



Hello all, well I'm back, after a short time out and feeling a little better. Thanks for all the well wishes.

### **VA OUTREACH**

The next VA OUTREACH is scheduled for 23 April. Registration will begin today. There are 30 seats each for the LOA/Appt scheduling and for the Regional Office Counselors.

### **RAO CLOSURE APRIL 2015**

We will be closed on 2-3 and 9 April. The mail run this week will be on Tues 1 April.

### **FRA FROLICS CHILLI COOK OFF**

Ninth Annual FRALICS Chili Cook Off to be held on the 115th Birthday of the US Submarine Service--APRIL 11, 2015. Klaxon is working and beer will be cold. Come on out to the province and grip and grin with like-minded characters.

### **FROM THE VA; FORMS**

With the goal of making the application process easier and more efficient for our Veterans, the Department Of Veterans Affairs (VA) now requires Veterans seeking disability benefits to use standardized claim and appeal forms. These standardized forms guide Veterans to clearly state the symptoms or conditions for which they are seeking benefits and provide the information necessary for VA to start processing their claims and appeals.

### **BOOK EXCHANGE**

We have received a donation of some 50 or so books, some pretty good ones. If interested either come in and borrow one or exchange for one you already read.

**Wish all a happy, safe and blessed Holy week. Happy Easter to all...**