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## NEW VFW MEMBER BENEFIT HELPS MILITARY FAMILIES PREPARE FOR COLLEGE.

by Veterans of Foreign Wars on Tuesday, January 4, 2011 at 10:26am

### Prepping Military Teens for College Exams

Tremendous challenges face America's military families, especially when frequent relocations are involved. Military families move approximately every two years and military children will attend six to nine different schools between kindergarten and high school graduation.

Students face the stress of making new friends and leaving others behind. They must become acquainted with new

schools at awkward times, and the stress can affect their school performance. It is especially difficult for high school students preparing for college.

The SAT/ACT exams are one of the most important tests in a child's life. Above average scores can result in thousands of dollars in scholarships and acceptance to preferred universities. The best way to improve score results on the SAT or ACT—and thus increase a student's odds of receiving scholarships and getting into the school of their choice—is to practice. By practicing students become

*(See College on page 2)*

## UPDATED PLAN FOR SSN REMOVAL FROM DOD ID CARDS

December 27, 2010

In order to limit any potential adverse impacts to DoD missions or to personnel and their beneficiaries, DoD has updated Phase Two of the Social Security Number (SSN) removal plan. DoD will continue to remove SSNs from DoD ID cards in three phases, all of which will be implemented as part of the normal

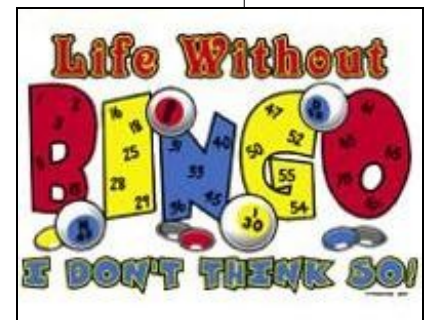
ID card lifecycle process:

\*Phase One will remove the visible printed dependent SSN from dependent Identification and Privilege Cards (DD Forms 1173 and 1173-1) and replace it with HXXX\_XX\_XXXX." This phase is estimated to be completed by the end of 2012.

*(See ID Cards page 4)*

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Come join us for Bingo at the post every Thursday @ 7pm

**Next Membership Meeting  
Is February 8 @ 7 p.m.  
Hope to see you there**

## PANEL TO RECOMMEND ALLOWING WOMEN IN COMBAT

January 14, 2011

by Leo Shane III, [Stars and Stripes](#)

WASHINGTON – A military advisory panel appears poised to recommend allowing female troops to serve in combat units without any restrictions, calling the current prohibition an out-of-date idea that unnecessarily discriminates against women.

If approved by military officials, the move could open front-line posts to military women for the first time. Until now, either U.S. law or Pentagon policy has prohibited female troops from serving in any unit whose primary mission is direct ground combat, although they may serve in combat support roles.

The Military Leadership Diversity Commission, established by Congress two years ago, issued the recommendation as part of a draft report on diversity in the services. The final report is due to lawmakers this spring, and commission members are meeting this week in Virginia to debate final changes.

In the draft, commission members call for a phased approach to open additional career fields with ground combat units to qualified women, saying the current policy limits the ability of commanders to pick the most capable person for their missions.

“To date, there has been little evidence that the integration of women into previously closed units

or occupations has had a negative impact on important mission-related performance factors, like unit cohesion,” the draft states.

“Furthermore, a study by the Defense Department Advisory Committee on Women in the Services actually found that a majority of focus group participants felt that women serving in combat in Iraq and Afghanistan have had a positive impact on mission accomplishment.”

The draft report notes that the restriction on combat posts prohibits women from serving in about 10 percent of Army and Marine Corps occupations, a “structural barrier” that could hurt their chances of promotion or advancement.

Proponents of women in combat roles have argued that the distinction is obsolete in the new combat environments of Iraq and Afghanistan, where support units have routinely found themselves involved in roadside bomb attacks and insurgent ambushes.

Since 2001, 114 female U.S. service members have been killed in fighting in Iraq and 23 have been killed in fighting in Afghanistan.

But Elaine Donnelly, president of the conservative Center for Military Readiness, said the commission’s recommendation confuses troops in harm’s way with those assigned to front-line, offensive combat missions. Performing heroically in an ambush is not the same as grueling

front-line combat. “Physical differences between men and women do matter,” she said. “If the purpose of the change is to help with career advancement and diversity, it’s fine. But if the purpose is to help better defend the country, then it’s divorced from reality.”

Donnelly said barring women from some military jobs does not diminish their contributions, but instead recognizes that only a small percentage of female troops can meet the strength and endurance requirements mandated in “brutal and uncivilized” front-line fighting.

But Genevieve Chase, founder of American Women Veterans, said the restrictions are largely an issue of semantics now. Commanders have gotten around the rules by “attaching” female troops to combat units when needed, allowing them to work in combat roles without having them assigned to combat units. “But that becomes a records issue, what counts for promotion and experience,” she said. “We’re asking for women to be recognized and acknowledged for that work.”

Chase, an Army reservist who served in Afghanistan, said standards for female combat troops need to be the same as those for men, but also noted that brute strength is not the only qualification. Language skills, leadership experience and other combat-related specialties can be just as

*(Continued next page)*

*(College from page 1)*

acquainted with the format, the timing and the subject-matter on the tests.

But families do not need to spend a fortune preparing their students for SAT and ACT exams. Many pro-

grams allow self-paced practice that fits the military student’s needs and lifestyle.

There are excellent SAT/ACT test prep programs on the market; many contain hours of video instruction, animation, graphics, thousands of sample questions and prac-

tice tests.

Students can select the training they need and study at their own pace.

For more information please call the Member Benefits Department at 1-800-821-2606, option 3.

*(Continued previous page)*

vital to mission success.

The commission, which includes 24 senior retired and active-duty service members, recommended that women already in combat-related roles should be open for assignment to combat units immediately, and the services should look for ways in coming months to open

additional combat posts to women.

The report also notes that the recommendation was not unanimous, with several members opposed to opening the front-line posts to women.

Earlier this month, Army Chief of Staff Gen. George Casey said he expected the commission's report, along with other ongoing military

reviews, would reopen the debate into women's roles in the military.

Removing the combat restrictions would not require approval from Congress, but defense officials are required to notify lawmakers of any such change at least 30 days before it is put in place.

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## VA HEALTH BENEFITS:

### ALL VETERANS ARE POTENTIALLY ELIGIBLE

You may be eligible! Below are some of the basic factors that go into determining your eligibility for health benefits, Are you:

- an active military service member and discharged under other than dishonorable conditions?
- a Reservists or National Guard member called to active duty by a Federal Executive Order?
- a returning service member, Reservist or National Guard member who served on active duty in a theater of combat operations?

You do not have to serve in combat.

Your medical issue does not have to be service connected.

You do not have to be a retired member.

To determine your eligibility you will need to go to <http://www.va.gov/healtheligibility/>. If you don't have access to a computer or a high speed internet connection, come by the post any Thursday or Friday evening for FREE access and assistance.

You can also call the VA at 1-877-222-8387 or 1-800-827-1000

## POST ELECTIONS

The new fiscal year for the VFW is coming up fast and we need to start getting our nominations in for Post Officers. We have many new members that are welcome to start getting involved in the post and this is a good time to step forward. Being a post officer is not difficult. Except for the Quartermaster which requires some financial and computer skills, the positions require less than 1 or 2 hours of your time each month.

The preferred method of moving new members into positions is to start with the most junior positions and move "up the chairs" each year. That way you learn the responsibilities while in the position.

If you would be interested in becoming a post officer, contact Quartermaster Koch at 804-690-7348.



## Post Officers



**Commander .....Paul Pitts (pro tem)**

**Chaplain.....Peter Swain**

**Quartermaster .....Jim Koch**

**Judge Advocate .....Garrison Boyle**

**Senior Vice .....J. P. McGuire (pro tem)**

**Junior Vice .....Moody Pitts**

**Trustees .....George Bauserman, Ryan Ransome, J.D. Crabtree**

# EDITORIAL

As we age, we start to consider just how mortal we are. We look back on our experiences and often wonder "How in the hell did I ever survive that?" Then we think about our loved ones and how much they would have missed you being around and how so many others never made it back and how their loved ones must feel now.

With all of this coverage in the news about PTSD and how it is affecting our returning troops, many Korean and Vietnam vets are listening and reading about the symptoms and saying, "Hey, I've got that." or, "That's been bothering me for years."

All of a sudden those memories, repressed for such a long time, come

rushing to the surface, along with guilt. Guilt because you made it back and so many others didn't.

Guilt because maybe you did some things you are not proud of, yet everyone thinks you are a hero.

Guilt because you want to tell someone just how @#\*\$%#\$ terrible things were but you don't want to frighten or scare them now, when it is all over.

Guilt because you don't want to admit just how scared you really were.

You were following orders. You were doing your job.

On the next page you will find sources of help. Since we started publishing this

information in the newsletter some of our post's Korean and Vietnam veterans have started attending the Combat Support Groups sponsored by the Wounded Warriors Program and have told me it has been a great help. They didn't know the nightmares and sleeplessness was caused by the trauma they suffered while "in country" fighting the enemy.

The Wounded Warrior Support Groups and medical facilities of the VA are there for you to use. Don't be afraid or ashamed to use them. It is a benefit you earned the hard way.

Jim Koch (OSCM USN Ret.)

Quartermaster

## Etc.



Comrade Doug Fortune points out a bullet entry point on his truck.

**News from the front:** You may remember our former Commander, Doug Fortune is now a contractor and working in Iraq. Well it seems Iraq is still as dangerous as some parts of Richmond. Keep ducking Doug.

**Internet access:** just a reminder that we have FREE high speed WiFi at the post as well as a couple of computers for you to use. Come by any Thursday or Friday evening after 5 pm or call Quartermaster Koch to arrange a time more convenient.

**Military Parade:** It seems we are going to have a good old-fashion military parade in Bowling Green. Mark your calendar for Saturday May 7 to come watch, or participate in the military parade down Main Street, Bowling Green. The details are still being worked out so watch this newsletter for more.

(ID Cards from page 1)

\*Phase Two (updated) will incorporate a 10 digit DoD ID number that will be printed on all DoD ID cards in lieu of the SSN. All individuals who are eligible to receive DoD benefits such as commissary, ex-

change, or TruCARE purchased care will also receive a DoD Benefits Number. This updated phase should be ready to be implemented no later than the end of May 2011. The updated approach to Phase Two provides a clear transition plan way from the unnecessary use of

the SSN within DoD with the least impact to operations.

\*Phase Three will remove SSNs from barcodes on all DoD ID cards and is scheduled to begin by calendar year 2012.

For more information call 1-800-372-7437

### We Want Your E-Mail Address!

It costs the post almost \$800 a year to mail these newsletters to our members. If we had your e-mail address we could do it for free!

Send an e-mail to vfwpost10295@verizon.net and help us cut down the cost of producing this newsletter.

Thanks for your support.

## G & G ACE Hardware

HARDWARE • LAWN & GARDEN  
BUILDING SUPPLIES • PET SUPPLIES  
SMALL ENGINE PARTS & REPAIR

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Milford, VA 22514  
804-633-6690  
FAX 804-633-6234

Dealer of **STIHL**  
& SOUTHERN STATES  
products

# COMBAT SUPPORT GROUPS

Combat Support Groups are sponsored by the Virginia Wounded Warrior Program and are open to anyone who has experienced combat:

- OIF
- OEF
- Vietnam
- Desert Storm
- Reserve
- National Guard
- Military Contractors

There are no discharge status restrictions

**The Combat Support Groups meet every Tuesday at 1800 at the Fredericksburg Baptist Church, Room PA-113, 1019 Princess Anne Street, Fredericksburg, VA (Use the Princess Anne Entrance)**

For more information please contact: one of these Peer Specialists:

Claud 540-842-2481

Kevin 540-273-4733

Or visit [www.nwvawoundedwarrior.org](http://www.nwvawoundedwarrior.org)

Or call the Wounded Warrior Program at 540-373-3223 x 3085

## VETERANS BENEFITS SERVICE FIELD OFFICE

Benefits Services assists veterans of the armed forces and their dependents in accessing federal and state veterans benefits. DVS operates 21 benefits services offices throughout the Commonwealth where veterans and their dependents receive free assistance in developing and filing claims for federal veterans benefits. This section also certifies eligibility for the Virginia Military Survivors and Dependents Education Program.

The Quantico office serves the counties of Caroline, Culpeper, King George, Prince William, Spotsylvania, Stafford, and Westmoreland; the cities of Falls Church and Fredericksburg.

Address:	Telephone: (703) 630-2811	Veterans Service Representative: Jason Williams
Quantico Marine Corps Base	1-800-925-0640	
Education Center	FAX: (703) 630-2872	<a href="mailto:Jason.williams@dvs.virginia.gov">Jason.williams@dvs.virginia.gov</a>
3089 Roan Street		
Quantico, VA 22134		

Service Schedule		
Town	Schedule	Location
Dahlgren	1st and 3rd Thursday, 8:30 a.m. – 3:00 p.m.	Fleet and Family Support Center 4271 Potomac Drive
Culpeper	4th Tuesday, 8:30 a.m. – 3:00 p.m.	Virginia Employment Commission 529 Meadowbrook Shopping Center
Fredericksburg	1st and 3rd Monday, 8:00 a.m. – 3:30 p.m.	VA Clinic 1960 Jefferson Davis Hwy, Suite 100
Warsaw	By appointment as needed.	VEC 14243 History Lane Road

