings is one of the best ways to stay proactive in safeguarding your well-being. If you are curious about whether you might be due for a cancer screening, VA has a quick-reference list of screening guidelines for the most common cancers Veterans face, including breast, cervical, colorectal and lung. It's also important to talk to your primary care provider to determine whether you are due for any of the screenings listed and ask any questions you might have.

A holistic approach to post-cancer wellness

Wellness after cancer treatment holds immense significance as it marks a new chapter in the survivor's journey, emphasizing the need to restore and optimize overall well-being. While treatment addresses the physical aspects of cancer, focusing on wellness goes beyond mere recovery. It encompasses various dimensions, including emotional, mental and social well-being.

According to VA's Whole Health Library, even if the cancer is cured, patients will find themselves adjusting to a "new normal" while they become accustomed to residual side effects from treatment and learning what new symptoms may or may not be concerning for a recurrence.

That is why adopting a healthy lifestyle is vital for overall wellness after cancer treatment. This includes maintaining a balanced diet, engaging in regular exercise suitable for individual capabilities and managing stress effectively. Taking care of physical health not only promotes well-being but also reduces the risk of cancer recurrence and other chronic illnesses.

Nurturing wellness through connection

Peer support during cancer treatment offers invaluable companionship, understanding and guidance, providing Veterans with a supportive network of fellow warriors who share their unique experiences and can offer emotional and practical support. It also promotes mental wellness by providing a sense of belonging and alleviating feelings of isolation.

"Resources empower post-cancer wellness

Ultimately, prioritizing wellness after cancer treatment allows survivors to reclaim their lives, promoting resilience, self-empowerment and a sense of control over their health. It recognizes the cancer journey does not end with treatment but continues on with a focus on comprehensive well-being, encouraging and equipping survivors to lead fulfilling lives beyond treatment.

Aiming for wellness throughout your cancer journey

By considering the whole health of Veterans, our goal is to optimize your overall quality of life during the entire spectrum of your cancer journey.

A recent VA study uncovered that VA cancer patients are less likely to need to go to the hospital for avoidable complications after going through chemotherapy than Medicare patients. These findings underscore the positive effects of VA's comprehensive cancer care and support for Veterans. It emphasizes the importance of targeted interventions that reduce hospitalizations and improve the experience of a cancer journey beyond the completion of treatment.

To all Veterans facing the challenges of cancer, we encourage you to explore the support programs and wellness guidance available. Remember, you are not alone on this journey and there is a network of fellow Veterans and caring oncology professionals ready to support you every step of the way. Use the resources available through VA, prioritize your emotional well-being and know that you deserve the best care possible.

Learn more about cancer care and VA

Veterans are strongly encouraged to talk to their VA provider about the need for different cancer screenings and what screening options are available.

To learn more about how VA works shoulder-to-shoulder with strategic partners to expand access and reduce barriers cancer care at VA, visit cancer.va.gov.

Visit My HealtheVet to learn tips and tools to help you partner with your health care team, so together, you may work to manage your health.

[By Courtney Franchio, Program Director,
VA National Oncology Program September 16, 2023]

PRESENT CENTURY PHILOSOPHER QUOTES

- ☐ The only reason they say "Women and children first" is to test the strength of the lifeboats. ~ Jean Kerr
- ☐ Wood burns faster when you have to cut and chop it yourself. ~ Harrison Ford
- ☐ The best cure for sea sickness, is to sit under a tree. ~ Spike Milligan.
- ☐ Kill one man and you're a murderer, kill a million and you're a conqueror. ~ Jean Rostand
- ☐ Having more money doesn't make you happier. I have 50 million dollars, but I'm just as happy as when I had 48 million. ~ Arnold Schwarzenegger

NCA DOUBLES NUMBER OF VETERAN PAGES IN VLM



This November for Veterans Month, the National Cemetery Administration is embarking on the largest expansion of the number of Veterans' pages for its award-winning website, the

a VLM page when a Veteran's eligibility has been confirmed and the order placed by NCA staff.

New VLM pages include:

- Charity Adams Earley, commander of the 6888 Central Postal Directory Battalion from WWII, recipients of the Congressional Gold Medal in 2022, interred at Woodland Cemetery and Arboretum in Dayton, Ohio.

<https://www.vlm.cem.va.gov/>

CHARITYADAMSEARLY53251D

- Marie Edmee LeRoux Sebastien, member of the U.S. Army Signal Corps Telephone Operators "Hello Girls" from WWI, interred at Fort Lincoln Cemetery in Brentwood, Maryland. Until recently, she was buried in an unmarked grave.

<https://www.vlm.cem.va.gov/>

MEDMEELEROUXSEBASTIEN/559F47

- Arthur Raymond Lewis, U.S. Merchant Marine from WWII, is interred at Camp Lemonnier, Djibouti. Lewis died at sea aboard the S.S. Steel Vendor in the Gulf of Tadjoura.

<https://www.vlm.cem.va.gov/>

ARTHURRAYMONDLEWIS/5000D6

- David Crockett served as a first lieutenant in Headquarters Company, 355th Labor Battalion, Quartermaster Corps, United States Army. Crockett is interred at Gettysburg National Military Park.

<https://www.vlm.cem.va.gov/>

DAVIDHCROCKETT/4B974D

Visit www.va.gov/remember, find your Veteran or choose another who has been laid to rest at a cemetery near you, and provide them a lasting memory to help keep their legacy alive.

For information about VA burial benefits, visit one of VA's National Cemetery Locations in-person, visit online at VA burial benefits and memorial items, or call toll free at 800-827-1000. To plan ahead for you and your family, visit NCA's pre-need eligibility website.

[USDVA Press Release, November 13, 2023]

Veterans Legacy Memorial, since its inception in May 2019. By adding nearly 5 million pages of Veterans interred in private and other non-VA cemeteries who received a NCA-provided headstone, marker or medallion, VLM will host nearly 10 million total Veteran pages.

First launched in 2019, VLM is an interactive online platform comprised of more than 4.85 million individual Veteran profile pages. These pages display military information (service branch, rank, war period, decorations) and resting place details (cemetery name, clickable map, gravesite, interment date), and it allows family members, friends and others to upload a variety of content. People can submit tributes, biographies, photos and documents; create a word cloud that describes a Veteran, and develop a timeline of military and personal achievements. To date, more than 73,000 pieces of content live forever on Veteran pages.

Veterans laid to rest since the VA marker ordering database was created in 1996 are part of the expansion that includes: More than 80,000 additional pages from interments in state, tribal and territory Veteran cemeteries

More than 4,000 pages from interments in 86 foreign countries

More than 1,000 additional pages from interments in National Park Service-managed cemeteries.

The NCA marker-ordering system automatically generates



Post 9934 will take part in the Toy Drive by assisting in the sorting of toys for distribution. Volunteer assistance will be needed. Details concerning time and location will be sent out as soon as available.

Contributions for the Toy Drive may be delivered to any local Fire Station, or to the Post 9934 office. The Post will be distributing toys to our adopted military unit at Camp Pendleton, Marine Aircraft Group-39.



PEARL HARBOR DAY DECEMBER 7

VA PLANS OUTREACH TO SCREEN 3 MILLION MORE VETERANS FOR TOXIC EXPOSURES

Efforts are underway at the Department of Veterans Affairs to encourage nearly 3 million veterans to come into a VA medical center or clinic and receive a brief five-minute screening for possible exposure to environmental hazards.

Under a requirement of the PACT Act, the VA must try to screen all patients enrolled in VA health care for toxic exposures. To date, it has screened 4.8 million veterans, 40% of whom have reported having at least one concern or experience with potential exposures.

Next on the list, however, are the 3 million veterans who are enrolled at the VA but don't actually receive their medical care in a VA facility.

According to VA Under Secretary for Health Dr. Shereef Elnahal, the department will embark on an "extensive outreach effort" to ensure that those veterans have the chance to be screened.

Elnahal said that he is optimistic that the VA will succeed in the effort, given that the veterans already are enrolled in care and the department has at least some contact information for them.

He hopes the effort will encourage the veterans to turn to the "VA for their health care more regularly," he added.

"I hope that when they come into our brick-and-mortar institutions or otherwise get screened, they realize that we've got a team and set of teams across the country dedicated to veteran care," Elnahal said during a press call with reporters Monday.

The exposure screening process consists of a medical provider asking a patient a set of questions. Those include whether the patient thinks they were exposed to any toxic substances from burn pits, Agent Orange, radiation, contaminated water or other pollutants; what they think they may have been exposed to; and whether they have questions.

The screenings are to be conducted at least every five years, with the results kept in the veterans' health records,



according to the VA.

Elnahal said that if a veteran has concerns about an exposure or a clinician believes the patient may have a condition related to an exposure, they will be "referred for further care."

He could not provide information on whether the screenings have sparked any immediate specialty care referrals and if so, what type of care.

But, Elnahal added, VA physicians are trained to

understand the veterans' responses and the potential health effects of hazardous materials exposure.

According to the department, 97% of its clinicians have completed PACT Act clinical training from the VA's War-Related Illness and Injury Study Center, which is a module for assessing deployment-related environmental exposures.

"That's been a key part of what we do so that no clinician can be surprised or should be surprised when a veteran presents with a concern about an exposure and how that might relate to their health," Elnahal said during the press call.

The PACT Act broadened health care services, disability compensation and benefits for an estimated 5 to 6 million veterans who served overseas during the post-9/11 wars, the first Persian Gulf War and the Vietnam War.

The toxic exposure screenings are aimed at those at risk for illness as a result of exposure to burn pits, airborne particulate matter, chemicals such as Agent Orange, toxic water at Camp Lejeune in North Carolina and elsewhere, and other environmental pollutants.

Elnahal said that the VA will make every effort to screen all its patients but, ultimately, it's the veterans' decision.

"The law requires us to screen them ... which is an extensive outreach effort on top of the screening effort," Elnahal said. "Obviously, it's the veterans' choice at the end of the day and whether they want to."

[Military.com By Patricia Kime November 24, 2023]

MOTIVATIONAL QUOTES ON THE HUMOROUS SIDE

"Dreams are like rainbows. Only idiots chase them." – Unknown

"Opportunity is missed by most people because it is dressed in overalls and looks like work." – Thomas Edison

"You can't wait for inspiration. You have to go after it with a club." – Jack London

"A diamond is merely a lump of coal that did well under pressure." – Unknown

"Be happy – it drives people crazy." – Unknown

"Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger." – Franklin P. Jones



DON'T FEED THE SHARKS



DontFeedTheSharks.org

What is a "Claim Shark"?

- A Claim Shark is an individual or company that charges hefty fees to "assist" or "consult" veterans with filing their VA benefit claims – this practice is illegal!
- Claim Sharks are not VA accredited, meaning they aren't required to adhere to the well-established professional and ethical standards of VA accreditation, so their advice can often be misleading or even fraudulent.
- Like a "Loan Shark," once you're in, you can't get out, and may be subject to new and hidden fees whenever you get a new rating, no matter who does the work.

Some of their predatory practices are:

- Promising or guaranteeing an increased disability rating or percentage increase.
- Advertising expedited VA claims decisions.
- Requesting login credentials to access a veteran's personal information through secure VA websites like eBenefits or VA.gov.
- Using confusing tactics or ambiguous language to mislead claimants or coerce them into signing a contract.
- Telling veterans to forego VA exams and offering health consultations within their own network of doctors.

Who are the Claim Sharks?

- | | |
|----------------------|-------------------------|
| ➤ Trajector Medical | ➤ Patriot Angels |
| ➤ Vet Benefits Guide | ➤ Veteran Care Services |
| ➤ Veterans Guardian | ➤ VetComm |
| ➤ VA Claims Insider | ➤ VA Claims Academy |
| ➤ Telemedica | ➤ Vet Assist |

Veterans can protect themselves by:

- Always working with VA accredited representatives.
- Attending all exams ordered by VA.
- Not signing contracts.
- Not agreeing to fees or payments from future benefits.
- Not agreeing to pay for medical consultations or opinions.
- Not providing access to Protected Health Information or Personal Identifiable Information.

Who is NOT a Claim Shark?

- VA accredited veterans service organization representatives, like the VFW
- VA accredited claims agents
- VA accredited attorneys
- Attorneys assisting with Camp LeJeune lawsuits who do not charge excessive fees

VFW
VETERANS OF FOREIGN WARS.

POST OFFICERS FOR 2023-2024

Post Commander:	Ricardo Jauregui	Service Officer:	Aaron Pluff
Senior Vice Commander:	Richard Alonzo	Service Officers Team:	Jim Socks
Junior Vice Commander	Carlos Garcia		Don Ellis
Post Quartermaster	Bill Manes		Ben Valencia
Assistant Quartermaster	Wayne Yost		John Coon
Post Chaplain:	Ronald Egigian		Robert Fowler
Post Surgeon	Gil Castro	Service Officer Advisor	Marty Hoffman
Judge Advocate	Dolores Padgett	Service Officer Support	Debbie Yost
Adjutant	David Vera	Trustee (3-year term)	Robert Pruitt
Women Veterans Coordinator	Marcia Kuehl	Trustee (2-year term)	Scott Roberts
Post Color Guard Captain	Carlos Garcia	Trustee (1-year term)	Richard Carr

AUXILIARY OFFICERS FOR 2023-2024

President	Lisa Mers	Trustee 3	Sharon Miller
Senior Vice President	Renee Fulk	Trustee 2	Rebecca Dulmage
Junior Vice President	Sharon Miller	Trustee 1	Bonnie Watson
Treasurer	Cindy Somerville	Chaplain	Yvonne English
Secretary	Terry Marr	Conductor	Ralph Mariano
Guard	Tory Boegeman		

