Welcome Home Honor Flight
IN ACTION
ON THE HOME FRONT

Highlights

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FROM THE EDITOR

This article was originally written as a Father’s Day tribute, but in this month we honor veterans it honors the roles veterans play as role models for our children and future generations.

Daddy’s Girl: A Salute to Fatherhood

by Spc. Robin L. VanDerveer
reprinted with permission from C. VanDerveer, aka “Daddy”

If there were an entry in the dictionary titled “daddy’s girl,” it would probably have a picture of me with a big silly grin on my face.

I love my dad more than anything. I’m one of those daughters who thinks her dad is never wrong, but if he was I’d know he’d have a really good reason.

He taught me so much about life and has also given me the ability to discover new things for myself.

The summer I turned six, he spent hours teaching me how to ride my bike instead of sleeping – he worked nights.

Another summer, I climbed a tree. Well, I guess I climbed a little too high, because the part I remember is looking down at the roof of my house. Then I developed a fear of heights and I was too scared to climb down.

My cousins went and woke up my dad, who was still working nights and told him I was stuck in the tree.

Waking my dad up can be a traumatic thing. When he came outside, I decided that I would be quite comfortable living in a tree for the rest of the summer.

He talked me down the tree – limb by limb. And I’m pretty sure he probably yelled at me, but he got me out of that tree when I was too scared to do it myself. And he taught me not to

DADDY’S GIRL cont’d on page 11

A U.S. Army Soldier hugs his daughter upon his arrival at the Dallas/Ft. Worth airport, Texas, after returning from Iraq May 3, 2007. DoD photo by Cherie A. Thurlby/Released
With summer coming to an end, the DPMO continues to issue encouraging statements on the progress of searching and recovering our missing Americans. Three more servicemen from the Vietnam War have been identified and returned to their families. They are:

**Major Woodrow Wilson Vaden**
(no picture available) - US Air Force from Clarksville, TN. He was one of two American members with a South Vietnamese flight crew returning from a mission on December 10, 1964 when the Fairchild C123 “Provider” they were flying was shot down by VC ground forces and crashed into the sea side of Monkey Mountain near the Da Nang Airport in South Vietnam, killing all on board. For some reason, South Vietnamese authorities took possession of all the recovered remains five days later and sent them to Saigon for burial in a military cemetery. Major Vaden was listed a KIA/BNR. On July 18, 1984 remains from this cemetery, which included the American and Vietnamese flight crew, were recovered and Major Vaden’s remains were positively identified on August 11, 2010.

**Staff Sgt. Charles Vernon Newton**, US Army from Canadian, TX, was a team leader of Reconnaissance Team 6 and **Spec 4 Douglas E. Dahill**, US Army from Lima, OH and three unidentified Vietnamese Special forces were all inserted into an extremely rugged jungle covered mountain area in South Vietnam to observe and report on enemy activity that was filtering into regions of South Vietnam. On April 16, 1969 the team reported making contact with enemy forces and was in a stream-bed under heavy attack. Due to heavy thunderstorms that moved in, radio contact was lost and recovery efforts were held off till the next day. An insertion recovery team searching the area had encountered Viet Cong (VC) in possession of equipment of Team 6, but no traces of SSgt Newton or Spec 4 Dahill were found. Remains of both men were returned by the Vietnamese Government on November 11, 1991. SSgt. Newton was identified on June 18, 2007 and Spec 4 Dahill was identified on October 3, 2008.

There are 1708 Americans still listed by the DOD as missing and unaccounted for from the Vietnam War. There are also reports of the recovery and identification of the following:

- US Army 2nd LT. Robert R. Bishop of Joliet, IL was reported missing April 29, 1944 after a bombing mission over Berlin Germany. His remains were recovered from 2005-2007 in East Meitze, Germany, and identified September 13, 2010.
- US Army Sgt. Edward T. Jones of West Pawlet, VT was reported missing November 6, 1944. His remains were recovered in 2008 in the town of Kommerscheidt, Germany, and identified September 21, 2010.
- US Army PFC James C. Konyud of Cleveland, OH was reported missing January 1, 1945. His remains were recovered between the towns of Vossenack and Hurtgen, Germany, in 2007 and identified September 21, 2010.
- US Navy pilots LT. Francis B. McIntyre of Mitchell, S.D. and Aviation Radioman 2nd Class William L. Russell of Cherokee, OK were both reported missing November 10, 1943. Their remains were located May 2008 in Buka Island, Papua New Guinea and identified September 23, 2010.

All these men have finally been returned to their families to be buried with full Military Honors in the soil of the Nation they so proudly served for. Welcome Home our Brothers - “WELCOME HOME.”

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**Veterans Incarcerated Committee Report**

Ron Trovato, Chairperson

Greetings to all from Chapter 20 in Rochester. The Oneida Active Veterans Group at the Oneida Correctional Facility is moving forward. Nominations for positions on the Board of Directors there will be held in October with elections scheduled for November. Their Vets for Vets project is going along nicely with four boxes having been sent to Afghanistan and six more ready to go. The OAV is still collecting books to donate to the Syracuse VMAC and working out the logistics of getting them there at this time. One setback has been their “Attention on Deck” proposal which has been basically put on hold for the time being. We appreciate OAV President Robert Legler for keeping in contact with us and for letting us know what the veterans at Oneida have been working on.

Chapter 489 at the Attica Correctional Facility has sent out their newsletter and were grateful to hear that VVA Chapter 77 (Tonawanda, NY) has shown an interest in volunteering at the prison and we will keep you posted on developments there. Appreciate any help we can give the vets at Attica. Chapter 489’s sale of coffee creamers has been a success so far and we wish Chapter President Charles Thibeaut and all the guys there the very best of luck in that endeavor.

We heard from Bannon Corbett, President of Chapter 603 at the Groveland Correctional Facility who said the vets there are pulling things together once again. The Facility superintendent (a Navy vet) attended their Memorial Day Event there and plans are in motion for a Veterans Day Banquet. Jim Strollo is still the long time staff advisor there and we thank him for the stability he has given the vets program there over the years. Additionally, Jim McDermott and Cliff VanDerveer from Chapter 20 expressed an interest in getting involved with Chapter 603 as volunteers, and we hope they are approved to work with the veterans there. Thanks for answering the call guys!

Finally, great turnout for the October 3rd Cancer Walk from Frontier Field to Liberty Pole way. My thanks to Chapter 20 for the very worthwhile donation that was so kindly given.
On a recent Sunday, Chapter 20 proudly welcomed the most recent group of veterans who journeyed on Honor Flight to our nation’s capital. “Mission 13” returned home to our Honor Guard and a large crowd of family and friends at the Rochester Airport. After exiting the gate area everyone gathered to pay tribute to these veterans and the organizations and volunteers that make these trips possible. Chapter 20 was recognized for both the Honor Guard’s presence and a monetary donation to Honor Flight.

Tribute was paid to our own Mike General for his tireless efforts in maintaining the speakers’ calendar for Honor Flight, as well as his consistent presence as a member of the Ground Crew. Interested parties may contact Honor Flight to learn of volunteer opportunities and other topics by using the contact information on the Numbers to Know page of this newsletter.
Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which occurred officially on November 11, 1918. In legislation passed in 1938, November 11 was “dedicated to the cause of world peace and to be hereafter celebrated and known as Armistice Day.” As such, this new legal holiday honored World War I veterans.

In 1954, after having been through WWII and the Korean War, the 83rd U.S. Congress – at the urging of the veterans service organizations – amended the Act of 1938 by striking out the word “Armistice” and inserting the word “Veterans.” With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

In 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington’s Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the last Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

Finally on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

Many people are confused about the difference between Memorial Day and Veterans Day. Memorial Day honors service members who died in service to their country or as a result of injuries incurred during battle. Deceased veterans are also remembered on Veterans Day but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime.

“In legislation passed in 1938, November 11 was “dedicated to the cause of world peace and to be hereafter celebrated and known as Armistice Day.”
FRONT & CENTER

Region 2 Report of the Director

Fred Elliott

Saturday, May 8, 2010
Pennsylvania Chapter 862 invited Marie and I to attend their tenth anniversary dinner. Unfortunately, Marie was unable to go due to a death in her family so I drove down and enjoyed a great evening.

Saturday, June 5, and Sunday June 6
Marie and I attended the Pennsylvania State Council meeting in State College, Pennsylvania. This was the first meeting in a year that PASC President, Jeff White, has been able to attend. Great to see him healthy and back in the saddle. As usual the meeting was well run with many committee meetings on Saturday and a good council session and elections on Sunday morning.

Saturday, June 19
On the road again, this time to the New York State Council meeting in Owego, New York. An all-day session with the annual elections being held. Another well run meeting.

Tuesday, August 10 thru Saturday, August 14
I attended the National Leadership Conference in Orlando, Florida where I presented at three seminars and assisted at two others. I saw and spoke with a lot of members from Region 2 who attended the Conference. Many people commented that this was the best Leadership Conference they’ve ever attended. And a lot of first time attendees were very impressed with the seminars and the camaraderie.

In between times...
I played some golf, enjoyed our 11 year old Grandson’s visit with us for a week, and attended a lot of my home Chapter functions.

New membership policy was approved by the National Board of Directors at their meeting in Orlando, Florida at the Leadership Conference. This new policy designates a new class of members to be known as Honorary Life Members (HLM). An honorary life membership is authorized in the following two situations: (1) an Honorary Life Membership may be awarded by the VVA National President, and (2) an Honorary Life Membership may be requested by a VVA Chapter or State Council for a Department of Defense (DoD) designated Missing in Action (MIA) veteran who previously resided in the Chapter’s community or area served (by the Chapter) or who previously resided in the State Council’s state.

The policy waives dues for a current or future DoD designated MIA veteran, a Chapter or State Council requesting a new Honorary Life Membership for such an MIA veteran would not need to show that it had previously paid Individual (IND) dues for the MIA veteran. IND dues that were previously paid for such a member are not eligible for a refund. The Honorary Life Membership form can be found under the “forms” section on the VVA web site.

VVA Future Task Force
This group of nine individuals is chaired by National Vice President Devine and has been charged to explore, define, and present the range of options available for VVA’s future. VP Devine has proposed several “strategic options” to the group:

* Continue VVA as it is and close operations as we age and pass away. (The Grand Army of the Republic and the Veterans of World War I models.)
* Expand the membership to include veterans from other eras. (The AMVETS model)
* Continue to function as a separate entity, but work in tandem/partnership with one or more related organizations. For example – Veterans of Modern warfare, Sons & Daughters In Touch, AVVA, Vietnamese Americans, or the Vietnam Union of Friendship Organizations (VUFO).
* Develop a plan for joint funding and operations if the tandem/partnership model seems feasible. This would include joint/shared staffing.
* Reach beyond the veteran community to academia, business, labor, legal, medical, science, government, and other non-profit organizations for ideas and examples of how to evolve from one period to another.
* Develop a transfer plan of records, assets, obligations, and staff under any option.

Chapter Start-Up
Thanks to an observation made by a State Council President in Region 3, the Chapter start-up package is being reviewed and updated to correct some errors.

Chapter/State Council Suspensions
It has been noted that the current method of notifying Chapters and State Councils about suspensions for failure to file either the required financial reports or election reports needs some fine tuning. It is my intent to bring this issue up at the October BOD meeting so that definite action is taken.

Convention
Remember, 2011 is a convention year. The convention will be held at the Silver Legacy Hotel and Casino in Reno, Nevada from August 17th to August 20th.
As Chairperson for the Health Affairs, I wanted to introduce the activities of Health Affairs to those in our Chapter 20 membership that many not be fully aware of the committee. Primarily, the committee’s efforts center around “education, information and awareness” for health related issues that affect veterans and our families, or the community where we live. Without question, there are health related issues that are or were part of our military service and experience no matter where or when we may have served our country. One need only mention Agent Orange exposures, Hepatitis C, or things like in-service accidents or injuries, to name a few. The focus of Health Affairs is to “get the word out” about these and other issues to advise about services available that affect all veterans from our era as well as other time frames past and current. This is accomplished by publication in our award winning monthly B-T-L newsletter, e-mail blasts, by outreaches throughout the community with our trailer or attending support groups, civic events, or small group meetings. Information is circulated to as many veterans, their families and the community as possible about these subjects. Volunteers are always needed to assist and give some time at an event to pass along information, direct questions to agencies like Monroe County Veterans Service Office, Veterans Affairs Health Services, Vet Center, Women Veterans Coordinator’s office, as examples. Time and a willingness to help out a fellow veteran or his family are they only requirements for the job.

If anyone is interested in finding out more about volunteering for events with the Health Affairs committee, contact Jerry McDermott, check page 15 for contact information. Thank you!
Last August I mentioned several bills before the U.S. Congress that were of interest to veterans. It’s been a year so I thought an update was in order.

**H.R.403**, a bill to provide housing for very low income veterans was waiting for a companion bill in the Senate. It got one, S.1160. It has 41 co-sponsors, none of whom are from the Rochester area.

**H.R.466**, a bill that would prohibit discrimination and acts of reprisal against persons who receive treatment for illnesses, injuries, and disabilities incurred in or aggravated by service in the uniformed services was also waiting for a companion bill in the U.S. Senate. It’s still waiting.

**H.R.1088**, a bill that would provide for a one-year period for the training of new disabled veterans’ outreach specialists and local veterans’ employment representatives by the National Veterans’ Employment and Training Services Institute is also waiting for a companion bill.

**H.R.1089** is also still waiting for a companion bill. This would provide for the enforcement, through the Office of Special Counsel, of the employment and reemployment rights of veterans and members of the Armed Forces employed by Federal executive agencies.

**H.R.1171** to reauthorize the Homeless Veterans Reintegration Program for fiscal years 2010 through 2014 still waits for a companion bill.

**H.R.1377** (which has a companion bill) became Public Law 111-137. The bill amends Title 38 of the U.S. Code to expand veteran eligibility for reimbursement by the Secretary of Veterans Affairs for emergency treatment furnished in a non-facility, for and other purposes.

**H.R.1513** had a companion bill, S.407 that became Public Law 111-037. This new law increased, effective as of December 1, 2009, the rates of compensation for veterans with service-connected disabilities and the rates of dependency and indemnity compensation for the survivors of certain disabled veterans, and for other purposes.

**H.R.1016**, which hadn’t made it to the Senate yet, is now Public Law 111-81. This is the bill that provided for advance appropriations for certain medical care accounts of the DVA, and for other purposes.

**H.R.1172**, a bill to direct the Secretary of Veterans’ Affairs to include on the internet website of the DVA, a list of organizations that provide scholarships to veterans and for other purposes is still waiting for a companion bill.

**H.R.1211** has 51 co-sponsors, but no companion bill even though the purpose of the bill is to expand and improve health care services available to women veterans, especially those serving in OEF and OIF, from the DVA.

Also becoming Public Law were:

**S.832 (PL 111-95)**, a bill to grant a Federal Charter to the Military Officers Association of America, and for other purposes.

**S.475 (PL 111-97)**, amended the Servicemembers Civil Relief Act to guarantee the equity of spouses of military personnel with regard to matters of residency, and for other purposes.

**S.509 (PL 111-98)**, authorizes a major medical facility project at the DVA Medical Center, Walla Walla, Washington.

Now let’s see what our friends in Albany have been doing to help veterans. [A.01532](https://legislation.ny.gov/laws/a.01532), an act to amend the executive law, in relation to a veteran speaker education program within the division of veterans’ affairs passed the Assembly in June of 2009, was delivered to the State Senate and referred to the Veterans, Homeland Security and Military Affairs Committee that same month and again in January of 2010. Unfortunately it died in the Senate. The bill was then returned to the Assembly where it was again passed on 2-2-10 and returned to the Senate where it was again sent to committee.

**A.05371**, a bill that would extend the veterans exemption to school taxes if adopted by your local school district. This bill has also passed the Assembly twice and now resides in the Senate’s Veterans, Homeland Security and Military Affairs committee.

A bill, [S.07021](https://legislation.ny.gov/laws/s.07021), was signed into law on 6-30-10 to extend time limitations for certain actions arising from injury or death caused by contact with or exposure to phenoxy herbicides while serving as a member of the armed forces of the United States in Indo-China.

An increase in real property tax exemption is now available to Cold War Veterans because the Governor signed [A.07422](https://legislation.ny.gov/laws/a.07422) on July 23rd.

On July 30th the Governor vetoed [A.10889](https://legislation.ny.gov/laws/a.10889) that would have added a representative of veteran and alcoholism or substance abuse programs to the advisory council on alcoholism and substance abuse programs and a representative who is a combat veteran and is recovering from alcohol and/or substance abuse.

[A.09296](https://legislation.ny.gov/laws/a.09296) was vetoed by the Governor this year on August 13th. This bill would have established the NYS interagency coordinating council for service-disabled veterans. However, on that same day, the Governor signed [A.09501](https://legislation.ny.gov/laws/a.09501) into law, relating to preferences to veterans for rentals and selection of tenants by certain housing companies.

[S.02440](https://legislation.ny.gov/laws/s.02440), that will exempt real property owned by a person certified to receive a U.S. DVA disability pension pursuant to 38 USC 1521 from real property taxation and also allows an award letter from the U.S. DVA to be submitted as proof of disability was signed into law by the Governor on August 26th of this year.

[A.07093](https://legislation.ny.gov/laws/a.07093), a bill that requires the state division of veterans’ affairs to work with the NYS Small Business Development Center and the Office of Entrepreneurial Education to provide to eligible veterans information regarding veteran-owned business opportunities was signed by the Governor on August 30th of this year. Also on the 30th, the Governor signed [A.10754](https://legislation.ny.gov/laws/a.10754) which relates to the cremated remains of a veteran and their disposition. Being on a roll, the Governor then vetoed [S.07961](https://legislation.ny.gov/laws/s.07961) which would have enacted the “Veterans Mental Health and Chemical Dependency Act”.

At the September New York State Council meeting, we were introduced to the State Council’s lobbyist, Mr. Bing Markee. Bing is a retired New York City police officer and a USMC Vietnam Veteran. Bing told us that...481 bills have been signed into law this session...of the six bills that NYSC VVA formally supported in writing, 3 were signed into law and 3 were vetoed....bill numbers change every two years in odd numbered years....bills must be identical in both houses to pass....a bill is controlled by whichever body passes it first....the Governor has twelve counsels who extensively research each bill before the Governor either signs it or vetoes it.

Remember to vote on Election Day, no matter what party or candidate you support, VOTE. This is your chance to have a say in who is your voice in government. As they say in Chicago, vote early and vote often!
Senior Exercise

Submitted by Jerry McDermott

Much of the country is now making exercise an important part of their daily routine. Many illnesses commonly faced by senior citizens can be combated effectively, though not entirely, if daily exercise is included. An exercise regimen can help reduce the negative side effects of osteoporosis, arthritis and even depression, each of which can appear as a person ages.

Beginning an exercise regime when you’re young is vastly different from the approach we should take as a senior. It involved a little more restriction and an honest appraisal of where you are with respect to fitness. For seniors about to start an exercise program, consider the following for success and safety:

• Be Honest – Plunging into a rigorous exercise program is not wise. Be honest at the start. Take things slowly and make your daily routine short at first, just 10 – 15 minutes a day. Slowly add to your routine as your body gets acclimated to this activity.
• Be Realistic – Don’t choose a program you won’t enjoy. If you don’t like to go to the gym, perhaps a walking routine where you can enjoy the outdoors might be a better start.

Once you’ve chosen your routine, take the following steps to assure you won’t be left aching all over:
• Stretch before and after each workout. Low-intensity stretches will prepare your body for the more strenuous work ahead and will get your blood flowing. After your routine, stretching will allow your heart rate to return to normal and help avoid cramping after cardio workouts.
• Stay hydrated by drinking water while you exercise. Your body will lose fluids as you work out and dehydration can lead to muscle tightness and possibly stomach pains.
• Take it easy and exercise caution when working out. Nausea, lightheadedness or dizziness indicates you are overdoing it. Rest as needed and then resume at a slower pace or with less intensity.

Contributed by Jerry McDermott
**Help Base Greater Rochester**
(www.hbrochester.org) is an online resource for veterans, service members, and their families in Monroe, Livingston, Ontario, Seneca, Wayne and Yates Counties. The mission of Help Base Greater Rochester is to enhance services by coordinating, mobilizing and educating the community-at-large about the issues facing veterans, service members, and their families and advocating for the necessary services to ensure that these community members can regain and maintain their physical, emotional, and economic well-being.

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**Freedom Calls**

Is someone you love serving in the military in Afghanistan, Iraq or Kuwait? You can now schedule a video conference with your soldier for FREE!

The Freedom Calls Center is located in the lower link level of the Bausch & Lomb Public Library Building and is available by appointment only. Call 428-8304 to find out how to schedule a call to your soldier today!

This service is provided courtesy of the Rochester Public Library, the Vietnam Veterans of America Chapter 20, the Freedom Calls Foundation and the County of Monroe.

**Camps You Can Call:**

**AFGHANISTAN**
Bagram Airfield

**IRAQ**
Camp Taji
Camp Baharia
Camp Taqaddum
Al Asad Airbase
Camp Victory

**KUWAIT**
Camp Arifjan
Ali Al Saleem Airbase

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**NEWS & NOTES**

**VVA New York State Council Looks for Audience Feedback**

Rising costs of printing and postage forced VVA’s New York State Council to stop publication and mailings of the VVA-NYSC “Interchange.” The Interchange is now located in full color on their website, www.nyvietnamvets.org. They are asking the membership to start reading the on-line version of the Interchange to stay informed of the news and work of the New York State Council and veterans around the state.

They also are requesting feedback about the website in general, its content, layout and the information contained, as well as information you feel is missing from the site. Tell them what programs, projects or events the State Council should implement. If you don’t offer this feedback, there is no way for them to know what is expected. Their success in representing you and your chapter depends on your comments. There is a feedback form on the website, or you can email Ned Foote at president@nyvietnamvets.org with your comments. The Offices and Directors of our NYSC thank you in advance for your help.

**Rochester Vet Center Has Moved to Larger Facility**

The Rochester Vet Center has moved from its location at 1867 Mt. Hope Avenue to Crossbridge Office Park at 2000 S. Winton Road, Building 5, Suite 201. With the increased influx of Iraq and Afghanistan veterans, the number of Veteran visits to the Rochester Vet Center has increased greatly. The new facility will provide a safe, comfortable and relaxed setting with more space, easier accessibility and increased parking. The Rochester Vet Centers provides free counseling services to:

- War zone Veterans and their families.
- Bereavement counseling for families who have lost a loved one on active duty.
- Veterans who have suffered from military sexual trauma.

For more information regarding the Rochester Vet Center, please contact Cammy Cochrane at (585) 232-5040 or visit http://www.vetcenter.va.gov/.

**Elves Needed for Gift Wrapping and Distribution at the Canandaigua VA**

Volunteers needed at the Canandaigua VA on December 8th and December 19th for gift wrapping (12/8) and gift distribution (12/19, 12:30pm – 4:00pm). For more information please contact Patty.Ciancaglini@va.gov or Jerry McDermott, Chapter 20.

**Carolers Wanted**

We’re looking for 20 or more carolers (no talent required!) to join us in a very worthwhile afternoon of cheerfulness and Christmas spirit. Please join us for our annual Christmas Caroling with the hospitalized vets at the Canandaigua VA Medical Center and assist Santa Claus too!

**Sunday, December 19, 2010 • 12:00 - 3:00 pm**
Canandaigua VA Bldg #5 Auditorium
DADDY’S GIRL from page 2

bite off more than I could chew.

When I cut my chin open trying to be the world’s youngest Olympic hurdler of tennis nets, he held my hand and tried to comfort me the entire time I was getting my chin stitched up.

Most people think my dad must have spoiled me, but I don’t think so. He didn’t give me whatever I wanted – he made me work for it.

When I turned 14, I had to get a job. That was the only way for me to get spending money, extra-dessert money or go-to-the-mall-and-good-off money.

I didn’t realize it, but he was teaching me two of the qualities I respect the most in myself – independence and being self-sufficient.

He made mistakes, too. When I was in sixth grade, I broke a few bones in my foot playing kick the can. (I missed.) Well, instead of breaking every speed limit getting me to the hospital, he told me to stop crying – I’d be fine. Well, a few days later my foot swelled up and turned black. My mom took me to the hospital and the doctor put my foot in a cast. But the look on my dad’s face when he saw me hobbling around awkwardly on crutches made me forget how made I was at him. That taught me to forgive and not to hold a grudge.

When I graduated high school I joined the Army. I had always wondered about the pride my father felt for the time he spent on active duty and at drills. I realized the pride was for doing something you enjoy, and making a difference, no matter how small. I figured that out for myself, but he helped.
Veterans Day Luncheon

Thurs, November 11, 2010
Social Hour: 11:30 • Luncheon: 12:30
$17.00 per person
Radisson Hotel Rochester Riverside
120 East Main Street

Entrée Choices
Chicken French • Roast Loin Of Pork • Zesty Penne Regate

Meal also includes tossed salad with choice of dressing, fresh seasonal vegetables, oven roasted potatoes, warm rolls and butter, coffee, tea decaf and a cookie assortment tray for each table of eight. Please direct any questions to Rene Vanmulem at 738-1911.

Ongoing Volunteer Opportunities at the VA

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>DUTIES</th>
<th>SCHEDULE</th>
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<tbody>
<tr>
<td>Bldg. 33A – Canandaigua, VAMC</td>
<td>Primarily greet and unlock door for visitors to 33A. Also help with folding clothing, sorting clean laundry if needed.</td>
<td>Monday – Friday and weekends. Whatever time you can be available!</td>
</tr>
<tr>
<td>Gladwin Hall/7B – Canandaigua, VAMC</td>
<td>Filing, organizing, answering phone, other duties as needed</td>
<td>Tuesdays or Thursdays 8am-4pm. Any Hours you are available!</td>
</tr>
<tr>
<td>Canandaigua, VA</td>
<td>Veterans History Project; interview and document Veteran’s stories.</td>
<td>Must have a flexible schedule. Able to make appointments with Veterans for the interview.</td>
</tr>
<tr>
<td>Vet Center 200 S. Winton Road • Bldg. 5 Suite 201</td>
<td>Clerical assistant, assist with office organization, answer phones, greet walk-ins.</td>
<td>Monday 4pm – 8pm Wednesday 4pm – 8pm</td>
</tr>
<tr>
<td>ROPC</td>
<td>Promote patient education and assist with MyHealthyVet; answer questions, help to navigate the site, hand out materials.</td>
<td>Friday -8am – 4:30 on. Any hours you are available is helpful!</td>
</tr>
<tr>
<td>ROPC, Westfall Rd</td>
<td>Pharmacy: Assist Veterans at the window, disburse checked orders, clerical.</td>
<td>Tuesday mornings 9am-1pm</td>
</tr>
<tr>
<td>ROPC</td>
<td>Prosthetics: Assist in prosthetics office; Unpacking shipments, assemble items as needed, package soft goods, call Veterans for follow up appointments, greet patients.</td>
<td>Monday –Friday 2-3 hours per day.</td>
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For more information, contact: Louise Motyka, Voluntary Services, Canandaigua VA Medical Center • Phone: (585) 393-7729 • Fax: (585) 393-7111
Time to check your attic. That dusty stack of photo albums. And that shoe box under the bed. *We know you have one.*

That’s right. It’s slide show time...

We need photos of our Chapter 20 members - old military photos & recent photos too - for our 30th Anniversary Celebration Slide Show. Don’t miss your fifteen minutes of fame.

Email photos to 17cav@rochester.rr.com. Please include name, dates of service, and the place where the photo was taken.
MEMBERSHIP APPLICATION  VIETNAM VETERANS OF AMERICA, CHAPTER 20

Name: __________________________________________________ Date of Birth: _________________________________ Sex: □ M □ F
Address: __________________________________________________________
City: ___________________________ Zip: _________________ Country: __________________________
Chapter # (if known) __________________________

I am not a Vietnam Vet, but I want to help Vietnam veterans and their families. Please accept my donation:  □ AVVA Membership
□ $10 □ $20 □ $50 □ Other ($________)


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We welcome letters to the editor, poetry, original articles and suggestions. Submissions should include name and phone number and can be sent to Between the Lines, P.O. Box 12580, Rochester, NY 14612 or emailed to kathy14470@msn.com. We reserve the right to edit for space and clarity and to not use materials we think inappropriate for the publication. Deadline for submissions for each issue is the 5th of the preceding month. Exceptions may be granted by contacting the editor.

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EXECUTIVE COMMITTEE
Ken Moore .................. 17CAV@rochester.rr.com • 392-0269 (h) • 576-9000 (c)
Tom Gleason .................. namdo@netzero.net • 978-1995 (c)
Fred Elliott .................. felliott@rochester.rr.com • 288-5756
Hank Wallace .................. whipmbt@rit.edu • 334-5352 (h)
Chuck Macaluso .................. chuckmac66@yahoo.com • 225-8288 (h)

DIRECTORS
Dan Corona .......................... nyccorona@juno.com • 406-6108 (c)
Valentino Gatto .................. vgatto@rochester.rr.com • 227-2741
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Jerry McDermott .................. jmcdermott@murphynolan.com • 313-8188 (c)
Dick Oleksyn .................. roleksyn@yahoo.com • 663-5255 (h)
Joe Peck .......................... jpeck22@rochester.rr.com • 734-9046 (c)
Pat Pudetti .......................... patrickusmc1@yahoo.com • 753-6040 (w)
Jui Robinson, Jr. .......................... 777-3127
Ron Trovato .......................... Ronbo215@gmail.com • 544-8470 (h)

STATE COUNCIL
Nick DeLeo .................. ndeleo52@yahoo.com • 334-7043 (h)
Fred Elliott .................. felliott@rochester.rr.com • 288-5756
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Pat Pudetti .......................... patrickusmc1@yahoo.com • 753-6040 (w)

REGION 2 DIRECTOR
Fred Elliott .................. felliott@rochester.rr.com • 288-5756

COMMITTEE CONTACTS
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Veterans Widows International Network: members@aol.com/vetwomen
NYS Department Health: www.health.state.ny.us/nyvets
Vietnam Veterans Memorial at Highland Park: www.rochestervietnammemorial.org/
The_Memorial.html
Operation Welcome Home: www.operationwelcomehome.org
VVA New York State Council: www.nyvietnamsvets.org

MISCELLANEOUS
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VVA Vehicle Donations .................. 224-8484
VVA Chapter 20 .................. info@vva20.org • 482-7396

VETERANS ORGANIZATIONS AND INFORMATION
Greater Rochester Vietnam Veterans Memorial .......................... 585-753-7275
(enter 9; enter 2 to leave a message)
Ira Jacobson American Legion: Post #474 .................................. 663-7030
VA Clinic .......................... 465 Westfall Road .................. 463-2600
Vet Center .......................... 546-1081
Veterans Administration .................. 800-827-1000
Monroe County Veterans Service Agency .................. 753-6040
e-mail: serviceofficer@yahoo.com
Vets Benefits Hotline .................. 800-827-1000
VA Medical Center in Batavia .................. 585-297-1000
VA Hospital in Buffalo .................. 716-834-9200
VA Medical Center in Canandaigua .................. 394-2000
VA Medical Center in Bath .................. 607-664-4000
V.V. of America in Washington .................. 800-VVA-1316
V.V. Memorial Fund “The Wall” .................. 202-393-0090
Nat’l Lge. of Fam. MIA/POW
Updates .......................... 202-223-6846
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NOVEMBER 2010

1 MON • Board of Directors, 7:00 pm
2 TUE • Election Day
7 SUN • Daylight Savings Time Ends at 2:00 am
10 WED • US Marine Corps Birthday – 235 years!
11 THU • Veterans Day
    • 11:00 am – Service at the Blue Cross Arena (War Memorial)
    • 1:30 pm – Grand Opening of New Vets Center on Winton Road
    • 6:00 pm – Ceremony at Vietnam Veterans Memorial, Highland Park
    • 7:30 pm – Membership Meeting
    • Signing of WWI Armistice, 1918
25 THU • Thanksgiving

“...I think that there is one really fundamental military truth. And that's that you can add up the correlation of forces, you can look at the number of tanks, you can look at the number of airplanes, you can look at all these factors of military might and put them together. But unless the soldier on the ground, or the airman in the air, has the will to win, has the strength of character to go into battle, believes that his cause is just, and has the support of his country... all the rest of that stuff is irrelevant. - General Norman Schwarzkopf

MEETINGS

BOD
Nov 1 Dec 6
Jan 3, 2011 Feb 7, 2011

Membership
Nov 11 Dec 9
Jan 15, 2011 Feb 10, 2011

Special Events
Nov 7, 2010 - Marine Corps Birthday Celebration, 12-3 pm
Nov 8, 2010 - Showing of Lioness, Women Veterans Film Event, 6-9 pm
Nov 11, 2010 - Veterans Day Luncheon, 11:30 am

NYSC Meetings
Owego, NY
January 29, 2011 April 9, 2011
(date change)
June 18, 2011 Sept 10, 2011