



*New Beginnings*

April 1<sup>st</sup> is usually known as “all fools day” – do you know the history of this day?

On this day in 1700, English pranksters begin popularizing the annual tradition of April Fools’ Day by playing practical jokes on each other.

April Fools’ Day was also linked to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

April Fools’ Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with “hunting the gowk,” in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people’s derrieres, such as pinning fake tails or “kick me” signs on them.

This year, Easter happens to fall on April Fools' day – but Easter is also a day of “new beginnings” for our Post as well. We are making improvements to Post 445 to welcome new veterans and families and show them some of that famous “VFW/Southern Hospitality”.

Post 445 welcomes your involvement and suggestions for improvements. We have elections this month in both the Post and Auxiliary. If you haven't already done so, toss your hat in and join your fellow Vets, Auxiliary members, and Supporters in helping our Veterans and families toward “new beginnings” for 2018.

#### COMMANDERS COMMENT;



#### Comrades and Auxiliary

We are approaching the end of our fiscal year which means our annual elections will be held at the upcoming Membership meeting April 12, 2018. We have over the recent past, sought candidates for the various offices with limited success and this Post will cease to exist in the future if we cannot elect a slate of officers to represent the Post at both Department and National levels.

We need YOUR participation in our elections and meetings. We need 20 new or renewal Members to reach 100%, can you help?

Effective April 1, 2018 Post 445 will be a smoke free facility and as such smoking is prohibited in the Canteen, Office & Meeting room, Kitchen and Bathrooms. We are in the process of making improvements to our Pavilion in the hope of providing a comfortable area for those who wish to smoke. In addition to improvements on the Pavilion, Gerry, Building and Grounds Committee Chair, has let the contract for the renovation of the men's room and work is ongoing.

We have partnered with “The United States of America Vietnam War Commemoration” to honor Vietnam Veterans, and have agreed to hold two events each year through 2020 honoring those who have served. In support of this partnership we have received various materials for our events, honoring these Veterans, along with a welcome letter which in part states “As our newest Commemorative Partner you join a team of more than 9,000 organizations dedicated to assisting the Nation in thanking and honoring our 7.2 million living

Vietnam veterans and the 9 million families of those who served.” Please see the attached flyer with the information on the first of these events.

God Bless America and the VFW

Jim

### POST 445 - APRIL EVENTS

Breakfast every Sunday from 9:00-11:30

Pool Tournament every Monday @ 7:00. \$10 entry fee - Prizes awarded!

Wings & Things every Wednesday from 5:30 - 7:30

Shuffleboard Tournament every Friday @ 7:00. \$5 entry fee Winner takes all!

Building & Grounds 4/3 @ 6:30 p.m.

House Committee 4/3 @ 7:00 p.m.

General Membership Meeting 4/10 @ 7:00 p.m.

Auxiliary Meeting 4/19 @ 7:00 p.m.



4/6 - *Chicken Alfredo Pasta - Music by Scotty*

4/13 - *Pork Chop Dinner - Music by Ocean Drive*

4/20 - *Auxiliary Baked Potato Blast*

4/27 - TBA

### APRIL 14 @ 2:00 P.M. - ON THE PAVILION

VIET NAM VETERANS COMMEMORATIVE EVENT and BBQ - (flyer attached)

APRIL 21 @ 1:00 P.M. - ABATE "SPRING FLING" - Food and Games

MUSIC BY HOLLOW POINT

If you haven't been to see our Charleston Fisher House - you should go. It is stunning! The Kitchen is incredible....Wonderful, warm and free for our hospitalized Veterans' families.

## FROM THE VA:

### Veterans Victory House Openings

Veterans' Victory House Nursing Home, Walterboro SC is currently accepting applications for South Carolina Veterans needing long term care.

If you or someone you know has interest, please contact:

Crystal Herrington at [843-538-3000 ext 102](tel:843-538-3000) or email [cherrington@hmrvti.com](mailto:cherrington@hmrvti.com)

To simply request an application by mail call [843-538-3000 ext 110](tel:843-538-3000).

## Join fellow Veterans to Learn about topics related to Your VA & Mental Health

Every Month on the 4<sup>th</sup> Monday 3:00–4:00 PM, (upcoming April 23)

Ralph H Johnson VA Hospital  
Mental Health Research Building, Room 113  
(Behind the hospital near the West Entrance)

For more information contact: Lester Pittman [\(843\) 452-1241](tel:843-452-1241)  
[lesterpittman@me.com](mailto:lesterpittman@me.com)

## Resilient Warrior Book Study

There is a “Resilient Warrior” book study **every Sunday**. It is appropriate for both Veterans and civilians, because everyone goes through some sort of trauma in their life. Please invite anyone that you feel would benefit from this study and be sure and come for breakfast at 9:00a. Hope to see you there!

## Veterans Fellowship Network

A monthly dinner followed by a guest speaker on a variety of topics that effect Veterans and their families and ways Veterans can access benefits available to them in the Lowcountry. All Veterans are welcome!

Contact: Byron Lee [\(843\) 217-9248](tel:843-217-9248)  
SAINT JUDE'S CHURCH 9:00 am  
[907 WICHMAN ST. WALTERBORO](http://www.saintjudechurch.com)

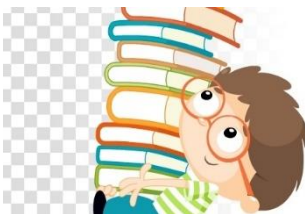
## PGA HOPE

Recruiting for the Spring 2018 series of [PGA HOPE](#) Charleston program is underway. The popular Golf Therapy Program which stands for Helping

Our Patriots Everywhere is a [partnership](#) between the VA and the PGA of America. The program has proven to be an excellent way for veterans and active duty personnel with injuries, illnesses, or challenges to improve the quality of their lives and reintegrate back into society. Veterans with no previous golf experience are welcome and, in many cases, have been those that have benefited the most from the program.

The PGA HOPE program is at the [frontlines in the battle against PTSD](#). The Charleston chapter has been honored by the PGA REACH Foundation as their model program and was [featured by CBS Sports](#) during last year's PGA Championship.

Please help us continue to spread the word among the veteran population that PGA HOPE Charleston is available to provide them with a hand up. As the program continues to expand we would also like the assistance of additional PGA Professionals, First Tee Instructors, peer mentors, therapists (occupational, physical, and recreational), volunteers, and additional sponsors are always appreciated to assist with the program. For more information, or register for the program, contact Rich O'Brien [843-826-0837](tel:843-826-0837) or email [richobriengolf@gmail.com](mailto:richobriengolf@gmail.com)



### Education and Career Counseling

VA's Education and Career Counseling program is a great opportunity for Servicemembers, Veterans and dependents to get personalized counseling and support to help guide their career paths, ensure most effective use of their VA benefits, and achieve their goals.

#### Eligibility:

- Transitioning Servicemembers within six months prior to discharge from active duty
- Veterans within one year following discharge from active duty
- Any Servicemember/Veteran currently eligible for a VA education benefit
- All current VA education beneficiaries

**Services Include Assisting the Servicemember/Veteran with:**

- Career Choice – understand the best career options for you based on your interests and capabilities
- Benefits Coaching – guidance on the effective use of your VA benefits and/or other resources to achieve your education and career goals
- Personalized Support – Academic or adjustment counseling and personalized support to help you remove any barriers to your success

It's simple to apply. Just follow these steps:

- Log in to your eBenefits account at <https://www.ebenefits.va.gov>
- Select "Apply"
- Select "Vocational Rehabilitation and Employment Benefits"
- Apply for "Educational and Career Counseling"
- If it is determined that you are eligible, you will be invited to attend an orientation session at the nearest [VA Regional Office](#)

If you do not have access to eBenefits you may:

- Open and Print [VA Form 28-8832](#)
- Complete and mail the form to your nearest [VA Regional Office](#) – Attention: Vocational Rehabilitation and Employment
- If it is determined that you are eligible, you will be invited to attend an orientation session at the nearest [VA Regional Office](#)



Thanks to Ron Jones, Post 3433 Service Officer:

Here are the most basic directions (for the tech-challenged) about how to get one of the great apps listed below.

- Go to the App Store on your phone – press the App Store icon on your screen.
- When you get to a screen showing “Apps” look for the Search icon (usually a magnifying glass) on the lower right portion on the screen. Touch it.
- When the “Search” screen comes up, type in “VA”.
- When you get to the VA site scroll down and you will find the free apps listed below.

- Touch “GET” next to the title of your choice. When your app shows up touch “Install” and it will be installed on your phone.

**PTSD Coach** – This app connects users to tools for managing post-traumatic stress symptoms. It supports Service members and Veterans with self-assessments, symptom-tracking capabilities, educational materials and stress coping skills.

**MOVE! Coach** – This app is a 19-week weight loss program for Veterans, Service members, their families, and others who want to lose weight. The app helps participants track and receive feedback on their progress with weight, diet and exercise goals. **Moving Forward** – This app allows users to access on-the-go tools and learn problem solving skills to overcome obstacles and deal with stress. While this app was designed for Veterans and Service members, it can be used by anyone.

**Stay Quit Coach** – This app provides information about smoking cessation, along with motivational messages, interactive tools and support contacts to help users stay smoke-free and cope with urges to smoke.

**Mindfulness Coach** – This app leads the user through steps to learn how to practice mindfulness. Mindfulness means grounding yourself in the present moment. It has been shown to be helpful for reducing stress and helping people cope with unpleasant thoughts and emotions



Are you doing your share?

Do you come to the Post – but not to a meeting?

Does it bother you when you see a Homeless Vet?

Have you thought about volunteering – just never quite got to it?

**WE REALLY COULD USE YOUR HELP – JUST A COUPLE OF HOURS A MONTH.....**



Fewer hands mean fewer people get help

The secret to survival of any volunteer organization is the influx of new blood, new ideas, and helping hands. Both your Post and Auxiliary have been doing a great job – but without your helping hands, your involvement, YOU – we will be on life support soon. It is that plain. We have fun at the meetings, planning the dinners, and the fund–raisers we would like to have during the year. With a small amount of time per person, we can get a lot done. C’mon down to a meeting, see what we do – or just volunteer to help out at one of the dinners – cooking, cleaning up, helping us update the Post. If you enjoy talking with young people, volunteer to give a presentation at one of the schools about our Flag and what it stands for. Or if kids aren’t your thing – visit the 4<sup>th</sup> floor at the VA. Our VETS located on that floor love to have visitors come and talk about anything.