

# PRICE COUNTY VETERAN SERVICES OFFICE

Price County Courthouse • Room 104  
126 Cherry Street • Phillips, WI 54555  
Ph: +1 715.339.2545 • Fax: +1 715.339.5116  
[www.co.price.wi.us](http://www.co.price.wi.us)



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## Price County Veterans News Letter, February

The election is over new Commander and Chief is in place. As a fellow veteran, it is my hope that this Administration is not just providing lip service, as it relates to The Veterans Affairs. Hopefully we will hear that Cabinet level positions will get filled and get to work. In my opinion the only thing that works slower than the VA is the US Government.

### **New in the Service Office:**

Every month we are going to highlight a program available to the veteran and/or their family. This month we wanted to highlight the:

#### **Wisconsin Property Tax Credit**

Wisconsin Veterans and Surviving Spouses Property Tax Credit This credit program provides a refundable property tax credit for the primary residence (in-state) via the state income tax form for:

- Eligible veterans age 65 or older who entered service from Wisconsin and have a combined VA service-connected disability rating of 100%.
- The unmarried surviving spouse of an eligible veteran.
- The unmarried surviving spouse of a veteran who entered active duty as a Wisconsin resident, died in the line of duty, and was a Wisconsin resident at the time of death. Visit Wisconsin Dept. of Veterans Affairs.

website <http://dva.state.wi.us/Ben-TaxBenefits.asp#property> for contact information and benefits assistance.

**For further information stop in the Service Office and get more details.**

### **Dates to remember:**

February 1, 2003 Sixteen minutes before it was scheduled to land, the Space Shuttle Columbia broke apart in flight over west Texas, killing all seven crew members.

February 2, 1848 The war between the U.S and Mexico ended with the signing of the Treaty of Guadalupe Hidalgo. The Treaty was ratified on March 10 1848.

February 3, 1943 An extraordinary act of heroism occurred in the icy waters off Greenland after the U.S. Army transport ship Dorchester was hit by a German torpedo and began to sink rapidly. When it became apparent there were not enough life jackets, four U.S. Army chaplains on board removed theirs,

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handed them to frightened young soldiers and chose to go down with ship while praying.

February 6, 1933 The 20<sup>th</sup> Amendment to the U.S. Constitution was adopted. It set the date for the Presidential Inauguration as January 20<sup>th</sup> instead of the old date of March 4<sup>th</sup>. It also sets January 3<sup>rd</sup> as the official opening date of Congress.

February 7, 1795 The 11<sup>th</sup> Amendment to the U.S. Constitution was ratified, limiting the powers of the Federal Judiciary over the states by prohibiting Federal lawsuits individual state.

February 9, 1943 During WWII in the Pacific U.S. troops captured Guadalcanal in the Solomon Islands after six months of Battle, with 9000 Japanese and 2000 Americans killed.

February 10, 1942 The first Medal of Honor during WWII was awarded to 2<sup>nd</sup> Lt. Alexander Nininger (posthumously) for heroism during the Battle of Bataan.

February 14, 1849 Photographer Mathew Brady took the first photograph of a U.S President in office, James Polk.

February 15, 1898 In Havana Harbor the Battleship USS Maine was blown up and quickly sank killing the crew of 260. The incident resulted in the declaration of war against Spain on April 25<sup>th</sup> 1898.

February 15, 1933 An assassination attempt on newly elected U.S. President Franklin D. Roosevelt occurred in Miami, Florida.

February 27, 1950 The 22<sup>nd</sup> Amendment to the U.S. Constitution was ratified, limiting the president to two terms or a maximum of ten years in office.

February 27, 1991 In Desert Storm, the 100- hour ground war ended as Allied troops entered Kuwait just four days after launching their offensive against Saddam Hussein's Iraqi forces.

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February 28, 1994 NATO conducted its first combat action in its 45 year history as four Bosnian Serb jets were shot down by American fighters in a no-fly zone.

## VA News :

The Department of Veterans Affairs (VA) will accept applications from Veterans interested in competing in the 2017 National Veterans Golden Age Games beginning Feb. 1, Veterans' ages 55 and older and enrolled in VA health care may complete applications online at [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov). Applications will be accepted through March 1. "VA is committed to offer sports and fitness as an integral part of a successful healthcare program, and I encourage every eligible Veteran to take advantage of this opportunity," said Carla Carmichael, National Veterans Golden Age Games director. "There are significant health benefits to leading an active lifestyle, and in keeping with the Games motto, we want every Veteran to achieve 'Fitness For Life.'" The 2017 National Veterans Golden Age Games will take place in Biloxi, Mississippi, May 7-11. Nearly 800 athletes are expected to compete in the national multi-sport competition for senior Veterans, embracing the "Fitness for Life" motto. The event encourages participants to make physical activity a central part of their lives, and supports VA's comprehensive recreation and rehabilitation therapy programs. Competitive events include air rifle, badminton, boccia, bowling, cycling, golf, horseshoes, nine ball, powerwalk, shuffleboard, swimming, table tennis, and track and field. Exhibition events include: air pistol, archery, basketball, blind disc golf and pickle ball. VA research and clinical experience verify that movement and exercise are important to maintaining good health, speeding recovery and improving overall quality of life. The games encourage participants to continue in local senior events in their home communities and every other year serve as a qualifying event for competition in the National Senior Games. VA Gulf Coast Veterans

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Health Care System will host this year's games. The Gulf Coast Veterans Health Care System provides care for more than 50,000 Veterans throughout Mississippi, Alabama, and Florida.



When VA evaluated business and customer service practices across VA to improve the Veteran experience, the need for a revamped phone system was clear. Instead of navigating dozens of automated phone trees with no guarantee of success, Veterans needed one place to call to get connected to the right place quickly. VA is introducing 1-844-MyVA311 (1-844-698-2311) as a go-to source for Veterans and their families who don't know what number to call. This new national toll-free number will help eliminate the feeling of frustration and confusion that Veterans and their families have expressed when navigating the 1000-plus phone numbers that currently exist.

With 1-844-MyVA311, Veterans, families, and caregivers can access information about VA services like disability, pension, healthcare eligibility, enrollment, and burial benefits, in addition to a self-service locator to find the nearest VA facility. And if they're looking for immediate assistance with housing or are having a mental health crisis, MyVA311 will route callers to the Homeless Veteran help line and the Veterans Crisis Line.

If you know what number you're calling - keep calling it. None of the existing VA numbers will go away. The future vision is that 1-844-MyVA311 will become a 24/7 one-stop information service platform for all VA services.

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## From the Office:

- Recently we have had a lot of inquiries about how to fix errors on an individual's discharger. There is no simple answer, but the form for most corrections is a SF293 form. It is self-explanatory for filling it out, but we are here to help if you need it.
- We have also received several calls in concern, over changes to the VA because of the election. We have not heard of any changes nor do we expect there be any changes in the near future.
- The Price County website (<http://www.co.price.wi.us>) under department tab / veteran services you will find there has been many updated to include a power point of all cemetery lists. This list will be updated every April and October.

## Up and coming:

| American Legion | Time and Place of Meeting                                       |
|-----------------|---|
| Post 122        | 600 PM 3 <sup>rd</sup> Tuesday/ Phillips Court House Board Room |
| Post 182        | 700 PM 2 <sup>nd</sup> Monday/Legion Hall Park Falls            |
| Post 452        | 700PM 2 <sup>nd</sup> Thursday/ Town Hall Ogema                 |
| Post 362        | 600PM 1 <sup>st</sup> Wednesday/ Fire Station Catawba           |
| Post 532        | 600PM 2 <sup>nd</sup> Wednesday/ Fire Station Fifield           |
| AMVETS          |   |
| Post 50         | 630PM 1 <sup>st</sup> Tuesday/Phillips Court House Board Room   |
| VFW             |   |
| Post 5778       | 100PM Monday/ VFW Hall Phillips                                 |
| Post 8491       | 730PM Last Sunday/ VFW Prentice                                 |

- January 31, 2017 Friendship Restaurant Rhinelander is doing a fund raiser for the Veteran Community, 50 % of the days sales will be donated to a Veterans group.
- Fifield American Legion Annual Super Bowl Breakfast Sunday February 5, 2017 Kounty Kafe, Fifield (All you can eat Adults \$9.00, Children under 5 Free)
- Memorial Day, cemetery flag order is going to be submitted at the end of February. Commanders, need to get your numbers to Tony by February 15<sup>th</sup> to ensure we get the right amount ordered.

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## What every veteran should know.

The National Personnel Records Center (NPRC) and the National Archives have a website designed to help veterans and next-of-kin access military records more easily. The website address is <http://www.archives.gov/veterans/>. At this website, you can request veteran's records, including DD Form214 and SF-180.

### Healthy Tips:

February is American Heart Month. It provides a wonderful opportunity for us to focus on the organ that beats around 3 billion times, nonstop, in the average human lifetime. Your heart keeps you alive. It sends life-giving oxygen, nutrients, and natural medicine through your bloodstream to all parts of your body. That's what your heart does for you. What have you done for your heart lately?

Why not take this month to pay attention to your heart's health? Here are six ways to do it.

### Exercise to support, not strain, your heart.

We often believe that exercising more and faster is better. Not so. New [research](#) has found that lower-intensity exercise (staying just below your target heart rate) is healthier than exercise that's high stress and high intensity. The research found that athletes who overdo it can develop scarring of the heart over time.

### Take time to relax and rejuvenate in nature.

Stress is bad for the heart. At least once a day, if you can, go outdoors and connect with nature. Breathe in fresh air and feel the sun on your skin. Doing anything outside, whether it's taking a hike or sitting in the park, significantly reduces stress hormones and lowers blood pressure, which benefits your heart.

### Connect with friends and family.

How is being in community with loved ones good for the heart? Connecting with others helps you keep a positive attitude even in the middle of stressful life challenges. The heart is the seat of your emotions; it's where love, bonding, connection, and intimacy originate. By spending time with others, you have the opportunity to give and receive love, and that's good for the heart too!

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## **Eat more heart-healthy foods.**

There are certain foods that are heart protective because they contain omega 3 and other healthy fats, critical vitamins and minerals, and fiber and phytonutrients that help keep heart tissues healthy. Here's a partial list of foods you should eat more of: salmon, ground flaxseed, oatmeal, black or pinto beans, raw almonds and walnuts, and brown rice. Among the many heart-healthy fresh fruits and vegetables, these are especially beneficial: orange vegetables, spinach, broccoli, tomatoes, asparagus, orange fruits, and blueberries.

## **Get 6-8 hours of sleep at night.**

A recent study found that getting too little or too much sleep is bad for the heart, increasing one's risk for heart disease. (Read study [here](#).) However, there's another good reason to work on getting the right amount of sleep. Sleep washes away any negatives from the day before and helps you feel charged up and ready to go for the next day. It's really true that troubles always seem easier to deal with after a good night's sleep.

## **Laugh, smile, and play.**

To our sometimes cynical modern ears, it may seem silly to just laugh your problems away. But scientists have found ample evidence for the health benefits of lightheartedness and optimism for healing and fighting off illness. Seeking happiness-producing activities is a good way to relieve stress, enjoy others' company, and feel better. Give it a try this month. It will do your heart good.

## **Just for Fun:**

A police officer pulls over a driver after watching his car travel recklessly down the road. "Do you realize that you just ran two traffic lights and three stop signs?" the officer asked. The driver shakes his head "no" and reach over and whacks his dog. Confused, the officer asks "Why did you hit your dog?" The driver says "My seeing eye dog must have fallen asleep."

**Quote:** "The soldier is the Army. No army is better than its soldiers. The Soldier is also a citizen. In fact, the highest obligation and privilege of citizenship is that of bearing arms for one's country"  
– George S. Patton Jr.

This Newsletter is brought to you by Price County Veterans Service Office. It is our intent to provide this every or every other month.

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