



# Bert Black Jr. Post 7400 Warrior Journal

Veterans of Foreign Wars

Volume 13 Edition 5  
May 2016

## From the Commander's Desk

Hello Comrades:

The month of May will be a very busy one for the Honor Guard and our volunteers. We start with a Flag raising on May 1st to honor Loyalty Day. Then on May 8, we have another Flag raising in remembrance of the German surrender that ended World War II. Both of these events will begin at 11:00 a.m. at the Post. You are all invited to attend.



Now, to the fun stuff, WORK! On Thursday, May 26, at 8:00 a.m. we will begin prepping the crosses that we place on the graves of our fallen Comrades at all the valley cemeteries at the Post. This is a huge undertaking as we put out nearly 1,000 crosses. We can certainly use all the volunteer help we can get. There will be coffee and donuts to bribe the help so come on down and give a little of your time, it will be fun. On Friday, May 27 we will begin at 8:00 a.m. placing crosses at cemeteries in Cottonwood and Clarkdale along with Sedona as well as a few smaller places. We really need your help. Then on Tuesday, May 31 we will pick up crosses beginning at 8:00 a.m. and return them to the Post.

The semi-annual SOS and Pancake and Sausage Breakfast will be Saturday, May 28 at 8:30 a.m. A \$5.00 donation is requested for either item.

Our annual Memorial Day Observance will be at the Cottonwood Cemetery starting at 11:00 a.m. on Monday, May 30 at 11:00 a.m. The public is welcome. Following the Ceremony, we will meet back at the Post for our Installation of new Post Officers for the upcoming year. There will be a Pot Luck luncheon following the Installation ceremony.

I want to thank everyone for making my year a very exciting time. Thank you to all our volunteers for your hard work. It has been my Honor to serve.

In Comradeship,

Alan Tobish  
VFW Post 7400 Commander

### Healing The Warrior Spirit Reiki For Veterans - Free Monthly Sessions

Verde Valley Medical Center  
269 Candy Lane, Cottonwood, AZ 86326  
Entirecare Entrance - Conference Room B

Free monthly Reiki sessions are where you can come and receive an individual Reiki session specific to your needs, by a Reiki practitioner of your choosing. Reiki sessions can help you! Reiki has been known to relieve stress and reduce pain.

Sessions are on the 2nd Wednesday each month. Remaining sessions in 2016 are: 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, and 12/7 (1st Wednesday for December only). Sessions are held from 6:30 to 8:00 p.m.

### Inside this issue

Auxiliary	2
Fallen Comrades and Auxiliary Members	2
Service Officer's Corner	3
VFW National and Arizona News	4
Post 7400 Calendar	5
Contact Numbers	6

### Special Items of Interest

Do You Need Glasses or Hearing Aids?  
Page 3

What is Reiki and How Does it Work?  
Page 3

A Framework for Veterans Health Care Reform  
Page 4



## From The Auxiliary President's Desk

Hello to all Auxiliary Brothers and Sisters: Boy the months keep passing by. It has been a busy year so far.

We are nearing the end of our year so elections were held during the last meeting. Your new board of officers for 2016-2017 is: President-Pam Van Winkle, Sr. Vice President-Lona White, Jr. Vice President-Bev Luce, Treasure-Vernal Tobish, Chaplain-Linda Lee Chambon-Gay, Conductress-Barb Kuzala, Secretary-Viann Davis, 1st year Trustee-Shirley Whitacre, 2nd year Trustee-Nancy Jorgenson, 3rd year Trustee-Michele Rich.



The Lunch in the Lounge was hosted by Barb Kuzala, she made and served beef stew and boy was it great. We didn't have a great turn out but that was also the Welcome Home Vietnam Veteran's weekend. However, those members able to make it enjoyed a great lunch. Thanks Barb.

Now for this month. The Memorial Day ceremony will be at the Cottonwood Cemetery at 11:00 a.m. Installation of both Post and Auxiliary Officer's will take place at the Post at 12:00 p.m. with a Pot luck luncheon to follow. Lunch in the Lounge is Friday, May 6th and will be hosted by Michele Rich and Terrie Rosco. The menu is Chicken Salad with rolls and dessert. Please come and joins us. The kitchen starts serving at 11:30 a.m. and a \$5.00 donation is requested.

Also, please come out and support both the post and auxiliary by letting us do the cooking and clean up by attending our Post Breakfast May 14, the Spaghetti Dinner May 17 and last but not least the Specialty Dinner May 21.

Our monthly meeting will be May 9 at 2:00 pm, so come and meet the new board of officers.

As always,

Helping Veterans  
Pam Van Winkle

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### Fallen Comrades 2014 - 2016

*We are saddened by the passing of :*

J. Beatty  
A. Cluff  
W. Gorman  
J.Rich  
A.Willis

*The following are fondly remembered:*

J. Flammia  
G.Gocha  
J. McDowell  
W. Mitchell  
C. Self  
C. Smith

W. Villa  
W. Watson



### Fallen Auxiliary Members 2014 - 2016

*We are saddened by the passing of:*

Mildred Atwell  
Sheryl Cotton  
Elizabeth Fekke  
Patricia Kerber  
Grace Smith  
Diane Sommers

*The following are fondly remembered:*

Irene Wacker  
Anita Bennett  
Susan Biddle  
Evelyn Kelly  
Burnetta Ooley  
Dorothea Sue Rostatter

Bonnie Rognholt  
Jennifer Tobish  
Bonnie Yarger



## Service Officer's Corner

### Do You Need Glasses or Hearing Aids?

VA medical services include diagnostic audiology and diagnostic and preventive eye care services. VA will provide hearing aids and eyeglasses to the following Veterans:

•***Those with any compensable service-connected disability. (rated 10% or higher)***

- Those who are former Prisoners of War (POWs).
- Those who were awarded a Purple Heart.
- Those in receipt of benefits under Title 38 United States Code (U.S.C.) 1151.
- Those in receipt of an increased pension based on being rated permanently housebound or in need of regular aid and attendance.
  
- Those with vision or hearing impairment resulting from diseases or the existence of another medical condition for which the Veteran is receiving care or services from VHA, or which resulted from treatment of that medical condition, e.g., stroke, poly-trauma, traumatic brain injury, diabetes, multiple sclerosis, vascular disease, geriatric chronic illnesses, toxicity from drugs, ocular photosensitivity from drugs, cataract surgery, and/or other surgeries performed on the eye, ear, or brain resulting in vision or hearing impairment.
  
- Those with significant functional or cognitive impairment evidenced by deficiencies in the ability to perform activities of daily living, but not including normally occurring visual or hearing impairments. Note: Veterans with normally occurring visual and/or hearing impairments that interfere with their medical care are eligible for eyeglasses and hearing aids.
  
- Those who have vision or hearing impairment or combined visual and hearing impairments severe enough that it interferes with their ability to participate actively in their own medical treatment. Note: The term "severe" is to be interpreted as a vision and/or hearing loss that interferes with or restricts access to, involvement in, or active participation in health care services (e.g., communication or reading medication labels). The term is not to be interpreted to mean that a severe hearing or vision loss must exist to be eligible for hearing aids or eyeglasses.
  
- Veterans who have a service-connected hearing disability that contributes to a loss of communication ability. However, hearing aids are to be provided only as needed for the service-connected hearing disability.
  
- Nonservice-connected (NSC) Veterans are eligible for hearing aids or eyeglasses on the basis of medical need. All such Veterans (including Medal of Honor recipients who do not have entitling conditions or circumstances and catastrophically disabled Veterans) must receive a hearing evaluation by a state-licensed audiologist prior to determining eligibility for hearing aids or an appropriate evaluation by an optometrist or ophthalmologist prior to determining eligibility for eyeglasses to establish medical justification for provision of these devices. These Veterans must meet the following criteria for eligibility based on medical need: Be enrolled at VA medical facility where they receive their health care; and
  
- Have hearing or vision loss that interferes with or restricts communication to the extent that it affects their active participation in the provision of health care services as determined by an audiologist or an eye care practitioner or provider.

### What is Reiki And How Does it Work?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" or "Ki" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki is a non-invasive, complimentary healing technique that is being used by the VA to treat PTSD symptoms, anxiety, pain and stress.

Receiving a Reiki treatment means that our supply of life energy is increased and we can return to being in balance. In this state of balance and renewed energy we can heal ourselves. It assists in deep relaxation, which allows your own healing capabilities do the work needed specifically for you.

Reiki is practical and useful. It accelerates and strengthens any healing process from bruising to chronic illness to mental/emotional imbalance. Reiki can be applied with hands on or hands off - which ever is more comfortable for you. You may feel tingling, you may feel warmth, you may feel cool, you may feel emotional, you may feel deeply relaxed, you may fall asleep, or you may feel nothing at all. There is no right nor wrong. Your experience is uniquely yours and yours alone.



## VFW National and Arizona News

### **The Independent Budget: A Framework for Veterans Health Care Reform Part One**

In April 2014, whistleblowers from around the country brought to light instances of fraud and manipulation within the Department of Veterans Affairs (VA) that have since led to changes in executive leadership and a wide array of proposals to overhaul the VA health care system. To The Independent Budget (IB), the fact that veterans were waiting too long for the care they have earned and deserve was no surprise.

The IB co-authors—Disabled American Veterans, Paralyzed Veterans of America, and Veterans of Foreign Wars—have been ringing the alarm on VA health care access problems for more than a decade. In 2002, the IB included an article on waiting times for outpatient appointments, in which the IB veterans service organizations (IBVSOs) urged the Veterans Health Administration (VHA) to “identify and immediately correct the underlying problems that have contributed to intolerable clinic waiting times for routine and specialty care for veterans nationwide.”

The transformative effort underway at VA, known as MyVA, and recent actions taken by congressional leaders, such as enactment of P.L. 113-146, the “Veterans Access, Choice, and Accountability Act of 2014,” have made progress in addressing the access issues that have plagued VA. While such progress is commendable, access remains the principle problem facing the VA health care system, and this problem will continue to negatively impact the health care veterans receive until the VA health care system is significantly reformed. Organizations, politicians, members of Congress, VA officials and other stakeholders are advocating for specific reforms. What has been missing from these discussions is a plan that truly represents what veterans want, expect, and need their health care system to be and a comprehensive set of reforms to accomplish that vision.

In order to develop a framework that puts veterans’ needs and preferences first and understand the extent of the health care access problem from a veteran’s perspective, the IBVSOs have sought direct feedback from our members and the veterans’ community as a whole. Their responses have validated what we have long known:

1. Veterans prefer to receive their care from VA.
2. They turn to VA because they like the quality of care they receive.
3. They believe VA health care is an earned benefit and VA is best suited to provide veteran-specific health care.

When asked how they would improve the VA health care system, veterans suggest that VA hire more doctors and extend clinic hours to expand internal capacity, improve customer service, and expand overall access by providing convenient health care options in their local communities.

The IBVSOs have leveraged historical expertise, extensive conversations with veterans around the country, and survey data to develop a veterans’ health care reform framework centered on veteran perspectives and focused on the positives and negatives of the current VA health care delivery system. The IB’s framework includes a comprehensive set of policy ideas that will make an immediate impact on the delivery of care, while laying out a long-term vision for a sustainable, high quality, and veteran-centered health care system. The framework would provide high-quality health care closer to home by seamlessly combining the capabilities of the VA health care system with public and private health care providers in the community when and where necessary.

In order to accomplish our long-term vision, veterans’ health care reform must address four fundamental ideas:

1. Restructure the Veterans Health Care Delivery System
2. Redesign the Systems and Procedures that Facilitate Access to Health Care
3. Realign the Provision and Allocation of VA’s Resources to Reflect the Mission
4. Reform VA’s Culture with Workforce Innovations and Real Accountability

We hope that Congress, VA, veterans, and other key stakeholders will consider these ideas as the ongoing efforts to reform veterans health care move forward.



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Page 5

## MAY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Flag Raising 11:00 a.m.</p> <p>Loyalty Day</p> <p>12:30 p.m. Bingo</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>2</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p>	<p>3</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p>	<p>4</p> <p>Tacos in the Lounge 3:00 - 6:00 p.m.</p>	<p>5</p> <p>8:00 a.m. Post Work Day</p> <p>9:00 a.m.-1:00 p.m. Service Officer in Sedona</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>6</p> <p>10:00 a.m. Koffe Klatch</p> <p>11:30 a.m. Auxiliary luncheon</p> <p>7:00 p.m. Post Meeting</p>	<p>7</p>
<p>8</p> <p>Mother's Day</p> <p>Flag Raising 11:00 a.m.</p> <p>VE Day</p> <p>12:30 p.m. Bingo</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>9</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p> <p>Auxiliary Meeting 2:00 p.m.</p>	<p>10</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p>	<p>11</p>	<p>12</p> <p>8:00 a.m. Post Work Day</p> <p>8:00 a.m. Quilters Meeting</p> <p>9:00 a.m.-1:00 p.m. Service Officer in Sedona</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>13</p>	<p>14</p> <p>8:30 a.m. Post Breakfast</p>
<p>15</p> <p>12:30 p.m. Bingo</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>16</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p>	<p>17</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p> <p>5:00 p.m. Spaghetti Dinner</p>	<p>18</p> <p>Tacos in the Lounge 3:00 - 6:00 p.m.</p>	<p>19</p> <p>8:00 a.m. Post Work Day</p> <p>9:00 a.m.-1:00 p.m. Service Officer in Sedona</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>20</p> <p><b><i>Newsletter Deadline !</i></b></p>	<p>21</p> <p>5:00 p.m. Specialty Dinner</p>
<p>22</p> <p>12:30 p.m. Bingo</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>23</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p>	<p>24</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p>	<p>25</p>	<p>26</p> <p>8:00 a.m. Post Work Day Prepare crosses</p> <p>8:00 a.m. Quilters Meeting</p> <p>9:00 a.m.-1:00 p.m. Service Officer in Sedona</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>27</p> <p>8:00 a.m. Place crosses at Verde Valley and Sedona cemeteries</p>	<p>28</p> <p>8:30 a.m. SOS and Pancake and Sausage Breakfast</p>
<p>29</p> <p>12:30 p.m. Bingo</p> <p>7:00 p.m. Karaoke in the Lounge</p>	<p>30</p> <p>Memorial Day</p> <p>11:00 a.m. Memorial Day Ceremony Cottonwood Cemetery</p> <p>12:00 p.m. Post Officer Induction</p>	<p>31</p> <p>Service Officer 9:00 a.m.-12:00 p.m.</p> <p>Retrieve crosses 8:00 a.m.</p>				

## Veterans of Foreign Wars



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NON-PROFIT ORG  
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 COTTONWOOD, AZ 86336  
 PERMIT NO. 49

### Bert Black Jr. Post 7400 Officers for 2015 - 2016

May  
 Dates to Remember

May 1  
 Loyalty Day  
 Flag Raising  
 11:00 a.m.

Lunch in The Lounge  
 11:30 a.m.

Post Meeting  
 7:00 p.m.

May 8  
 VE Day Flag Raising  
 11:00 a.m.

May 9  
 Auxiliary Meeting  
 2:00 p.m.

May 27  
 Place Crosses  
 8:00 a.m.

May 30  
 Memorial Day Ceremony  
 11:00 a.m.

Post Officer Induction  
 12:00 p.m.

Commander	A. Tobish	284-8820	President	P. Van Winkle	300-6968
Sr. Vice Cdr.	L. Stover	451-1358	Sr. Vice	L. White	221-2703
Jr. Vice Cdr.	J. Razo	634-6617	Jr. Vice	B. Luce	649-2129
Quartermaster	T. Nester	639-4616	Treasurer	V. Tobish	649-1897
Adjutant	T. Nester	639-4616	Secretary	V. Davis	202-9548
Chaplain	J. Bryan	649-0642	Chaplain	P. Wright (480)	748-0796
Judge Advocate	G. Rekow	634-2722	Conductress	D. Norvell	646-5232
Surgeon	R. Powell	646-6492	Guard	B. Kuzala	646-7166
Guard	A. Gallegos	634-5802	1 Year Trustee	J. Strande	649-3374
1 Year Trustee	D. Finney	639-1526	2 Year Trustee	R. Sperry	639-4753
2 Year Trustee	E. Uzumecikis	202-2193	3 Year Trustee	S. Whitacre	567-7409
3 Year Trustee	R. Luce	649-2129	Patr. Instructor	J. Strande	649-3374

### Proudly Serving

Service Officers: Jan Allbright, Ron Luce, Tommy Nester and Ed Uzumecikis, PhD  
 Service Office Hours: Monday and Tuesday 9 a.m.-12 p.m., Thursday 9 a.m.-1 p.m. in Sedona, or by appointment.  
 House Committee: Don Finney, Bob Powell, Tommy Nester, Al Tobish, Ron Luce, Larry Stover, John Razo, and Art Gallegos, Meeting 11:30 a.m. Thursdays  
 Work Days: Thursday 8:00 a.m. - 11:30 a.m., Phone: 634-9769  
 Bingo Manager: Ron Luce  
 Bingo Hours: Sunday 12:30 p.m. - 4:15 p.m., Phone: 634-9769  
 Honor Guard Commander: Larry Stover, Phone: 451-1358  
 Lounge Manager: T. Nester, Phone 639-4616  
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