It’s that time of the year, get ready to lose some weight for a healthier YOU!!

Weigh ins will be at the McDermott table during the January to April meetings.
Remembering January's Fallen Heroes

Website – http://rochestervietnammemorial.org/

Balazy, George Stephen 1-2-1945
Stahlecker, Gary Robert 1-3-1949
Lawton, Michael Eugene 1-4-1949
Manarel, Charles Ross 1-1-1945
Perrine, Elton Lawrence 1-6-1935
Lampman, Kenneth Wayne 1-6-1946
Bermingham, Daniel Joseph 1-9-1947
Rizzi, Ralph Joseph 1-9-1947
Graziosi, Francis G. 1-10-1951
Upright, Edwin Francis 1-11-1942
Mile, Raymond Gene 1-11-1949
Hoppough, Dennis Karl 1-12-1947
Keller, Leroy Henry 1-12-1948
Culhane, Gerald Augustine 1-16-1920
Paduchowski, Paul Richard 1-16-1947
Barber, Lonnie 1-18-1930
Ugino, John Joseph 1-19-1948
Green, Thomas Henry 1-21-1926
Hucks, Walter H. 1-22-1933
Harster, Raymond James 1-28-1950
Thurston, Wesley George 1-29-1942

Memorial Tours & Presentations
Persons interested in on-site tours or presentations at schools or organizations, contact Chuck Macaluso at 585-225-8288 or Chuckmac66@yahoo.com

Friends of the Memorial
To be placed on the volunteer contact list, contact Chuck Macaluso at 585-225-8288 or Chuckmac66@yahoo.com
There are currently no new reports from the Defense POW/MIA Accounting Agency (DPAA), the National League of Families and the DOD of serviceman recovered, returned or identified this month. The total number of Americans who are still missing from the Vietnam War still stands at 1592.

There are reports of the recoveries and identifications of individuals from the following wars.

- Pvt. Robert J. Sipes Jr, US Army was lost November 30, 1950 in North Korea. He was accounted for on October 25, 2018.
- Aviation Machinist Mate, US Navy Reserves, was lost December 13, 1943 in Tarawa. He was accounted for on November 13, 2018.
- Pfc. Nicholas J. Gojmerac, US Marine Corps Reserves was lost July 20, 1943 in the Solomon Islands. He was accounted for on November 14, 2018.
- Pvt. Floyd A. Fulmer, US Army was lost November 14, 1944 in Germany. He was accounted for on November 27, 2018.
- Pvt. Harry W. Wilder, US Army was lost November 14, 1944 in Germany. He was accounted for on November 27, 2018.
- The following Naval Personnel were on Board the USS Oklahoma and were lost December 7, 1941 at Pearl Harbor, Hawaii: Ensign Charles M. Stern Jr., Machinist Mate 1st Class Ulis C. Steely, Fireman 3rd Class Willard I. Lawson, Seaman 1st Class Kenneth H. Sampson, Water Tender 1st Class Edwin B. McCabe, Seaman 2nd Class George A. Thompson and John C. Auld. All were accounted for between November 13th and 26th of 2018.

They are finally accounted for and returned to a Grateful Nation. Welcome home Brothers
Membership Update
Mike General Membership Chair

Chapter 20 Membership currently is at 627 members and AVVA is at 40 members as of 10/30/18. Membership has been growing slow (only 4 new members in the last month), We need your help in recruiting new members. Don’t forget to renew on time. Don’t let your membership expire. We had 1 members who did not renew this last month and 5 members who passed away.

Please Renew Your Membership!
Only Life Memberships are available $50.00

As of October 20, 2018, there will be one paid class of membership.

1. LIFE MEMBERSHIP: $50.00

2. All 3-year members who have paid $50 will automatically become a life member.

3. All one-year members will continue as an individual 1-year member until their membership expires, one-year members will then be required to pay $50.00 to remain a member of VVA.

4. rebate will stay the same.

5. If national does not have a DD214 they will have status listed as pending until dd214 is received.

If you a renewing as a “Life Member”, please remember to include a copy of your DD-214 with your application.
When you have an address change, please notify Mike General so we can keep our Roster up to date and notify National.

**Need your help in recruiting new members.**

Chapter 20 Membership is open to U.S. Veterans who served active duty (other than training purposes) in the Republic of Vietnam between February 28, 1961 and May 07, 1975, or any duty location between August 05, 1964 and May 07, 1975.

Membership includes a subscription to our award-winning newspaper The BTL, and The VVA Veteran, bringing you updates on issues and legislation affecting veterans, as well as unique articles on the people, places, and history of the Vietnam experience.

Associate Membership is open to anyone; you do not need to be a Veteran.

**WE Need New Members!** Membership Applications are available on our Website or by contacting me. ([mwgeneral@aol.com](mailto:mwgeneral@aol.com))

We are offering an “Honorary Membership” to Chapter 20 to all spouses who husbands have passed away. If you know of someone who has lost their loved one, please contact Mike General.

Mike
Member Application

For new members, print this membership form and complete, then mail with your payment and a copy of the DD214 form. Renewal members may complete and print the form and mail it with your payment. Vietnam Veterans of America, Chapter #20, P.O. Box 12580, Rochester, NY 14692

Membership Application

(bold fields are required.)

First Name
Last Name
Address
City, State, Zip Code
Home Phone, Ext.
Work Phone, Ext.
Primary Email
Date of Birth MM/DD/YYYY

As of October 20, 2018, there will be one paid class of membership.

1. LIFE MEMBERSHIP: $50.00
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3. All one-year members will continue as an individual 1-year member until their membership expires, one-year members will then be required to pay $50.00 to remain a member of VVA.
Holiday greetings, and best wishes to you and your families for a wonderful New Year 2019! As we begin a New Year, many thoughts can be focused on the desire to renew resolutions for something that we wish we want to change, to improve, or out right get a "fresh start" on an issue impacting our daily lives. New Year's resolutions are all very good for that purpose. There is nothing wrong with the making of such resolutions at all. But, be realistic as to how successful your expectations for those resolutions will ultimately become. Believing that you can play par golf every round in your 2019 golf league, may not be totally reasonable. But, by taking a few lessons, and playing within your physical abilities you may just make a few par scores likely and put a smile on your face too. It is not for me to tell anyone what they should do or not. To make resolutions or not! However, with a new year starting, and a new month, January here, I would like to invite all to participate in our Annual Fit Vet Challenge. January 2019, marks the 11 year that we will be conducting this event. Each service branch competes for bragging rights to become Champs (weight loss) or more commonly known as the biggest losers within Chapter #20. This is mostly an opportunity to focus awareness on taking off a few pounds that somehow stuck to all of us during the Thanksgiving through Christmas holidays. Things that were just to good to pass up, or to hard to resist at all the holiday events we gathered to enjoy with family and friends these past few months. Now, we can focus on eating less, moving more and looking forward to the new swimsuit catalogs that are bound to be in the mail boxes everywhere soon. So in the spirit of renewal or making a resolution, how about joining your fellow Chapter #20 members in this friendly competition each month from January through April. Winners ( or losers if you will) will be announced in May 2019. Monthly stats will be shared in the BTL for review. I'm looking forward to the January weight in, and hope you will join me in taking some pounds off all in the name of fun.

Some additional health related topics are following for your review. Interesting article about veteran weight control, excellent timing if nothing else for our Fit Vet Challenge event, and one article dealing with alcohol, and reports of casual drinking.

Respectfully submitted by:
Jerry McDermott
Chair Health Affairs

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**Alcohol Use Update 01** ➤ **VA Study Findings On Health Impact**

A new study finds that consuming alcoholic beverages daily—even at low levels that meet U.S. guidelines for safe drinking—appears to be “detrimental” to health. The researchers found that downing one to two
drinks at least four days per week was linked to a 20 percent increase in the risk of premature death, compared with drinking three times a week or less. The finding was consistent across the group of more than 400,000 people studied. They ranged in age from 18 to 85, and many were Veterans. Dr. Sarah Hartz, a psychiatrist at the VA Eastern Kansas Health Care System, led the study. It appeared in November 2018 in the journal Alcoholism: Clinical & Experimental Research. She’s not too surprised by the findings, noting that two large international studies published this year reached similar conclusions.

“There has been mounting evidence that finds light drinking isn’t good for your health,” says Hartz, who is also an assistant professor at Washington University in St. Louis. The study results don’t necessarily prove cause and effect. People who tend to drink more may indeed end up having shorter lives—but not necessarily because of more alcohol consumption. It could be, for example, that those people have harder lives all around, with more stress, which takes a toll on health and longevity. But the researchers did control for a range of demographic factors and health diagnoses to try to tease out the direct effects of alcohol. Another limitation of the study is that it relied on in-person self-reports of alcohol use. Researchers believe this method may lead to under-reporting, compared with anonymous surveys.

But relative to some past studies that found health benefits from light-to-moderate drinking, the new study looked at a much larger population. This allowed Hartz’s team to better distinguish between groups of drinkers, in terms of quantity and frequency of alcohol consumption. “We’re seeing things that we didn’t before because we have access to such large data sets,” she says. “In the past, we couldn’t distinguish between these drinking amounts. The larger the data set, the more statistical power you have and the easier it is to make conclusions.”

The researchers reviewed two data sets of self-reported alcohol use and mortality follow-up. One set included more than 340,000 people from the National Health Interview Survey (NHIS). The other contained nearly 94,000 VA outpatient medical records. Health and survival were tracked between seven and 10 years. According to the findings, people who drank four or more times a week, even when limiting it to only a drink or two, had about a 20 percent greater risk of dying during the study period.

As part of the study, Hartz and her team specifically evaluated deaths due to heart disease and cancer. For heart disease, they found a benefit to drinking, specifically that one to two drinks per day about four days a week seemed to protect against death from heart disease. But drinking every day eliminated those benefits. In terms of death from cancer, any drinking was “detrimental,” she says. Current CDC guidelines call for alcohol to be used “in moderation—up to two drinks a day for men and up to one drink a day for women.” The guidelines don’t recommend that people who do not drink should start doing so for any reason. [Source: Vantage Point | Michael Richman | December 4, 2018 ++]

***************

**Vet Weight ➤ Study Shows Only One in Seven are Not Overweight or Obese**

The number of disabled veterans is rising. And so, too, is their weight. A new study, based on a survey of more than 33,000 post-9/11 service members and veterans, found that 51.7 percent of wounded warriors have a body mass index that qualifies them as obese — up from 48.6 percent two years ago. Of those, 6.2 percent are morbidly obese. Even more grim? The percentage of vets who are overweight in 2018 is nearly seven times greater than the percentage of those who are not, according to the study released 4 DEC by Wounded Warrior Project and the nonprofit’s research partner, Westat.

Fewer than half of survey participants, 42 percent, said they exercised at least three times a week, and those who maintained healthy eating habits were also in the minority. Many listed lack of time, fear of injury and discomfort in social situations as reasons for not working out more. But the report’s authors also link struggles with depression, sleep, stress and the military-to-civilian transition as factors that could be impacting weight gain in the wounded warrior population. “I think with any type of uncertainty and/or change, there is a heightened sense of stress,” said Melanie Mousseau, metrics director for Wounded Warrior Project. “With stress comes a myriad of other challenges.”
In the study, veterans said the most challenging parts of transitioning out included missing the camaraderie of the military, problems adapting to the civilian workforce and difficulty navigating the red tape at the Defense and Veterans Affairs Departments during the transition process. “I only feel comfortable in combat,” one veteran wrote. “I do not feel comfortable in civilian life or trust it.” Another put it this way: “After leaving a structured environment like the military, it’s difficult to be around people without a standard.” More than 90 percent of the veterans and service members who responded to the Wounded Warrior Project survey between March and May 2018 were enlisted, and 45 percent deployed three or more times during their career. Sixty-two percent had received a disability rating of 80 percent or higher, and the vast majority of respondents reported that they suffer from post-traumatic stress disorder, trouble sleeping, and back, neck or shoulder pain.

While the rate of obesity reported in the study is notably higher than that of the general adult population in the U.S., according to the National Center for Health Statistics, obesity among this group is “compounded by a unique set of issues and circumstances,” Mousseau said. Diana Thomas, a professor at West Point, said contributing factors to obesity are complex. She pointed to research that has shown a relationship between stress and weight gain, as well as a study which found higher weight gain in people who were once fit. “Transition to civilian life will no longer have weigh-ins or structured PT. So it is possible that a change in lifestyle leads to a change in structured habits,” she said in an email. “One thing we know is that during physical activity, there is a phenomena called compensation. Basically, we eat more. If this is not reversed when PT stops, then it will lead to weight gain.”

When asked about strategies for combating obesity, especially for a population of veterans dealing with physical and mental limitations, Thomas suggested walking and swimming, which are “low impact exercises.” And for veterans who struggle to work out because of uneasiness in social situations, she recommends finding a structured workout time with a personal trainer. [Source: MilitaryTimes | Natalie Gross | December 4, 2018 ++]
Highlights of the December Membership Meeting
115 People Attended

50/50 Drawing Winner Tom Ras

Flag drawing winner Gerry Daniels

Alton Baird presented the Chapter with a check for $4000 from the proceeds of the Christeen Movie Gala Event.

Tom Ras, Bill Schrader and Lane Corson presented Nancy Van Apledoorn with a donation for the Lap Robe.

Special Mention...

* Island Contractor presented the Chapter with a check for $4000 in the name of Lance Pickens.

* ReHouse presented a check to the Chapter for $482.05 from proceeds of sales.
Val presented a check for $1000 to Louise Motyka for VA Volunteer Services

Gerry brought in a baby picture of himself. Guess he was born ARMY. Ain't that cute?

On December 19th, the Canandaigua VA held a Christmas gift distribution for all of the inhouse Veterans. The response from the volunteer community was great as usual. Chapter 20 members were well represented.
Hey Guys & Gals! Kathy knows you all have had some real good times while in the service of your country. Now’s the time to get those stories published so everyone can have a laugh. Send your stories to Kathy. See below for the details.

We’ve Got to Get Out of This Place
an anecdotal anthology from the Vietnam Veterans of America, Chapter 20

Submissions needed!

§ Looking for 100 tales from your military experience, those with a bit of humor.
§ Stories do NOT need to be in-country, but from any time in your military service.
§ Submissions can be written, or I will meet with you to hear your story, then I will write it.
§ Proceeds from all sales to benefit Chapter 20.
§ Your story can have your name as credit, or you may be Anonymous.
§ Photos to accompany the story will be considered for publication as well.

Contact: Kathy Gleason, (585) 978–1331 or kathy14470@msn.com, for more information.
Operation “Show Your Love”
Part 2
For the Richards House

Please bring your contributions to the February 14th Chapter meeting. I will then deliver them to the Richards House on the following day.
Thank you so much.
Kenny Allocco

- Jackets
- Boots sizes 9-12
- Winter hats/gloves
- Pillows
- Bedsheets (full and twin)
- Coffee
- Sugar
- Creamer
- Body Wash
- Toilet paper
- Paper towels
- Tooth Brushes/Paste
- Deodorant
- Shampoo
- If you like to give gift cards Walmart goes a lot further than Wegmans.
Dear Veterans and Stakeholders,

The US Department of Veterans Affairs (VA) and the Federal Communications Commission (FCC) continue to team up to combat illegal robocalls targeting Americans, including Veterans and their families.

Each year, the FCC receives more than 200,000 complaints about unwanted calls. While this may seem like a big number, it pales in comparison to the millions of robocalls being made each day. The calls interrupt dinners and family time; they flood landline and mobile phones. Scam calls frequently solicit money for fake charities, including ones claiming to support America’s Veterans - some even claiming to be VA representatives.

We know that scam activity increases during the hustle and bustle of the holiday season, so the FCC and VA urge you to be vigilant. We offer the following tips to help you avoid unwanted calls and scams.

- Don’t answer calls from unknown numbers. Scammers may spoof their caller ID to display a fake number that appears to be local. If you answer such a call, hang up immediately.
- Never give out personal information such as account numbers, Social Security numbers, mother’s maiden names, or passwords in response to unexpected or suspicious calls.
- Be sure to set a password for all voice mail accounts to avoid being hacked.
- Register your number on the Do Not Call List to block calls from legitimate telemarketers.
- Ask your phone company about call-blocking tools and services for your landline phone, and check for helpful apps that you can download to your mobile phone.

Please help spread the word about robocall fraud among those who may need assistance particularly those who are frequently targeted by phone scams.

For more information, visit: fcc.gov/robocalls.

Sincerely
Veterans Benefits Administration
Greetings,

One of our members found this really complete and all-inclusive listing of Discounts for Veterans and he wanted to share with everyone.

Please COPY and PASTE the link below … or highlight it, right click on your mouse and hit the Go To link

https://yourveteranbenefits.org/your-big-book-of-va-discounts/

Enjoy,

Semper Fi,

Bruce Van Apeldoorn
Shirts get dirty. Underwear gets dirty. Pants? Pants never get dirty, and you can wear them forever.

Even under ideal conditions people have trouble locating their car keys in a pocket, finding their cell phone, and Pinning the Tail on the Donkey - but I'd bet everyone can find and push the snooze button from 3 feet away, in about 1.7 seconds, eyes closed, first time, every time.

The first testicular guard, the "Cup," was used in Hockey in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brain is also important.

I was in a Starbucks Coffee recently when my stomach started rumbling and I realized that I desperately needed to fart. The place was packed, but the music was really loud so to get relief and reduce embarrassment I timed my farts to the beat of the music. After a couple of songs, I started to feel much better. I finished my coffee and noticed that everyone was staring at me. I suddenly remembered that I was listening to my iPod (with ear piece) - and how was your day?

Betcha Didn’t Know This:

Oak trees do not produce acorns until they are fifty (50) years of age, or older.

The first product to have a bar code was Wrigley's gum.

The King of Hearts is the only king WITHOUT A MOUSTACHE

American Airlines saved $40,000 in 1987 by eliminating one (1) olive from each salad served in first-class.

Venus is the only planet that rotates clockwise.
(Since Venus is normally associated with women, what does this tell you?)
(That women are going in the 'right' direction...?)

Apples, not caffeine, are more efficient at waking you up in the morning.
<table>
<thead>
<tr>
<th>Board Meetings</th>
<th>Membership Meetings</th>
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<tbody>
<tr>
<td>January 8, 2019</td>
<td>January 10, 2019</td>
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<tr>
<td>February 5, 2019</td>
<td>February 14, 2019</td>
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<tr>
<td>March 5, 2019</td>
<td>March 14, 2019</td>
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Monthly Membership Meetings start at 6:30 pm  
*At the Italian American Sports Club, 1250 Buffalo Road, Rochester*

**Driving Directions to the Italian American Sports Club:**

The Club is located at 1250 Buffalo Road close to the intersection of Howard Road, directly across from the stone quarry, next to the Eagles Club and the Catholic Diocese of Rochester.

From the East: Heading west on 490, exit Mt. Read Blvd. and turn left; south on Mt. Read to Buffalo Road circle, turn right, west on Buffalo Road, 1.4 miles, the Italian-American Sports Club is on the right side.

From the West: Heading east on 490, exit 33 east, Buffalo Road (Gates Center); head east on Buffalo Road; continue past Howard Road; the Italian-American Sports Club will be on the left side in about .5 mile.

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**Denis Gurnett, Instructor**

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**Italian American Sports Club**  
1250 Buffalo Rd.  
Rochester, NY 14624  
(585)464-9160
Your business card could be here. Contact Chapter Treasurer, Alan Frisa (afrisa@rochester.rr.com), for details.
In Memory Donations

When the simple act of placing flowers on a casket or placing stones on a headstone does not seem to be enough to honor the memory of a special someone who has passed away, one may choose to make a donation in his or her honor to commemorate the values and beliefs of the deceased. Chapter 20 VVA is committed to recognizing the sacrifices made by all military personnel in every branch of the armed forces. The memory of the deceased veteran is honored in the continuous work and service carried out by the dedicated Chapter members and associates. The monetary donations sent by individuals help make it possible to continue serving veterans and their families. The combined efforts of donors, lawmakers, members, and associates have far-reaching effects on the quality of all our lives.

Vietnam Veterans of America Chapter 20 offers several ways of commemorating a special person. One of those ways is the Memorial Walk at the Vietnam Veterans Memorial at Highland Park. The Vietnam Veterans Memorial Walk is a pathway of bricks inscribed with the names of individuals who have served their country with valor. Their names will forever remain a reminder of the dedication and tenacity demonstrated by the thousands of men and women who have served in the U. S. Armed Forces.

If you wish to make a monetary donation directly to Chapter 20 in support of all the functions and services they provide to veterans and their families, send your check or money order payable to Chapter 20, VVA:

Vietnam Veterans of America
Chapter 20
P.O. Box 12580
Rochester, NY 14612
VA Health Care Benefits
Contacts and References

E-Benefits Portal Site
https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal

Enrollment/Eligibility
http://www.va.gov/healtheligibility

Health Resource Center 1-877-222-8387 (VETS)

OEF / OIF
http://www.oefoif.va.gov

Women Veterans Benefits Line 1-855-829-6636

Dental Care

Copays
http://www1.va.gov/CBO/brochures.asp

Health Resource Center 1-877-222-8387

Suicide Prevention Hotline 1-800-273-8255 (TALK)

Prosthetics
http://www.prosthetics.va.gov

My HealtheVet
http://www.myhealth.va.gov

Homeless Veterans Hotline 1-877-424-3838
## Contact Information

### VVA Chapter 20
P.O. Box 12580
Rochester, NY 14612
585-482-7396
www.vva20.org

### VVA REGION 2 DIRECTOR
Ted Wilkinson
twilkinson@vva.org
585-786-3502

### NYS VVA PRESIDENT
Ned Foote
nfoote@vva.org
518-338-8147

### AVVA REGION 2 DIRECTOR
Nancy Rekowski
nrekowski@avva.org

### NYS AVVA PRESIDENT
Cherie Steers
csvva@optonline.net
516-822-5938

### VETERANS ORGANIZATIONS AND INFORMATION
- Greater Rochester Vietnam Veterans Memorial 753-7275
- VA Outpatient Clinic 465 Westfall Rd 463-2600
- Veterans Outreach Center 459 South Avenue 546-1081
- VA Vet Center 232-5040
- Veterans Administration 800-827-1000
- Monroe County Veterans Service Agency 753-6040
e-mail: serviceofficer@yahoo.com
- VA Veterans Benefits Hotline 800-827-1000
- Women Veterans Call Center 888-829-6636
- VA Medical Center in Batavia 297-1000
- VA Hospital in Buffalo 716-834-9200
- VA Medical Center in Canandaigua 394-2000
- VA Medical Center in Bath 607-664-4000
- Vietnam Veterans of America National Office 800-882-1316
- Vietnam Veterans Memorial Fund 202-393-0090
- National League of Families
  POW/MIA Updates 202-223-6846
  Richards House at VOC 506-9060
  The Resource Center at VOC 546-4250
  Stars & Stripes – The Flag Store 546-3524
  National Caregivers Support Line 855-260-3274
  Homeless Hotline 877-424-3838
  Crisis Hotline 800-273-8255

### WEB SITES / EMAIL ADDRESSES
- Vietnam Veterans Memorial at Highland Park
  www.rockvietnammemorial.org/The_Memorial
- VVA New York State Council
  www.nyvietnamvets.org
- Honor Flight
  www.HonorFlightRochester.org

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### EXECUTIVE COMMITTEE

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>President Valentino Gatto</td>
<td><a href="mailto:vgatto@rochester.rr.com">vgatto@rochester.rr.com</a></td>
<td>227-2741 h</td>
</tr>
<tr>
<td>V. President Hank Wallace</td>
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<td>Secretary Joe Peck</td>
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<tr>
<td>Treasurer Alan Frisa</td>
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</tr>
</tbody>
</table>

### DIRECTORS

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ken Allocco</td>
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<tr>
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<tr>
<td>Jerry McDermott</td>
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<td>313-8188 c</td>
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<td>Dick Oleksyn</td>
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<td>Stan Patykiewicz</td>
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</tr>
<tr>
<td>Mike Sanfilippo</td>
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<td>594-2649 h</td>
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<tr>
<td>Ron Trovato</td>
<td><a href="mailto:Ronbo215@gmail.com">Ronbo215@gmail.com</a></td>
<td>857-3630 c</td>
</tr>
</tbody>
</table>

### COMMITTEE CONTACTS

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Ned Foote</td>
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<td>518-338-8147</td>
</tr>
<tr>
<td>Williams</td>
<td>-</td>
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<tr>
<td>Trovato</td>
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<tr>
<td>Mike Sanfilippo</td>
<td><a href="mailto:guardian175@yahoo.com">guardian175@yahoo.com</a></td>
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<td>Social Events – V. Gatto</td>
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<td>392-9424 h</td>
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### STATE COUNCIL DELEGATES

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<tr>
<th>Name</th>
<th>Email</th>
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<tr>
<td>Bill Auble</td>
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<tr>
<td>Honor Guard – C. Macaluso</td>
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