

DECEMBER 2022



DAV CALIFORNIA NEWS





COMMANDER'S MESSAGE

JOE MOSELEY | DAV CALIFORNIA COMMANDER

What an incredible year we are having, and I find myself with much to be thankful for this Holiday Season. My parents are alive, my kids are healthy, my house is holding up, my beautiful wife still loves me, and our very own DAV organization is stronger than ever. I get energized with each chapter that I visit as State Commander; as I witness the growth among our membership, and the powerful work our leaders do within their own respected veteran communities.

Chapters across the state are gaining momentum with new and younger members who seek knowledge on their earned benefits and opportunities to connect in patriotism and camaraderie. Our Legislative Director, J.R. Wilson, PSC/NEC, is working tirelessly with local politicians to advance current initiatives on Capitol Hill that would improve the lives of disabled veterans everywhere. I encourage you to read his article on page 9 to learn how you can participate and be part of the political movement to help improve care, treatment, and compensation of our nation's wounded heroes. Becoming proactive is easier than you think. Learning about current veteran issues and playing an active role in improving the VA system is now much simpler.

Director of Operations, Robert Graves, and Communications Specialist, Renee Matthews, are continuously ensuring that our webpage, davcal.org is up-to-date and the most useful informational tool possible; and, it's available to you in the comfort of

your own home. Everything that you could possibly want to know about our organization is available as is a free smartphone app for you to download and use as you recruit, volunteer and advocate for your fellow veterans.

This is one of the greatest times to be a veteran in our country's history; because all of us are working passionately to keep America's promise to all who served. We continue this mission everyday through education, communication, and activism. As

a reminder: when you're out there giving back to other veterans, always remember to record your volunteer hours and to mention that DAV Transportation is in great need of drivers at every VA hospital. The business of

taking care of veterans with disabilities needs your support more than ever. So, if you are able, please gather up your strength—and join the effort.

Finally, I feel compelled to remind everyone that the holiday season is not pleasant for everyone; so remember those warriors in isolation, pain or addiction that can still be helped to live a better life with respect and dignity. These are our people. We must reach out and include them. We cannot leave them behind. Please stand out and be the example of a veteran who succeeds with disabilities, regularly maintains their mental health, and protects the future care and treatment of injured veterans. Thank you and Happy New Year!

**" stand out and
be the example
of a veteran
who succeeds "**



ADJUTANT'S MESSAGE

DAV CALIFORNIA CEO-ADJUTANT
NATIONAL 1ST JR. VICE COMMANDER

DANIEL CONTRERAS, PSC

Happy New Year: 2023 is the Year of the Volunteer!

It's the season of giving. It's also often a reflective time of year. We may be thinking through what 2022 gave us and took from us. I would encourage you to consider where you are regarding giving.

We understand that life happens and it may be that you're currently running on empty. If this is where you find yourself, we wish you the best, take care of yourself, reach out for help if you need it, and maybe one day you will be able to give again from a place of wholeness and gratitude.

But you may have been blessed this year. You may have found yourself the recipient of generosity. If your cup is full (so to speak), I would encourage you to share this holiday season, and into the upcoming year, our "Year of the Volunteer." Whether you find yourself in possession of time, talent, or treasure; veterans in California need you. This organization is all about veterans taking care of one another. So, if you find yourself able and ready—join the team! With your contribution to the effort we can only get stronger. The Covid pandemic greatly impacted the volunteer force, and we're calling all you helpers out there to fill in the gap. They say self-esteem is built by doing "esteem-able" acts. When we build up and help others, we do the same for ourselves.

One of the ways we can take care of each other is through advocacy work. Do you see policies or systems impacting veterans and wish it were different? Resolutions determine how we go about creating legislative goals and advocating for our fellow veterans and their families. Bring your ideas to the table. Our voices are stronger when their joined together. [Click here](#) to learn more about resolutions.

Also, we want to honor both our veterans and those who work alongside veterans to make their lives better on a daily basis. That is why we have our Commander's Awards. Learn more about them by [clicking here](#). Did someone help you, impress you, or go above and beyond? Let us express our gratitude and encourage those who make veterans' lives easier.

" Happy New Year: 2023 is the Year of the Volunteer! "





CHAPPY'S ON EAGLE'S WINGS

THANKFULNESS

RON RINGO | DAV CALIFORNIA CHAPLAIN

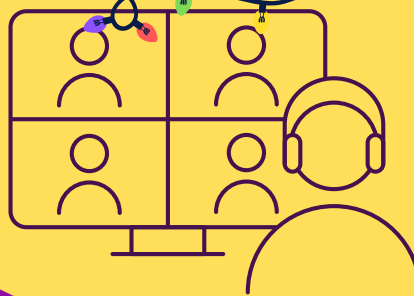
Many of us recently celebrated the Thanksgiving holiday, a time to reflect on what makes us grateful. I know for many of us, the past few years have been filled with many stressors. Yet, there is still evidence of our many blessings as well.

It has been said, "Of all the qualities one can possess, perhaps the trait which most brings contentment and most quickly reduces stress is the virtue of gratitude." Stop a moment and consider who around you exhibits inner peace and enjoyment of life, even while coping with normal daily struggles? The answer will most likely be those who recognize their blessings and celebrate them with gratitude.

Most of us enjoy being around people like that, even if we don't know why. With this grateful outlook on life, they take in and appreciate the little things. They take time to enjoy a run on the beach at dawn and watch the sunrise, witness the joy of children playing and the beauty of nature, and share these blessings with others. I have been trying to do this more in my life; to take in and appreciate all that is around me so freely given. I pray that you all will enjoy the blessings of gratitude and the joy of the Holiday Season.



**HAVE QUESTIONS OR NEED SPIRITUAL SUPPORT?
NOW, YOU CAN SEND THE CHAPLAIN A MESSAGE!**



Join Us!
DAV 2023
VIRTUAL MIDWINTER CONFERENCE

- January 25, 2023
- 9 AM
- Attendees MUST register. Click here to register! 

A MESSAGE FROM THE AUXILIARY

JULIE WEISSMAN-STEINBAUGH

DAV AUXILIARY
STATE ADJUTANT



As DAV and DAVA members, we often talk about recruitment for our future survival—especially of younger members. Most of us know that can be easier said than done though. Rather than placing all our hopes for the future on enlistment or stressing out over the membership quotas, I have a radical idea! Our key goal is not to simply recruit, but to **educate** as many people as possible. DAV and Auxiliary members know all the ways our organizations serve disabled veterans and their families. We are uniquely qualified to teach, instruct, inform and enlighten the public about the many services the DAV and Auxiliary offers.

Education campaigns can be as simple as wearing DAV and Auxiliary merchandise when you go grocery shopping. You can leave DAV information in waiting rooms. If you meet a veteran, or family of a veteran in need, tell them DAV provides many types of services at no cost ([Click Here!](#)). Do you know anyone who is passionate about the legislative process? Suggest that they join DAV's Commanders' Action Network ([Click Here!](#)). Are friends or relatives struggling to pay for their children's higher education? Tell them that California's DAV Auxiliary offers scholarships, and the National DAVA also has a scholarship program ([Click Here!](#)). I am hopeful that the next generation of future members will have new reasons to join us, if we demonstrate how valuable our organizations are.

Log volunteer hours instantly in the DAV California App!



**SCAN TO
DOWNLOAD!**



Staying connected is easier than ever, with the DAV California app. Use it to sign up to volunteer, recruit, log volunteer hours & more. Search your App Store for: "DAV California". Download it today and help us streamline our process of helping veterans!



SOCIAL MEDIA PROVIDES MULTIPLE CHANNELS FOR STAYING CONNECTED

JOSEPH SKODA | DAV STATE JR. VICE COMMANDER

It's estimated that over three-billion people use social media platforms for approximately two-hours a day. How we interact has changed, and distance no longer means disconnection. The current top social media platforms are: Instagram, YouTube, Facebook, Twitter, TikTok, Pinterest, Snapchat & LinkedIn. All of these platforms are tools that we can use to educate ourselves, inform others, connect and even inspire curiosity and interest in the work we're doing for fellow veterans. Like most tools, a little caution is required while using social media; and I encourage everyone to avoid putting your personal information (phone number, address, family members, finances) online for all to see.

If that list of social media platforms feels overwhelming, let me give a little rundown of each one— starting with Youtube. This platform is for watching and posting videos and also is the second-most popular search engine after Google. Whether or not you post content on YouTube, I highly recommend using it for personal education as Youtube is full of classes, tutorials and free information. Want to be more computer savvy but don't know where to start? Whether you want to edit a pdf or open emails on your cell phone, there's a good chance YouTube has an answer for you.

Another platform worth knowing is Facebook. I personally use it nearly every day to wish my friends a happy birthday, but this platform is about starting a conversation, sharing memories and events. It's highly popular and many of our chapters utilize it to provide their members with important chapter info. Instagram focuses on photography and videos that allow users to directly address their audience. Twitter has become a medium for breaking news and communicating with an audience in real time. TikTok provides short-term trendy or catchy video content, while Snapchat focuses more on video-driven storytelling. LinkedIn can be used for brand marketing and business networking, and Pinterest is a bookmarking tool for saving all kinds of creative ideas, plans and projects. I would encourage you to check out any of these platforms and utilize the tools available to you to share what your chapters are doing. Stay connected with your fellow veterans, and [click here](#) to follow our Facebook page. Don't be afraid to like and share what your local DAV is up to. Let's amplify each other's voices. May you and your family have a blessed holiday season.



Volunteer DRIVE

To help veterans

✓ DO YOU HAVE A CURRENT VALID DRIVER'S LICENSE?

✓ DO YOU HAVE ONE DAY PER WEEK AVAILABLE?

SICK & INJURED VETERANS IN CALIFORNIA NEED YOUR HELP!

Volunteers use VA-provided vehicles to transport patients from their homes to their VA appointments and back. A background check and physical will be required, at no cost.

OPPORTUNITIES AVAILABLE ALL OVER CALIFORNIA!

**CALL 562-404-1266
TO BECOME A VOLUNTEER DRIVER!**

*scan here to
learn more!*



SAVE THE DATE!

Join us!
FOR

RENO

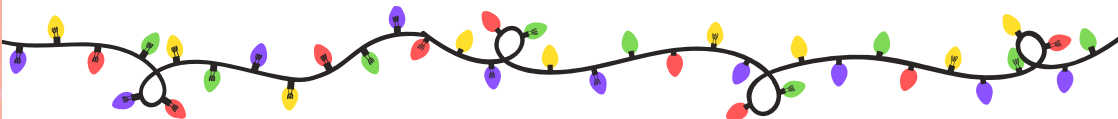
DAV CALIFORNIA'S 101ST CONVENTION

AT THE
NUGGET CASINO RESORT
1100 NUGGET AVE.
SPARKS, NV 89431
(800) 293-0718
RATES: \$79-\$119

CALL TO RESERVE A ROOM
RESERVE BY 4/28/23
GROUP NAME: DAV CALIFORNIA



JOHNNY BARNES: VAVS CHAIR, WINS GOLD AT NATIONAL GOLDEN AGE GAMES



It is exciting to have one of our own participate in the 36th Annual National Golden Age Games. Our VA Voluntary Services State Chair, Johnny Barnes, joined the event as a member of team VA Loma Linda. These games are a competitive program for veterans who are currently receiving medical care through the VA. The program's mission is to promote optimal involvement of aging veterans by enhancing their mental, social, physical and emotional well-being while improving quality of life.

Johnny Barnes, born to Johnny and Ella in Montgomery, Alabama, as the fourth of nine siblings, became the commander of his Marine JROTC High School Drill Team. He entered the Marine Corps on the delayed entry program and shipped out to active duty one day after graduating high school. After participating in the Gulf War and Operations Desert Shield and Desert Storm, he was honorably discharged in 1994 as a Staff Sergeant. Since leaving active duty, Johnny has continued to serve his fellow veterans and has been a DAV chapter commander, a member of the State Executive Committee, a chapter service officer, and VA Voluntary Service Chair for the state of California.

Mr. Barnes made DAV California proud as a disabled combat veteran participant in the 2022 Golden Age Games, bringing home a total of 9 medals and 1 ribbon. He won gold in men's javelin and men's long jump, silver in men's discus, men's 50 meter run, men's 100 meter run, men's 200 meter run and men's badminton (singles). He won the bronze in badminton (open doubles) and men's Pickle Ball (doubles), and the fifth place ribbon for men's shot put. Johnny's philosophy on succeeding as a disabled veteran and an athlete, is to "follow the guidance of your doctors... practice, practice, practice, and stay humble to God." Congratulations Johnny, and to the rest of you, give Mr. Barnes a high-five the next time you see him. (Also, a good way to celebrate our VA Voluntary Services chair is to become a volunteer!)



DAV HELPS CALIFORNIA VETERANS AT STAND DOWNS THROUGHOUT STATE

NORTH COUNTY

The North County Stand Down was held in Vista, CA in October. Shout out to DSOs, Brian Dodds and Richard Randolph; State Commander, Joe Moseley; and Volunteers, Ed Berger and Julie Fox. Thanks to LTC, David Yorck, MOAA President of Vista #54 for providing counseling info and Paul Lambert, Tax Payer Advocate, for his tax assistance.



BUTTE COUNTY

Thank you to Chico Chapter #125, who teamed up with American Legion Post 17 and 4Patriots, for a food relief project in preparation for the Butte County Veterans Stand Down!



WEST LA VA

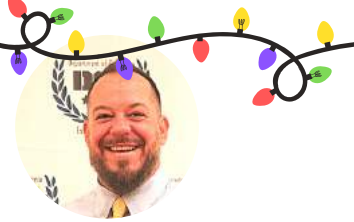
DSO, Gayle Ocheltree, provided assistance at the West LA Stand Down. Thank you to all who came out and helped fellow veterans!



We know that there are more Stand Downs held in California, and more of you who help homeless and at-risk veterans through these important events. If you have Stand Down news to share, please let us know at news@davcal.org.

LEGISLATIVE UPDATE

BY: STATE LEGISLATIVE CHAIR, J.R. WILSON, PSC/NEC



As we get ready for the 2023-2025 Legislative Cycle, let's get familiar with our Department of California DAV mobile app. If you have not already downloaded the app, go to page 4 now and scan the QR code. The DAV California App is a one-stop-shop for recruiting members, signing up for legislative alerts or logging volunteer hours. Staying connected has never been easier.

Not only does the DAV Commanders Action Network keep us up-to-date on national veteran legislation by sending email alerts on upcoming votes, and providing automatically-prepared advocacy letters at the push of a button; but now we have the same service for California legislation through *Voter Voice*. ([Click Here!](#))

Shout out to our Past State and Past National Commander: there's a current Voter Voice alert for H.R. 9237. This bill would rename the Veterans Affairs Mare Island Clinic in Vallejo, CA as the "Delphine Metcalf-Foster VA

Clinic," so make sure you sign up for alerts and advocate for that.

Remember, in this upcoming "Year of the Volunteer" to always log your chapter number when you input volunteer hours. This is not just so we can give your chapter our thanks, but more importantly, it shows us where the needs of the veteran community are and helps determine how to direct needed services.

Also, remember... you do not need to be a DAV member to log volunteer hours; and youth can also utilize the DAV California app to track LVAP hours for eligibility for the National Youth Scholarship Program. It's become much simpler to become involved in our veteran community.

[Click here](#) to visit our site. From there you can sign up for national alerts, state alerts, and check out our current National Policy Goals for 2023 and this upcoming Midwinter Conference. We hope to see you in DC this February!

Interested in Advocating for Veterans' Rights on Capitol Hill?

join for
DAV National Midwinter Conference

February 26 - March 1, 2023

Crystal Gateway Marriott

1700 Richmond Highway (formerly Jefferson Davis Highway)

Arlington, VA 22202

Telephone: 1.800.266.9432

Group Name: Disabled American Veterans

\$210 Single/Double

Click to
Learn
More!

FROM AROUND THE STATE

DAV CHAPTER #12 HONORS NAVY VET WITH BURIAL AT SEA



DAV Chapter #12 helped provide military honors for Navy Veteran, CC Lancaster's burial at sea. The ceremony took place on a dive boat, captained by Marine Corps veteran and father of the deceased, Captain Mike Lancaster. Our hearts go out to the Lancaster family, and thank you to Chapter #12 for honoring CC Lancaster's life and service.



PNC/PSC, DELPHINE METCALF-FOSTER MAKES THE ROUNDS



She visited Chapter #21 and helped welcome in 2 new members.



She recognized those in the Norcal VA system who support women veterans, & met with the Oakland VA regional office staff.

Also, Ms. Metcalf-Foster volunteers at the VA Mare Island Outpatient Clinic every Tuesday (role model alert!).



MT. DIABLO #154 REMEMBERS 9/11

Mt. Diablo #154 Jr. Vice Commander, David Boatwright and NEC/PSC, J.R. Wilson participated in Antioch's 9/11 Remembrance Ceremony. J.R. Wilson spoke about his experience of that day as an NSO in



Reno, and seeing veterans wanting to give up their benefits to reenlist. Jr. Vice Boatwright spoke about remembering what was lost that day, and the importance of our diverse veteran community coming together during times of need.

CHAPTER #6 RECOGNIZES AUXILIARY'S PARTNERSHIP



Chapter #6 presents the DAV Auxiliary Unit #6 with a plaque of appreciation for their continued support. Adjutant "EJ" Jackson presented the plaque.

tell us your

NEWS



EMAIL
NEWS@DAVCAL.ORG

AND
LET US KNOW
WHAT YOU AND
YOUR CHAPTER
ARE UP TO!

RECENT COMMANDER SIGHTINGS

State Commander, Joe Moseley, attends the 10th Annual Veterans Expo in Cathedral City, with Chapter #66 Commander, "Pete" Peterson, and Chapter #78 Commander, Edward Agundez.



Commander Moseley pays a visit to Morongo Basin #60's officers and shows appreciation for their good work.



The Commander is seen here with Congressman and Chair of the House Committee on Veterans Affairs, Mark Takano.



COMMANDER ZYLSTRA AND DAV CHICO #125 HELP KEEP VETS MOVING

Commander, Mike Zylstra, and Treasurer, Jessie Neff of Chico 125 presented recent paraplegic veteran, and new DAV member of #125, Brian Ericson, with a deluxe motorized wheelchair.



The chapter acquired a Ford Explorer for veteran service rides to VA appointments for Butte, Tehama, & Glenn counties.



Commander Zylstra also presented disabled veteran, Don Primer, with a motorized scooter.

Learn how the Pact Act effects your VA Benefits

[CLICK HERE](#) 





Share the new
Veterans Crisis Line number
with your Veteran loved ones.

Dial 988 then Press 1



Reminder

Has your chapter updated their Bylaws?

*If not, check out a
template here for help*

Password: Veterans1

click
here



CLICK TO APPLY!



TIME TO EXPLORE CALIFORNIA!
WITH THE

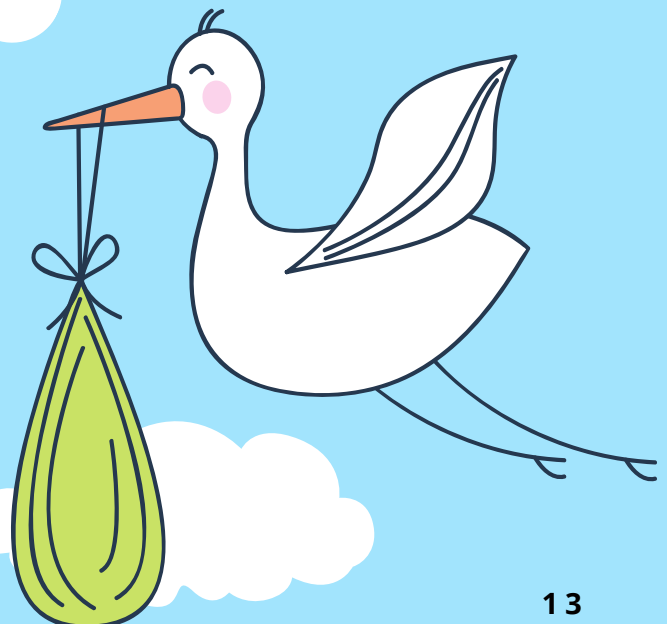
DISTINGUISHED VETERAN PARK PASS

Available to honorably-discharged war veterans in California with a 50% or higher service-connected disability rating, POWs, & Medal or Honor recipients.



*It's a
Chapter!*

There's a new addition to the DAV
California family! Congratulations to
our brand new Concord Chapter #158
and new Adjutant, Carlos Mendoza!





NEW PHONE NUMBER ALERT!

1-844-MYVA311 HAS BEEN RETIRED!



NOW- CALL 1-800-MYVA411

FOR INFORMATION REGARDING:
COVID-19 UPDATES, HEALTH CARE, VA
BENEFITS, EDUCATION, CAREGIVER SUPPORT,
INSURANCE, LOANS, AND MUCH MORE.



BE AWARE THAT SCAMMERS MAY TRY TO UTILIZE THE OLD NUMBER

DAV DEPARTMENT OF CALIFORNIA **STATEMENT OF FINANCIAL POSITION**

AS OF JUNE 30, 2022 & 2021



ASSETS	2022	2021
CASH & CASH EQUIVALENTS	\$ 583,546	\$ 555,606
DUE FROM EMPLOYEE	-	397
DUE FROM AUXILIARY	3,500	-
DUE FROM DAV REHAB FOUNDATION INC	1,174	-
PREPAID EXPENSES	9,286	38,118
INVESTMENTS	3,386,669	4,196,155
FIXED ASSETS (PROPERTY & EQUIPMENT)	239,940	222,615
TOTAL ASSETS	\$ 4,224,115	\$ 5,012,891

LIABILITIES	2022	2021
ACCRUED EXPENSES & OTHER PAYABLES	\$ 47,824	\$ 324,762

NET ASSETS	2022	2021
WITHOUT DONOR RESTRICTIONS	\$ 4,077,890	\$ 4,621,878
WITH DONOR RESTRICTIONS	98,401	66,251
TOTAL NET ASSETS	\$ 4,176,291	\$ 4,688,129
TOTAL LIABILITIES & NET ASSETS	\$ 4,224,115	\$ 5,012,891

Social connection is key to achieving better health outcomes for veterans with hearing loss

HEROES
WITH HEARING LOSS

2.7 million

In a study of veterans with tinnitus,⁴

72% 60% 58%

72% were diagnosed with anxiety

60% were diagnosed with depression

58% had both anxiety AND depression

Disability and loneliness ...

... are the biggest predictors of having suicidal thoughts for veterans – outpacing PTSD and other mental illness factors.⁶

At least 2.7 million vets suffer from hearing loss

76%

76% of people who treated their hearing loss reported an increase in their quality of life.⁵

Conversely, the health benefits of strong social connections are undeniable.

Veterans who reported having strong social connections had:

- lower lifetime depression
- lower likelihood of lifetime suicide ideation
- lower rates of lifetime use of mental health services⁷

Maintaining strong social connections can actually boost your immune system AND reduce inflammation.⁸

**CLICK
HERE TO
VISIT**

50%

Healthy social connections can increase the likelihood of longevity by as much as 50%.⁹

DONATE YOUR CAR

Have an old or extra car? Donate it to DAV & help Veterans in California!

**Call 833-227-4328
Visit dav.careasy.org
Or Scan Here!**



SUPPORT DAV'S THRIFT STORES!

Bring in the new year by clearing out your old stuff! Do you have clothing or household goods to donate? Reach out to your nearest DAV thrift operation and set up a pick up today!

NORTHERN CALIFORNIA

800-238-8387
donatedav.org

FRESNO AREA

559-237-0273
davcharities.com

POMONA AREA

800-238-8387
donatedav.org

SAN DIEGO AREA

800-894-2486
davveteransthiftstores.com

Your donations help provide injured and ill veterans with rehabilitative services & financial support through the

DAV California Rehabilitation Foundation.

