



LEXINGTON COUNTY VETERANS NEWS

"Serving those who served and sacrificed for America"

March/April 2013

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From the Director...

Volunteers: Our office provides a van to transport Veterans to their VA Medical Center appointments on Monday, Wednesday and Thursday of each

week. The van is driven by volunteer drivers and this service could not be provided without their help. The drivers pick up and drop off the Veterans at their home and this service is made available to Veterans who have no other transportation means and they must be able to get on and off the van on their own. Presently, we are in need of volunteers in order to continue this valuable service. If you or someone you know can drive one day per week or one day per month, please contact our office at 785-8400 and any of us will be glad to speak with you about this. We would like to offer this service more days per week and could if we had more drivers. Thank you in advance for considering.

House Bill 3382: Rep. Todd Atwater has introduced a bill that I think is very important and I have long advocated for schools to be closed on Veterans Day and Memorial Day. Presently, only one school district in Lexington County is closed both days and that is the one I graduated from, District 2. Many school districts along the coast are closed both days and always honor our Veterans and Armed Forces with superb ceremonies and displays. It is too much to ask for all schools to be closed to honor these two very important days? I hope you will contact your state leaders and ask them to support this bill and if you have relatives or friends in other counties, I hope you will contact them and encourage them to contact their state leaders. Our Veterans deserve no less!

Outreach: I perform outreach to Veterans and survivors in the four corners of the county each month and enjoy the time to get out in the public. I also perform a number of speaking engagements and VA benefits presentations throughout the county. If you or your organization would like a briefing, please contact our office. We try to put most of these dates on our newsletter calendar and if you would like to attend one, please do so. I would love to meet our readers and other interested persons at these events.

It is an honor to serve Lexington County!

A Note from the Editor...

The Veterans News will now be a bi-monthly issue.

We are now emailing copies of the newsletter. Please contact the office to be added to the newsletter email list.

AT-A-GLANCE
CALENDAR
March/April

.....

Friday, March 1st	Chapin Outreach
Thursday, March 7th	Gaston Outreach
Friday, March 8th	Batesburg/Leesville Outreach
Sunday, March 10th	Daylight Savings Time Begins
Thursday, March 14th	Cayce/W. Columbia Outreach VA presentation @ Oakleaf Village in Lexington
Sunday, March 17th	St. Patrick's Day
Wednesday, March 20th	Spring Begins
Friday, March 29th	Good Friday
Sunday, March 31st	Easter Sunday
Monday, April 1st	April Fools Day
Monday, April 8th	Holocaust Remembrance Day
Thursday, April 11th	Cayce/W. Columbia Outreach
Friday, April 12th	Batesburg/Leesville Outreach
Tuesday April 16th - Friday, April 19th	SCACVAO Conference in Myrtle Beach
Monday, April 22nd	Earth Day
Wednesday April 24th	Veterans Rally @ State House
Wednesday, April 24th	Administrative Professionals Day

NOTE: There will be no outreach in Gaston and Chapin in April.

- Purple—Holidays/Special Days
- Blue—Outreach dates
- Red—County Offices Closed/No van scheduled
- Black—Director's appearances in the County
- Pink—Special Events throughout the County
- Orange—Special event—Director Out of Office
- Dark Green—Special Notices



Lexington, SC.

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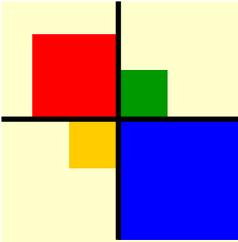
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**TOLL-FREE
 TELEPHONE NUMBERS**

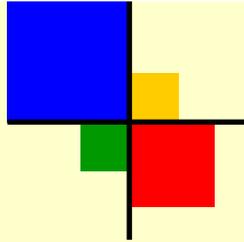
Lexington Main Office: 785-8400
 From Batesburg/Leesville: 332-8400
 From Chapin: 941-0231

★ ***New Office Policy*** ★

**Please call the office
 to schedule an appointment for
 outreach in all four areas.
 Walk-ins will be seen after
 appointments, if time permits.**



State of SC Benefits for Veterans



VETERANS REEMPLOYMENT RIGHTS

The Federal Uniformed Services Employment and Reemployment Rights Act (USERRA), enacted in October 1994, provides reemployment protection and other benefits for Veterans and employees who perform military service. It clarifies the rights and responsibilities of National Guard and Reserve members, as well as their civilian employers. USERRA was significantly updated in 1996 and 1998 and applies almost universally to all employers, regardless of the size of their business. Contact the US Department of Labor at 866-487-2365, or the US Department of Defense Employer Support of the Guard and Reserves (ESGR) at 800-336-4590, or visit them on the web at: www.esgr.org.

CREDIT OF STATE RETIREMENT FOR MILITARY SERVICE

An employee of the State with two (2) or more years of credited service with the South Carolina Retirement System may also purchase additional credit, up to six years, for military service towards his/her State retirement. Contact State Retirement Systems at 1-800-868-9002 / 803-737-6800 for a cost analysis.

ADMISSIONS TAX EXEMPTION

Provides for the exemption of admissions taxes to athletic contests in which junior American Legion athletic teams are participants unless the proceeds are given to individual players in the form of salary or otherwise. For more information, call (803) 612-1171.

INCOME TAX EXEMPTION ON RETIREMENT PAY

Any person retired from the uniformed services or their surviving spouse, shall be allowed an exemption from the S.C. State Income Tax of \$3,000 until age 65. At age 65 \$10,000 of retirement pay is exempt. For more information, call (803) 898-5709.

PROPERTY TAXES - HOMESTEAD EXEMPTION

All persons who have been declared permanently and totally disabled by the Social Security Administration, U.S. Department of Veterans Affairs, other state or federal agencies, are eligible for a homestead exemption in an amount set by the General Assembly. This also applies to persons over age 65. For more information, contact your county and municipal tax offices.

FREE HUNTING AND FISHING LICENSES

Provides for free hunting/fishing license to Veterans who are totally disabled. License must be applied for directly from SC Department of Natural Resources showing proof of disability. For more information, call SCDNR at (803) 734-3838, or visit them on the web at www.dnr.sc.gov.

STATE PARKS BENEFIT FOR TOTALLY DISABLED PERSONS

Provides that any South Carolina resident who is a permanently and totally disabled Veteran may enter any state park at a reduced rate upon presentation of supporting disability documentation. The Veteran may also apply for a reduced fee "Palmetto Passport." Certain services may require an additional fee. For more information, call South Carolina Department of Parks, Recreation and Tourism at (803) 734-0156, or visit them on the web at www.southcarolinaparks.com.

SPECIAL LICENSE PLATES

Upon establishing proof of eligibility to entitlement, the S.C. Department of Public Safety, (803) 737-4000, may issue special motor vehicle license plates to the following:

- National Guard
- National Guard Retirees
- Purple Heart Recipients
- Disabled Veterans
- U.S. Armed Forces Retirees
- Ex-Prisoners of War
- Medal of Honor Recipients
- Pearl Harbor Survivors
- Normandy Invasion Survivors
- Marine Corps League

Contact the DMV to inquire about more specialty plates

* Certain registration fees may apply.

For more information, visit the Department of Motor Vehicles on the web at www.scdmvonline.com/DMVNew/PlateGallery.aspx?q=Military, or call (803) 896-5000.

Continued on page 4

State of SC Benefits for Veterans Continued from page 3

PROPERTY TAX EXEMPTION

Provides that the dwelling house in which a Veteran resides who has been rated as one hundred percent permanently and totally disabled from a service-connected disability by the U.S. Department of Veterans Affairs, an Ex-POW, or a Medal of Honor recipient may be tax exempt. The tax exemption applies to the surviving spouse and may be transferred when purchasing another dwelling. For more information, contact your county and municipal tax offices. The Department of Revenue can be found on the web at www.sctax.org, or call (803) 898-5482.

SPECIALLY ADAPTED HOUSING

Provides for the exemption of state, county, and municipal taxes on the residence of Veterans who have lost the use of their lower extremities or who have paralysis of one lateral half of the body resulting from injury to the motor centers of the brain. For more information, contact your county and municipal tax offices. The Department of Revenue can be found on the web at www.sctax.org, or call (803) 898-5482.

TAX EXEMPTION FOR COMPENSATION, PENSION, DISABILITY, RETIREMENT PAY, AND VA PAYMENTS

Provides that federal tax exempt moneys received from pension or compensation provided by the U.S. Department of Veterans Affairs, or disability pay from the Armed Forces will not be included in SC tax. For more information, call 1-800-827-1000.

PRESENTATION OF THE STATE FLAG TO FAMILIES OF DECEASED MEMBERS OF THE SOUTH CAROLINA NATIONAL GUARD

Provides that the State Adjutant General's Office shall present to the family of each deceased member of the South Carolina National Guard a flag of the State of South Carolina, appropriate for use as a burial flag, upon application of a member of the family of the deceased. For more information, call (803) 734-0200.

RECORDING OF DISCHARGES

A certified copy of the recorded discharge may be obtained upon request. Any person desiring a certified copy of any discharge or certificate of lost discharge, may apply to the County Clerk of Court or the County Veterans Affairs Officer in which the discharge or certificate of lost discharge is registered and shall be furnished a certified copy. Fees for furnishing a certified copy of discharge or DD Form 214 may be established by each County, but may not exceed fifty cents.

PARKING FEE EXEMPTION

Provides for an exemption of municipal parking meter fees when a Veteran's vehicle bears a disabled veteran ("V" tag), Purple Heart or Medal of Honor license plate. For more information, contact your county and municipal government offices.

MARRIAGE, BIRTH, DEATH AND DIVORCE VERIFICATION

Provides for the verification of marriage, birth, death, and divorce records without cost when such is required by the U.S. Department of Veterans Affairs, the S.C. Division of Veterans Affairs, the County Veterans Affairs Offices, or any out of state Veterans Affairs entities. For more information, call (803) 734-0200.

STATE VETERANS NURSING HOMES

There are three facilities in South Carolina: the E. Roy Stone Jr., Pavilion, which is located in Columbia, the Richard Michael Campbell Veterans Nursing Home in Anderson, and the Veterans Victory House in Walterboro.

- **E. Roy Stone Pavilion - Columbia, SC**(803) 737-5441 and (803) 737-5282
- **Richard M. Campbell Home - Anderson, SC**(864) 261-6734
- **Veterans Victory House - Walterboro, SC**(843) 538-3000

Additional information can be found on the web at www.state.sc.us/dmh/center_inpatient.htm.

FREE TUITION/EDUCATION ASSISTANCE (FREE TUITION FOR CERTAIN VETERAN'S CHILDREN)

Provides for free tuition to the children of certain war Veterans attending South Carolina state supported colleges and universities as well as state supported post high school technical education institutions. Certain residency requirements apply. For questions or to apply contact (803) 647-2434.

ACTIVE DUTY PAY RELEVANT TO THE S.C. DEPARTMENT OF REVENUE AND TAXATION

Non-resident armed services personnel, who are legal residents of other States, stationed within South Carolina by virtue of military orders are not subject to South Carolina income tax on their service pay. They are, however, subject to tax on any other income earned in South Carolina by spouses of service personnel. For more information, visit the Department of Revenue on the web at www.sctax.org/default.htm, or call (803) 898-5709 or (803) 898-5712.

SOUTH CAROLINA MILITARY FAMILY RELIEF FUND

The South Carolina Military Family Relief Fund (SCMFRF), signed into law in 2004 by Governor Mark Sanford, provides monetary grants to families of South Carolina National Guard members and South Carolina residents serving in the U.S. Armed Forces Reserve components who were called to active duty as a result of the September 11, 2001 terrorist attacks



*"A young man who does not have what it takes to perform military service is not likely to have what it takes to make a living."
—John F. Kennedy*

ANNUAL CLOTHING ALLOWANCE

Veterans who wear or use a qualifying prescribed prosthetic or orthopedic appliance and/or prescription medication for a service connected disability or skin condition may be eligible for an annual clothing allowance. To be eligible, the appliance must wear or tear clothing, or medication must irreparably damage the Veteran's outer-garments. Effective December 16, 2011, Veterans who wear or use more than one qualifying prescribed prosthetic or orthopedic appliance and/or prescription medication for more than one service-connected disability or skin condition may be eligible for more than one clothing allowance. To be eligible for more than one clothing allowance, the qualifying appliances must wear or tear more than one type of article of the Veteran's clothing and/or medications must irreparably damage more than one type of the Veteran's clothing or outer-garment.

Appliances such as an artificial limb, rigid brace, wheelchair, crutches or other appliance prescribed for the Veteran's service-connected disability are included. Non-rigid appliances, such as knee, ankle, or elbow sleeves are not included. Any medication prescribed for a service connected skin condition that causes permanent stains or otherwise damages the Veteran's outer garments is included. Clothing such as shirts, blouses, pants, skirts, shorts and similar garments permanently damaged by qualifying appliances and/or medications are considered in clothing allowance decisions. Shoes, hats, scarves, underwear, socks, and similar garments are not included.

The application form for the clothing allowance is VAF 10-8678 APPLICATION FOR ANNUAL CLOTHING ALLOWANCE (<http://www.va.gov/vaforms/medical/pdf/10-8678-fill%204-o8.pdf>). Clothing allowance claims should be forwarded to the VA Medical Center (VAMC) or Outpatient Clinic (OPC) of jurisdiction, for the attention of the Prosthetic and Sensory Aids Service.

To be eligible for the 2013 clothing allowance, the Veteran must be found to meet the eligibility requirements as of August 1, 2013. At the end of July 2013 computer generated letter/applications will be issued to Veterans whose records are set to require annual redetermination of clothing allowance eligibility. The 2013 clothing allowance payments for Veterans who have been authorized recurring payments and for others whose awards are input on or before the last processing cycle of August will be issued from September 1st to October 31st. If you have not received your payment by October 31st, you should contact your local prosthetic representative. Payments authorized after the last processing cycle of August will be made by out-of-system payment processing and should go out about 7 - 10 days after authorization. The 2013 clothing allowance is \$753.00. Veterans who are receiving their compensation payments by direct deposit will receive the clothing allowance payment by direct deposit. Veterans without direct deposit will receive their clothing allowance payments by check to the same address as their compensation payments. A Veteran receiving military retired pay is not required to waive any portion of his/her retired pay to receive the clothing allowance.



Happy St. Patrick's Day

Don't forget to wear green!



Happy Easter!





2013 Hiring Our Heroes Veterans Event – Columbia SC

Solomon Center

6510 Strom Thurmond Blvd.

Fort Jackson, SC 29207

Tuesday, March 5, 2013

Join us Tuesday, March 5, 2013 from 9:00 a.m. to 12:00 p.m., for a job fair for veteran job seekers, active duty military members, guard and reserve members, and military and veteran spouses, at the Solomon Center, 6510 Strom Thurmond Blvd., Fort Jackson, SC 29207.

This event will be a one-of-a-kind FREE hiring fair for both employers and job seekers.

EMPLOYERS

Must register for FREE at HOH.Greatjob.net

JOB SEEKERS

Register for FREE at HOH.Greatjob.net
to guarantee admission. Walk-ins welcome but space not guaranteed.

This hiring event is being conducted by the U.S. Chamber of Commerce, the Columbia Chamber of Commerce, Office of the Mayor, Columbia, the Department of Labor's Veterans' Employment and Training Service (DOL VETS), the South Carolina Committee of the Employer Support of the Guard and Reserve (ESGR), The American Legion, WorkSource South Carolina, SC DEW, NBC News, and other local partners.

For registration questions, please contact us at hiringourheroes@uschamber.com or call 202-463-5807.



WWW.USCHAMBER.COM/HIRINGOURHEROES

monster | Military.com

is the official online partner for Hiring Our Heroes | Find Hiring Our Heroes online:

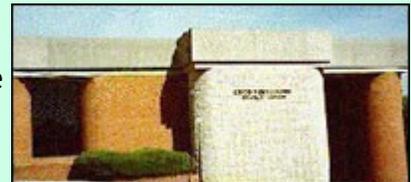


OUTREACH DATES AND TIMES

Please be aware that our outreach dates and times have changed.
The correct dates and times are listed below.



Batesburg/Leesville Outreach – 2nd Friday of the month at the Batesburg/Leesville Library from 10 a.m. to 12 noon.



Cayce/West Columbia Outreach – 2nd Thursday of the month at the Cayce/West Columbia Library from 10 a.m. to 12 noon.



Chapin Outreach – 1st Friday of the month at the Chapin Library from 9 a.m. to 11 a.m.



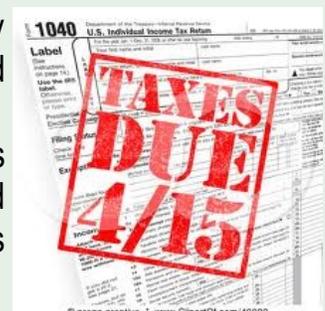
Gaston/Swansea Outreach – 1st Thursday of the month at the Gaston Library from 10 a.m. to 12 noon

With tax season here, please note that you are given the opportunity to help Veterans or active duty service personnel in need of financial assistance.

On the South Carolina income tax forms, 1040, there is a place to request that some of your refund or some additional payment go to either the SC Military Family Relief Fund or the SC Veterans' Trust Fund.

The SC Military Family Relief Fund - This fund awards grants to families of members of the SC National Guard or Reserves who are called to active duty as a result of the September 11, 2001 terrorist attacks. Grants are distributed based on need, status and service-connected injury or illness.

The SC Veterans' Trust Fund - This Trust Fund ensures that your voice is heard via supporting Veterans' programs designed to benefit veterans and their families. This Fund complements many State and Federal initiatives. It is managed by Veterans for Veterans.



**HICKORY KNOB
STATE RESORT PARK
MCCORMICK, SC**



For more information and driving directions:
<https://hickoryknobresort.com>



**WINSHAPE RETREAT
Rome, GA**

For more information and driving directions:
<http://winshape.inovio.net.com>



**Marriage Enrichment Retreats
2012-2013**

Oct. 26-28 2012	Charleston
Nov. 30-Dec. 2 2012	Blinded Vets Only
Feb. 15-18 2013	Spinal Cord Injured Vets Only
Mar. 15-17, 2013	Rome, GA
April 26-28, 2013	McCormick, SC
Aug. 16-18, 2013	Rome, GA
Sept. 6-8, 2013	McCormick, SC

*Locations subject to change
*Registration does NOT guarantee acceptance on our part. Each couple MUST first be screened by an appropriate VA provider and determined to be ready for the intense subject matter of our retreats.

Registration must be postmarked no later than 10 days prior to the retreat start date.

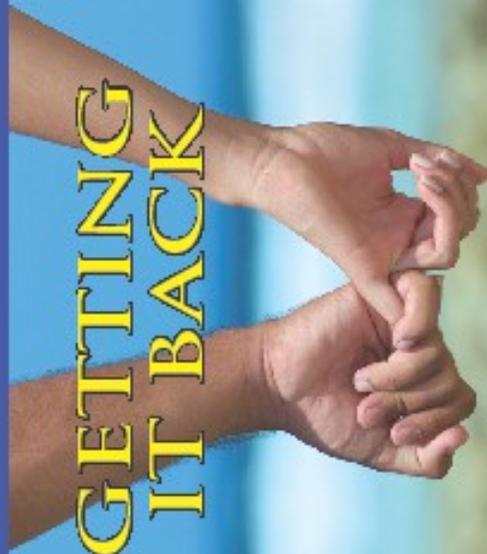
Please mail completed form to:
Charlie Norwood VA Medical Center
Chaplain Service-125U
1 Freedom Way
Augusta, Georgia 30904-6285

Phone: (706) 733-0188, ext. 6172/6118

Or Fax completed registration to (706) 481-6761

**Charlie Norwood
VA Medical Center**

**GETTING
IT BACK**



**Reclaiming Your
Relationship**

**VISN 7
Marriage Enrichment Retreats
2012-2013
Open to all Veterans,
National Guard and Reserve**



1 Freedom Way
Augusta, Georgia 30904-6285
www.augusta.va.gov

GETTING IT BACK Reclaiming Your Relationship

How many times have you heard the statement, "Marriage is work?" That is true but marriage should also be fun, enriching and collaborative, with empathy and compassion in our communication, emotional openness and physical closeness that help us bond with the one whom we have chosen to live out the rest of our lives! For some couples, they knew these things once upon a time but the challenges of relationship, work, family and others have led them to drift away from these important skills and they want to hone these skills. For others, they never knew how to "do it right" and have struggled to maintain their relationship through all the challenges of married life. Still others may be feeling so stressed and strained they cannot even imagine being married to their partner any longer.

Whether you are looking to simply improve your skills or are truly desperate for help, we offer a transformational weekend retreat where we will teach you evidence-based skills around conflict resolution, emotional literacy, communication, and intimacy that can give you the things you seek to get back the marriage you desire.

At NO COST TO YOU, the Charlie Norwood VA Medical Center, together with the VA VISN 7 leadership are sponsoring marriage enrichment retreats throughout the year in Georgia and South Carolina that have proven to strengthen and restore the communication and bonding so essential to a healthy marriage. These retreats are facilitated by experts

acknowledged for their success in guiding couples and families like you to a healthier way of living and loving



Click on dotted line



Click on dotted line



REGISTRATION Marriage Enrichment Retreats 2012-2013

Please indicate by placing an X in the box next to the dates of the retreat you wish to attend:

- | | | |
|--------------------------|-------------------|------------------------------|
| <input type="checkbox"/> | Oct. 26-28 2012 | Charleston |
| <input type="checkbox"/> | Nov 30-Dec 2 2012 | Blinded Vets Only |
| <input type="checkbox"/> | Feb. 15-18 2013 | SpinalCord Injured Vets Only |
| <input type="checkbox"/> | Mar. 15 -17, 2013 | Rome, GA |
| <input type="checkbox"/> | April 26-28, 2013 | McComick, SC |
| <input type="checkbox"/> | Aug 16-18, 2013 | Rome, GA |
| <input type="checkbox"/> | Sept 6-8, 2013 | McComick, SC |

Please indicate by placing an X if you have any dietary restrictions or if you have special accommodation needs. Please explain:

Names: _____

Address: _____

Phone: _____

Alternate phone: _____

Email: _____

Alternate email: _____

Signature: _____

At what VA center do you receive care? _____

Name of your primary care provider? _____

Prints for Sale



We have several copies of the Veterans Memorial and Gibson Pond prints for sale in our office. The Gibson Pond print is 32x24 and the Monument print is 24x15.



Both are suitable for framing. The cost is \$10.00 each. The proceeds will be placed in our Veteran's Fund and/or Van Fund. Your donation is tax-deductible and a receipt can be provided. Come by the office to have a closer look at the prints. Please stop by our office M-F from 8 to 5 to purchase one or more of these beautiful prints!

DON'T FORGET TO TURN YOUR CLOCKS FORWARD. DAYLIGHT SAVINGS TIME BEGINS ON MARCH 10TH.



Veterans Crisis Line



The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.



Appointments are strongly encouraged to meet with our Benefits Counselors.

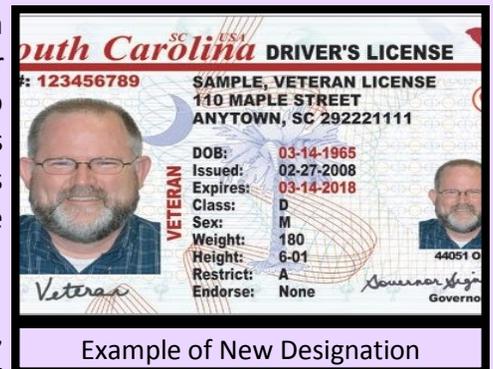
New Drivers License Information

The South Carolina Department of Motor Vehicles (DMV) announced on September 7, 2012, the availability of a "VETERAN" designation on driver licenses, identification cards and beginner permits for individuals who served honorably in the United States Armed Forces.

The VETERAN designation applies only to individuals who served honorably as members of the United States Armed Forces. To apply, Veterans must present their Form DD214 (Certificate of Release or Discharge from Active Duty), which indicates an honorable discharge. No other proof of service will be accepted. Military dependents, spouses, or civilian employees on military bases are not eligible.

The cost to add VETERAN designation to a driver license, identification card or beginner permit is \$1.00. If a customer adds the designation without changing or renewing his license, he will pay only the \$1.00 fee. However, if the customer conducts another license transaction, he will pay \$1.00 plus the required transaction fee. For example, a customer that adds the designation when he renews his 10-year driver license would pay \$25.00 plus the \$1.00 fee. A customer who changes his address and adds the designation would pay \$10.00 plus the \$1.00 fee. Each time a customer changes or renews his credential, he must pay an additional \$1.00 fee to add the designation.

Because state law requires documentation of military service, Veterans applying for the designation must visit a DMV office. To get the best service in the shortest amount of time, DMV recommends that customers visit the office on Tuesdays, Wednesdays, and Thursdays. Customers should also remember that the days before and after a holiday are extremely busy at DMV.



Volunteers needed

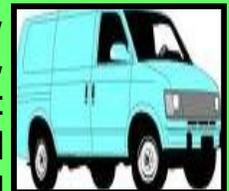
County Council Needs You!



Veterans are needed to lead the Pledge of Allegiance at County Council meetings on the 2nd and 4th Tuesdays of the month. County Council meetings start at 4:30pm, so you would need to be present around 4 to 4:15pm. Contact the office at 803-785-8400 if you are interested.

Looking for Volunteer Van Drivers

The van runs on Mondays, Wednesdays, and Thursdays, taking Veterans to appointments at DORN VAMC for their scheduled appointments between 9am and 1pm. If you can volunteer to drive the DAV van at least 1 day a month, contact the office at 803-785-8400.



Classes are once weekly for 5 weeks.

Free TO YOU and your spouse!

The course, entitled "Warrior 2 Soul Mate," is designed to help you develop healthier ways of interacting and relating with one another so you can get back what combat and lengthy deployments have taken away.

Course material is provided to the couples.



What have couples said about the course?

- "The curriculum is effective and it saved our marriage."
- "This workshop really helped my spouse and me recognize and resolve old issues that used to come up frequently."
- "It helps couples open lines of communication."
- "It gave me the knowledge to better understand my spouse."
- "We learned how to talk without fighting."

MARRIAGE ENRICHMENT COURSE 2013



Please mail completed form to:

OEF/OIF/OND Program
WJB Dorn VA Medical Center
6439 Garners Ferry
Columbia, SC 29209-1639

Or fax completed registration to:
(803) 647-5730

POC: Faela Maney, 803-776-4000 ext 7243
Stacey Davis, 803-776-4000 ext 7303

Course begins March 11, 2013 and ends on April 8, 2013

Classes are weekly, on Monday, from 4 PM—7 PM.

Location: Dorn VA Medical Center

WJB Dorn VA Medical Center
6439 Garners Ferry Road
Columbia, SC 29209

Warrior 2 Soul Mate 2013



**MARRIAGE
ENRICHMENT COURSE
Reclaiming Your Relationship**

Dorn VA Medical Center is offering the PAIRS relationship enrichment curriculum as a 5 session course.

This is the same dynamic curriculum presented during the weekend Marriage Enrichment Retreats.

Reclaiming Your

Relationship After Military Service

5 Session Course

This evidence-based course is designed to help couples develop and enhance effective ways of interacting and relating with one another. It allows couples to reclaim what military life, lengthy deployments, work, illness/injury, and other stressors in daily life have taken away. Certified trainers who provide a safe, comfortable environment guide couples in building and maintaining healthier ways of living and loving even in stressful situations.

The course includes specific easily learnable tools for:

- successful communication
- confiding
- clarifying
- effective problem solving
- listening
- managing and expressing anger safely
- fighting fairly for successful conflict resolution



Course begins March 11, 2013
and ends on April 8, 2013

Classes are weekly, on
Mondays, from 4 PM—7 PM.

Location: Dorn VA Medical Center



Important: Both spouses must attend all classes in order to complete the course and receive a certificate. The skills are taught in sequence and build on the work from the previous week. If you must miss a class you will need to wait until the next course is offered at which time you would begin the course again or resume where you left off.



Marriage Enrichment Course

REGISTRATION:

Full Names (Veteran & Spouse):

Names: _____

Address: _____

Phone: _____

Email: _____

Signatures: Both spouses must sign the form in order to attend.

Has either been combat deployed?

_____ Husband _____ Wife

Important: Both spouses must attend all classes in order to complete the course and receive a certificate.

Refreshments served

Space is limited so be sure to register early.

Child care not provided



Home || [Links](#) || [Visitor Information](#) || [Military Discounts](#)
[Memorial Day Parade Entries](#) || [5K Run/Walk Registration](#) || [5K Run/Walk Route Map](#)
[Military Recruiter Exhibits and Equipment](#) || [Military & Veterans Support Organizations](#)
[Myrtle Beach Air Force Base Wall of Service](#)

Military Appreciation Days

May 1 - 31, 2013 – Myrtle Beach, SC

- **Memorial Day Parade** – The big Ocean Boulevard Memorial Day Parade with **Grand Marshal Rocky Bleier** starts at 10:30 a.m., Saturday, May 25, and travels from 27th Avenue North to Ninth Avenue North. **Parade entries are welcomed!**



ROCKY BLEIER

- **Family Picnic, military exhibits and more** – Join us for a Family Picnic, complete with activities for the kids, military exhibits and live music, from 12:00 to 2:00 p.m., Saturday, May 25, on Ocean Boulevard. The picnic is **free** for all military personnel and veterans and families, including the National Guard and Reserve.

- **Free Saturday Concerts** – Hear the Andrew Thielen Big Band at the Family Picnic on Saturday, May 25. Other bands will play during May at Plyler Park.

- **5K Run/Walk** – Sign up for this 5K Run on Ocean Boulevard and the Boardwalk! The race begins at 7:30 a.m., Saturday, May 25. It's free for active duty, reserves and veterans, or \$20 for civilians. **Register now** or see the **5K route**.

- **Memorial Day Ceremony** – Join the Grand Strand Patriotic Alliance for the Memorial Day Ceremony at 11:00 a.m., Monday, May 27, on the Convention Center Plaza.

P. O. Box 2468,
 Myrtle Beach, SC 29578
 843-918-1014

Myrtle Beach will host **Military Appreciation Days** during May 2013. This month-long celebration is sponsored by the City of Myrtle Beach and PGBA, LLC, as a "thank you" to our dedicated service men and women – and their families – for all that they do on our behalf. The celebration includes active duty military personnel, reserves, National Guard and veterans from all service branches.

During May, military personnel and their families can look for **discounts to area restaurants and attractions**, free concerts, the big Memorial Day weekend parade, a 5K run and other special events. For **Military Appreciation Days**, the city also will host a delegation of 25 Wounded Warriors from our nation's recent conflicts.



Now in its fifth year, **Military Appreciation Days** is this community's way of showing its gratitude and support to the men and women of the nation's military services. Our thanks are evident during the big Ocean Boulevard parade and picnic, Saturday, May 25.

The parade, with Grand Marshal Rocky Bleier, Army veteran and former Pittsburgh Steelers' running back, begins at 10:30 a.m.,

then afterwards join us for lunch prepared by the Omar Shriners Chefs. The picnic is free for all military, veterans and their families. Headlining the afternoon is the Andrew Thielen Big Band with an outstanding patriotic show. Also featured are military exhibits, kids' activities and more.

The Grand Strand Patriotic Alliance will recognize Memorial Day on Monday, May 27, with 11:00 a.m. ceremonies on the Myrtle Beach Convention Center Plaza. The public is cordially invited to attend this and all other events. For more about our 2013 **Military Appreciation Days**, **e-mail** or call 843-918-1014.



Military Appreciation Days
 are sponsored by the City of Myrtle Beach
 and PGBA, LLC. We hope you enjoy your visit!



PGBA, LLC

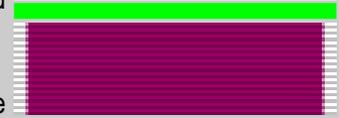
info@cityofmyrtlebeach.com

Featured Medal: Legion of Merit

The Legion of Merit (LOM) is a military award of the United States Armed Forces that is given for exceptionally meritorious conduct in the performance of outstanding services and achievements. The decoration is issued both to United States military personnel and to military and political figures of foreign government. The Legion of Merit (Commander degree) is one of only two United States military decorations to be issued as a neck order (the other being the Medal of Honor) and the only United States decoration which may be issued in award degrees (much like an order of chivalry or certain Orders of Merit). The Legion of Merit is sixth in the order of precedence of U.S. Military awards and is worn after the Defense Superior Service Medal and before the Distinguished Flying Cross. In contemporary use in the U.S. Armed Forces, the Legion of Merit is typically awarded to Army, Marine Corps, and Air Force general officers and colonels, and Navy and Coast Guard flag officers and captains occupying command or very senior staff positions in their respective services. It may also be awarded to officers of lesser rank and senior enlisted personnel, but these instances are less frequent and circumstances vary by service. As such, the medal can be considered as "points" in some enlisted promotion systems, such as the Air Force, where it is counted as seven points (out of a possible 25 points for decorations).

An Act of Congress (Public Law 671—77th Congress, Chapter 508, 2d Session) on July 20, 1942, established the Legion of Merit and provided that the medal "shall have suitable appurtenances and devices and not more than four degrees, and which the President, under such rules and regulations as he shall prescribe, may award to

- (a) personnel of the Armed Forces of the United States and of the Government of the Commonwealth Philippines and
- (b) personnel of the armed forces of friendly foreign nations who, since the proclamation of an emergency by the President on 1939-09-08, shall have distinguished themselves by exceptionally meritorious conduct in the performance of outstanding services."



Picture of Legion of Merit Medal and Ribbon

The reverse of the medal has the motto taken from the Great Seal of the United States, "ANNUIT COEPTIS" ("He [God] Has Favored Our Undertakings") and the date "MDCCLXXXII" (1782) which is the date of America's first decoration, the Badge of Military Merit, now known as the Purple Heart. The ribbon design also follows the pattern of the Purple Heart ribbon.



For basic information and questions, please check out our webpage at www.lex-co.sc.gov/departments/DeptRZ/va/Pages/index.aspx

We have also moved the Veterans Service Organizations in Lexington County to the webpage.

The VA hospital is offering flu shots

Seasonal flu shots are now available for all registered and enrolled Veterans. Veterans can receive the flu shot during their regularly scheduled Primary Care or Specialty Care appointments or Primary Care Walk-in visits. Walk-ins are accepted Monday through Friday (except for Federal Holidays) between the hours of 8am to 4pm.



Coming in the Next Issue...Dependent's Educational and Medical Benefits