Combat Ready

U.S. Marine Corps Gunnery Sgt. Carlos Alcaraz, plans chief with 1st Marine Logistics Group, performs squat thrusts during physical training at Camp Leatherneck, Helmand province, Afghanistan. Austere environments provided a challenge when maintaining physical fitness and many unique methods were introduced to stay in shape.

U.S. Marine Corps photo by Sgt. Brandon M. Owen/Released
Well, I hope all of you had a great Christmas and New Year holiday and enjoyed family and friends.

At our January Board meeting some changes have been made to the makeup of the Chapter Board and they are as follows:

- Tom Gleason, our 1st Vice President has resigned for health reasons. Tom will be missed, but we hope his health starts getting better. The Board voted to eliminate the 1st Vice position and go with one Vice President that is currently filled by Fred Elliott. Fred’s term will be up this April, and at that time the Chapter will vote on one Vice President. We wish Tom the best on getting better and thank him for his service to the Chapter.

- Lou Cavicchioli has been appointed to fill a spot that has been vacant.

- Chuck Macaluso has been appointed to fill Max Lull’s Board spot for the sitting President of the Greater Rochester Vietnam Memorial Committee.

- Joe Peck has been appointed to fill Chuck Macaluso’s term as Secretary to the Chapter.

I want to thank all the above that stepped up to be part of the Chapter Board and look forward to their help.

This April, we will be voting on the positions of Chapter Vice President, and three Board spots. I would ask that everyone consider taking the opportunity to run for one of those positions.

It is with deep regret that I have to tell you that the Honorable Patricia Marks, Judge for the Monroe County Veterans Court is retiring as of January 24, 2011. The court will continue under the Honorable Judge John Schwartz. We will miss Judge Marks but look forward to continuing under Judge Schwartz. The Court continues to help many veterans and soon we will graduate more defendants.

Till next month stay safe and God Bless!

From the President

Well, I hope all of you had a great Christmas and New Year holiday and enjoyed family and friends.

At our January Board meeting some changes have been made to the makeup of the Chapter Board and they are as follows:

- Tom Gleason, our 1st Vice President has resigned for health reasons. Tom will be missed, but we hope his health starts getting better. The Board voted to eliminate the 1st Vice position and go with one Vice President that is currently filled by Fred Elliott. Fred’s term will be up this April, and at that time the Chapter will vote on one Vice President. We wish Tom the best on getting better and thank him for his service to the Chapter.

- Lou Cavicchioli has been appointed to fill a spot that has been vacant.

- Chuck Macaluso has been appointed to fill Max Lull’s Board spot for the sitting President of the Greater Rochester Vietnam Memorial Committee.

- Joe Peck has been appointed to fill Chuck Macaluso’s term as Secretary to the Chapter.

I want to thank all the above that stepped up to be part of the Chapter Board and look forward to their help.

This April, we will be voting on the positions of Chapter Vice President, and three Board spots. I would ask that everyone consider taking the opportunity to run for one of those positions.

It is with deep regret that I have to tell you that the Honorable Patricia Marks, Judge for the Monroe County Veterans Court is retiring as of January 24, 2011. The court will continue under the Honorable Judge John Schwartz. We will miss Judge Marks but look forward to continuing under Judge Schwartz. The Court continues to help many veterans and soon we will graduate more defendants.

Till next month stay safe and God Bless!
POW-MIA

Joe Peck, Chairperson

With this New Year beginning, I am proud to continue my work as the POW/MIA chair for Chapter 20. I invite anyone who may have questions and comments concerning POW/MIA issues to contact me at the address listed in the back of this issue, and for those who wish to follow the progress made on our missing Americans please go to the National league of POW/MIA families’ web site at www.pow-miafamilies.org.

With that said, I would like to report that the Department of Defense POW/Missing personnel office (DPMO) has indicated that there are now 1,702 Americans who are still missing from the Vietnam War, after they had identified 3 more servicemen. They are:

- **Major Robert Leon Tucci,** USAF from Detroit, Michigan and **Colonel James Eugene Dennany,** USAF from Kalamazoo, Michigan. On November 12, 1969, three F4D Phantom II Fighter Jets with Pilot Maj. Tucci and Co-Pilot Col. Dennany in the number 2 aircraft (Call sign VESPA 03) were dispatched from Udorn Airfield in Thailand for a night escort/strike mission with a C-130 Gunship. Their target was about 10 miles south of Ban Phan Hop, Kammouan Province in Laos near the Ho Chi Minh trail. During the mission, the Pilot of the C-130 Gunship instructed Maj. Tucci's aircraft to attack 2 burning trucks in the target area. As the aircraft approached their target, Witnesses saw anti-aircraft fire being directed at the attacking F4D Phantom. An explosion and a large fire were observed near the target area and communications were lost with both pilots. The possibility of survival seemed unlikely. Both Robert L. Tucci and James E. Dennany were immediately listed as missing in action/bodies not recovered. On April 12, 1999, the remains of both pilots as well as personal items were recovered from a crash site near the loss location and identified on September 8, 2010. Both individuals will be buried together on January 14th in the Dallas-Ft. Worth National Cemetery.

- **Chief Warrant Officer George Andrews Howes,** US Army from Knox, Indiana. On January 19, 1970 three UH1C Helicopters departed from the Ho Chi Minh trail. During the mission, the 4-man crew on the lead aircraft (Rattler 91) heading for their home base in Chu Lai. Roughly 5 minutes into the flight, the 2 other helicopters lost radio contact with Howes aircraft and it failed to return to Chu Lai. A search of the area showed no signs of the helicopter. Some Vietnamese later interviewed said they possibly saw someone resembling CWO Howes as a captive of the North Vietnamese soldiers. The Government of Vietnam returned remains of 25 American servicemen to US control and on June 7, 1994 the remains of CWO George Andrews Howes were sent to JPAC in Hawaii. His remains were identified on May 17, 2010. The family indicated that they are planning a burial in Arlington National Cemetery some time in 2012 as they are awaiting the return of certain family members stationed abroad. (NOTE: Francis George Graziosi, whose remains were repatriated in 2006 here in Rochester, NY was one of the four members of this crew that crashed on that fateful day in 1970.)

After 41 years, our men are finally home to rest in peace. May God bless them and their families and remember to keep our missing Americans in your thoughts and prayers until they are all home.

Veterans Incarcerated Committee Report

Ron Trovato

Greetings from the frozen tundra of Rochester, NY. Man, this place gets more like 1942 Stalingrad every year!

Chapter 489 (Attica Correctional Facility) has been getting out their newsletter on a regular basis and we appreciate the Chapter President, Charles Thibeault, who keeps in touch. On Veterans’ Day the Chapter was allowed to show the HBO series “Pacific” to the guys there „and the Chapter donated $50 to the Marines’ Toys for Tots Program. Chapter 77 Vice-President Jack Michaels attended their December General Membership Meeting and we thank him for his support. We would also like to recognize Cindy Thayer, a Re-entry Coordinator for the Veterans’ Administration, who works with inmate veterans who are close to release from Attica.

Chapter 190 (Atmore, Alabama) has had their Annual Veterans Day special event rescheduled for 12/31/10 and we hope all came off well there. Craig McLaren has kept in regular contact with us, and I want to thank him for the beautiful leather wallet with the 9th Infantry Division insignia engraved on it that he sent me. Craig (who does leather crafting at the Holman Unit there) donated four dozen wallets to the VVA National Chaplain and hopes to donate three dozen more to his old unit, the 173rd Airborne Brigade.

Chapter 205’s (Auburn Correctional Facility) 23rd Annual Christmas Give-a-Way, which was dedicated to Deborah Clinch, was a rousing success. The event was held on December 3rd and was attended by Chapter members and numerous outside guests. The Crochet Squad donated sets of hats and scarves, baby sets, and lap blankets. By my count from the program that was sent out, approximately 1,000 sets were made. That’s got to be some kind of world’s record! Congrats Chapter 205 on a job well done and for the positive impact you have on each other and the community.

BETWEEN THE LINES | 3
remember that taking small steps for better health can add up to “huge” and I mean “HUGE Rochester” benefits. No, I’m not trying to sell cars, just selling the concept that you “can do it” if you try. Don’t be discouraged at all...ever!

Take the time to read labels and learn what ingredients are used in the foods that you buy. Understand what a serving size really means, and how that relates to what you are doing on a daily basis. Picture the size of a deck of cards as a useful portion amount for a given entre item on your plate. The triple cheese burger and supersize fries would not be the right image in this case!

Try to set a small goal of reducing just 100 calories of food daily. Couple that with a few more steps walking in the mall or at work. You can burn more than 1,000 calories in a week --calories that normally would be staying right around the belt line for a while, certainly much longer than we want it to be hanging around with us, I’m sure.

So no matter what effort you began in January...stay with it... and keep it going! Start a few simple exercise habits which can become a daily routine. That’s a good thing! You will see the results!

Remember, out with the old and in with the new for 2011’s Fit Vet Challenge. We are off to a good start.

So keep up all the efforts going forward, not only for yourself, but your service bragging rights are on the line too! See you at the scales!

-Jerry McDermott

Okay, now that we are up and running (or perhaps walking, if you will) for our 3rd Annual Fit Vet Challenge season...

With a fair amount of trepidation, the vets approached the scales. Friendly tips were offered:

• Eat first, weigh later – it’s the first time!
• Keep your shoes on this time, it’ll look better next month.
• Layers, lots of layers for the first weigh-in – strip after tonight.

And so it begins...

We do want to give special recognition to those who persevered throughout 2010 and who start the 2011 Fit Vet Challenge a bit lighter than (or the same as) last year.

<table>
<thead>
<tr>
<th>FIRST</th>
<th>LAST</th>
<th>BRANCH</th>
<th>LOST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruce VanAppeldoorn</td>
<td>USMC</td>
<td>-42.4</td>
<td></td>
</tr>
<tr>
<td>Jack Caiazza</td>
<td>Navy</td>
<td>-24.1</td>
<td></td>
</tr>
<tr>
<td>Steve Mros</td>
<td>Army</td>
<td>-15.4</td>
<td></td>
</tr>
<tr>
<td>Ralph Pascale</td>
<td>Army</td>
<td>-5.6</td>
<td></td>
</tr>
<tr>
<td>Tom Puff</td>
<td>Air Force</td>
<td>-5.4</td>
<td></td>
</tr>
<tr>
<td>Jerry Lamb</td>
<td>Navy</td>
<td>-4.8</td>
<td></td>
</tr>
<tr>
<td>Chuck Macaluso</td>
<td>USMC</td>
<td>-4.4</td>
<td></td>
</tr>
<tr>
<td>Wayne Young</td>
<td>Air Force</td>
<td>-4.2</td>
<td></td>
</tr>
<tr>
<td>Craig Wirth</td>
<td>Army</td>
<td>-3.2</td>
<td></td>
</tr>
<tr>
<td>Dan Corona</td>
<td>Army</td>
<td>-2.6</td>
<td></td>
</tr>
<tr>
<td>Rich Forsey</td>
<td>Army</td>
<td>-1.8</td>
<td></td>
</tr>
<tr>
<td>Ed Williams</td>
<td>USMC</td>
<td>0.0</td>
<td></td>
</tr>
</tbody>
</table>

A total of 54 vets weighed in, with the highest number from the Army (23), then the Marines (13), followed by the Air Force (10) and the Navy (8). The Marines have consistently been the champs – so we’ll see who wins this year.

Let the games begin!
Try It! Slimmer Mocha

There’s a lot to love about Starbucks, but the tempting seasonal drinks are DANGEROUS. One of the latest is the Toffee Mocha. Its combo of coffee, chocolate, and salted caramel goodness is enough to make our hungry hearts melt. But... it packs over 250 calories. If we get creative – and why wouldn’t we, with the Fit Vet Challenge upon us - we can hit the kitchen and whip up a hot cup of a slimmer version with ingredients that only taste decadent. Nice try, Starbucks, but we’ve got this one covered.

Toffee Mocha

Ingredients:
- One 25-calorie packet hot cocoa mix (like Swiss Miss Diet or Nestlé Fat Free)
- 2 tsp. instant coffee granules
- 1 tsp. unsweetened cocoa powder, or more for optional topping
- 1/2 cup light vanilla soymilk, or more for optional frothed topping
- 1 tbsp. sugar-free calorie-free English toffee-flavored syrup (like the kind by Torani)

Optional topping: Cool Whip Free

Directions:
Place cocoa mix, coffee granules, and cocoa powder in a large microwave-safe mug or glass. Add 1 cup hot water and stir to dissolve ingredients. Add soymilk and toffee syrup. Mix well. Microwave until hot, 30 - 45 seconds.

If you like, top with Cool Whip or frothed milk (see tip below) and a pinch of additional cocoa powder. If you have a milk frother, put soymilk in a separate microwave-safe mug and microwave until hot, about 45 seconds. Froth the hot milk and use it to top off your beverage.

MAKES 1 SERVING

Note: If you can’t find the toffee-flavored syrup, use 1 tsp. light/fat-free caramel dip, a no-calorie sweetener packet, 1 drop almond extract, and a dash of salt instead -- your drink will then have about 90 calories.

<table>
<thead>
<tr>
<th></th>
<th>STARBUCKS</th>
<th>SLIMMER VERSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
<td>12 oz.</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Calories</td>
<td>270</td>
<td>68 (90 if you use alternate toffee syrup hint)</td>
</tr>
<tr>
<td>Fat</td>
<td>5g</td>
<td>1.25g</td>
</tr>
<tr>
<td>Sodium</td>
<td>200mg</td>
<td>202mg</td>
</tr>
<tr>
<td>Carbs</td>
<td>44g</td>
<td>10g</td>
</tr>
<tr>
<td>Fiber</td>
<td>&lt;1g</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>41g</td>
<td>5.75g</td>
</tr>
<tr>
<td>Protein</td>
<td>13g</td>
<td>5g</td>
</tr>
</tbody>
</table>
Rochester Regional Veterans Business Council Promotes Veteran Business Leaders and Their Companies

The Rochester Regional Veterans Business Council (RRVBC) was formed in October 2006 and is open to veterans who own or manage businesses in the Greater Rochester area, to include director and senior level management. The RRVBC provides a forum for veteran business owners and leaders to realize their full entrepreneurial potential through networking and resources. RRVBC also supports the reintegration of veterans into the workforce and the activities of veteran service organizations in the region.

Currently, RRVBC has about 90 member businesses representing a wide variety of disciplines including manufacturing, professional services, retail, construction, commercial real estate, health care, financial services, hospitality and not-for-profit entities.

In addition to holding monthly membership meetings with guest speakers on topics of interest to small businesses, the RRVBC partners with other organizations such as the Rochester Business Alliance and the Monroe County Procurement Technical Assistance Center to host a variety of Veteran Business activities. Past events include New York State’s first Veterans Business Expo (October 2010) and a Matchmaker (September 2009) event aimed at connecting veteran owned businesses with government agencies and contractors.

Military veterans who own, operate or help manage businesses in the five county Rochester area (Monroe, Livingston, Ontario, Orleans & Wayne) are encouraged to attend an upcoming membership meeting to learn more first hand about the benefits of RRVBC membership.

Membership meetings are held at the Shults Center, Nazareth College, Pittsford. In order to attend, you must RSVP by contacting Jocene Henderson at jocene.henderson@veteransbusinesscouncil.org. Parking is available in the Arts Center lot, accessed through the Nazareth College south entrance off East Avenue and a short walk from the Shults Center. Lunch is $10 and is provided free of charge for first time attendees who are veterans.

All monthly membership meetings are 11:30 a.m. - 1:15 p.m. The 2010 schedule for meetings follows:

- Wednesday, Feb. 23, 2011
- Wednesday, Mar. 30, 2011
- Wednesday, Apr. 27, 2011
- Wednesday, May 25, 2011
- Wednesday, Jun. 29, 2011
- Wednesday, Jul. 27, 2011
- Wednesday, Sep. 28, 2011
- Wednesday, Oct. 26, 2011
- Wednesday, Nov. 16, 2011

Note: No meeting in August or December

For more information about the RRVBC visit www.veteransbusinesscouncil.org.
The mission of My HealtheVet (MHV) is to improve health care for ALL veterans, independent of where they receive care, by providing health information and health assessments via the Internet. MHV is a web site designed for veterans and their families with the goal of optimizing veterans’ health care. It is for all veterans and offers additional services to those receiving care at VA medical centers.

MHV registrants will also be able to view appointments, co-pay balances and copies of key portions of their VA medical records online and much more as additional functionality is released. This is available to veterans, their families, veteran advocates and VA employees. Non-veterans are welcome to use many of the features, although they will not have access to all functions VA patients have.

You can access the website at www.myhealth.va.gov. You will need to register to use key features and will be assigned a User ID and Password for return visits. Please note that in order to access enhanced options of this website, you must complete an “In Person Authentication” (IPA) at your local VA facility. This step provides for confidentiality of your information and is required by The Privacy Act, Title 5 United States Code (U.S.C.) 552a, implemented by Title 38 Code of Federal Regulations (CFR) §575-1.584.

"MHV is a web site designed for veterans and their families with the goal of optimizing veterans’ health care."

MHV provides access to:
• Online prescription refills with the VA
• Trusted health information
• Links to Federal and VA benefits and resources
• Personal Health Journals and Health e-Logs
Amyotrophic Lateral Sclerosis, (ATSDR) launches the National ALS Registry

Submitted by Jerry McDermott, from Paul Sutton

In a groundbreaking step to learn more about Amyotrophic Lateral Sclerosis, also known as ALS or Lou Gehrig’s disease, the Agency for Toxic Substances and Disease Registry (ATSDR) has launched the National ALS Registry. The registry is a national database that provides an opportunity to better understand one of the most common neuromuscular diseases worldwide, affecting people of all races and ethnic backgrounds - especially between the ages of 55 and 75.

The registry will gather and organize information about potential and known risk factors and symptoms of ALS. This information can help researchers evaluate shared risk factors common among patients, such as heredity or possible environmental exposures, and help estimate the number of ALS cases diagnosed each year.

ALS causes human nerve cells to stop functioning and eventually die. A diagnosis of the disease usually is followed by muscle weakness, paralysis, and eventually death. Scientists estimate 30,000 people in the United States have the disease.

Each entry in the registry includes a patient health history, work experiences, and family medical histories. Individual patient information in the registry will be confidential and will not be publicly released. Patients choosing to participate can visit www.cdc.gov/als to register.

For more information, visit the ATSDR website at www.atsdr.cdc.gov.
Rochester Armed Forces Day Committee, Inc. present the

**15TH ANNUAL ARMED FORCES DAY LUNCHEON**

Saturday, May 21, 2011 • 12:00-1:30 PM
Minett Hall • Monroe County Fair and Expo Center
2695 E. Henrietta Road, Rochester, NY 14467

**Guest Speaker**
Brigadier General Kenneth Sandkuhler
United States Marine Corps (Retired)

**Pre-luncheon Music** by the 198th Army Band

**Enjoy military displays** in and around the luncheon area before and after the luncheon. Free parking is available for luncheon attendees.

For additional information please call 1-800-845-2412
or visit www.supportourarmedforces.org

- Sponsored Table: $250 each table
  (includes 8 tickets & recognition in the program book)
- Single Tickets Only: $25 each
- Special ROTC Cadet and Children (12 and under): $12 each
- Contribution Only __________ (please specify amount)

Check enclosed for total amount __________

Name of Organization: ____________________________________________________________
Your Name: _________________________________________________________________
Address: _________________________________________________________________
Your Phone: ________________________________________________________________
City, State, ZIP: ___________________________________________________________
No. of tickets paid for: _________________________________________________

Make Checks payable to “Armed Forces Day Committee” Cut at the line and return this portion of the form to Caroline Ader, PO Box 93097, Rochester, NY 14692. Paid tickets will be picked up at the luncheon.

Tickets are limited - Purchase by May 7, 2011
**The Annual Meeting & Elections will be held April 14, 2011 at 6:00 PM - Ira Jacobson Post Home.**

**Positions for nominations:**
- One Executive (1) - Vice-President
- Three Board (3) - Directors

The "new" Nominating Committee will also be elected by the membership that evening. A "to date" slate of candidates will be finalized by February 15th. and published in the March issue.
- In order to vote in the Annual Election, voters must be a member for at least 30 days.
- Only paid members with a DD214 on file by 28 February of previous fiscal year are eligible to vote. (For example - 28 February 2011 to vote April 2011).
- A quorum is defined as 10% of VVA 20 membership as of 28 February of the previous fiscal year. Voting for candidates will take place between 6:30 PM till 7:30 PM, after which no new ballots will be taken and votes will be tabulated.
- According to the National VVA Constitution, "Additional persons may be nominated by any member at the Annual Meeting." These candidates will fall under the category of Floor Nominations.
- Floor nominated candidates can only receive votes from members present at Annual Meeting. (A “Special Note” stating such will be placed March and April BTL issues.)

Each candidate will address the membership at the March meeting stating their reasons for seeking an elected position.

Any member interested in running for any of the above mentioned positions, please contact one of the following Nominating Committee members:
- Chuck Macaluso 225-8288
- Dan Corona 406-6108
- Pat Pudetti 753-6040

---

**Wish List**

Canandaigua VA Medical Center

- Comfort care items (deodorant, shampoo, shaving cream, lotions [for men/ women vets at the Center] - travel size, full size, or complementary sizes from hotel/motel chains are great!)
- Coffee (regular and decaf)
- Creamer, sugar, sugar substitute
- Hot Chocolate mix
- Bowling/movie tickets
- Gift cards from stores like Walmart/Wegmans/Tops
- Baking items (cookies, bread mixes - for a homey effect in the wards, used as aromatherapy)
- Prepaid phone cards
- Tickets to sporting events, zoo
- Paper products (plates, napkins)
- New socks, tee shirts, sweatshirts (men and women’s sizes...color white...tube socks are ideal!)
- Postage

Thank you for your support, Jerry McDermott
Vietnam Veterans of America
THRIFT STORE, CHAPTER 20, LLC
1199 East Main Street, Rochester, NY 14609
Hours: Monday - Friday 8:30am - 5:00pm
Saturday 9:00am - 5:00pm
Car Donations 8:30am - 5:00pm
Truck Pick-up: 9am - 4:30pm
(weather permitting)
~ Delivery Available ~
Truck Pick-up #482-8016
Thrift Store #482-8036
All donations go to the Thrift Store at the address above.

DAVID J. KAUFFMAN POST #41
JEWISH WAR VETERANS
THE OLDEST ACTIVE VETERANS ORGANIZATION
SUPPORTS THE VIETNAM VETS
LARRY SCHULMAN, QUARTERMASTER, 271-6967

Greece Memorial Post 206
The Newest Post in Monroe County
A casual Meeting the 3rd Thursday of the month 6:30 - 7:45 pm at
The Legacy at Park Crescent — Mt. Read Blvd.
For details, please call 227-4383 or 225-4228.

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.

WOMEN VETERANS HEALTH CARE
Mary Anne Vitticore
Women Veterans Program Manager
400 Fort Hill Avenue
Canandaigua, NY 14424
Phone: 585-393-7621
Fax: 585-393-8255
Maryanne.Vitticore@va.gov

Peer mentors are veterans who assist and support fellow veterans in the Criminal Justice System. Typical duties include appearing in court and maintaining contact with the veteran.

A Peer Mentor Provides:
• Emotional Support
• Insight necessary for the Veteran to successfully complete the Veterans Court
• Assistance to the Veteran in resolving their concerns about the court procedures
• Assistance to the Veteran in accessing and navigating the Veterans Affair System

If you are interested, please contact Michael Volkmer, Court Coordinator of Veterans Court at (585) 428-4428

Are you a veteran looking for a way to assist your fellow veterans?
Volunteer as a Peer Mentor in Monroe County Veterans Court.

~ Delivery Available ~
Truck Pick-up #482-8016
Thrift Store #482-8036

WOMEN VETERANS HEALTH CARE
Mary Anne Vitticore
Women Veterans Program Manager
400 Fort Hill Avenue
Canandaigua, NY 14424
Phone: 585-393-7621
Fax: 585-393-8255
Maryanne.Vitticore@va.gov
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

**KUWAIT**
- Camp Arifjan
- Ali Al Saleem Airbase
- IRAQ
- Camp Taji
- Camp Baharia
- Camp Taqaddum
- Al Asad Airbase
- Camp Victory
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.

**The VA’s National Homeless Veterans Hotline**
The Hotline is staffed at the Canandaigua VA Medical Center in conjunction with the National Suicide Prevention services. Studies show a huge correlation with needs required by one or the other services provided at the time of the call.

1-877-424-3838
24/7 365 days/per year
MEMBERSHIP APPLICATION

VIETNAM VETERANS OF AMERICA, CHAPTER 20

Name: __________________________________________________ Date of Birth: ________________________________

Address: □ M □ F

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 □ $50 □ Other ($________)


Term: □ 1 year: $20 □ Life Membership: $250 (ages 49 & under), $225 (ages 50-55), $200 (ages 56-60), $175 (ages 61-65), $150 (ages 66 & over)

□ 3 years: $50

Payment Options: □ Check □ Money Order

Return this application, along with a copy of your DD214, to:

Attn: Membership, Vietnam Veterans of America, P.O. Box 12580, Rochester, NY 14612

VA is a non-profit veterans service organization. Programs and services are funded by member dues and public donations.

For more than twenty years our firm has served individuals, families and family owned businesses in the Greater Rochester community providing a full range of comprehensive legal representation and counsel. In addition to our general legal practice we represent service members and veterans before military boards of corrections for all services. Our practice is a disabled veteran owned business committed to serving veterans throughout our community and abroad.

• Real Estate
• Estate Planning, Probate & Elder Law
• Business & Commercial Practice
• Civil & Criminal Litigation
• Personal Injury

LAW OFFICES OF PAUL V. CIMINELLI, ESQUIRE
4 Van Auken St. • Suite 200 • Rochester, NY 14608
585.235.0980 • fax 585.528.2505
Paul.Ciminelli@CiminelliLaw.com

William H. Wallace
CERTIFIED PUBLIC ACCOUNTANT

636 Middle Road
Henrietta, NY 14467
585-334-5352

Valmar Properties & Remodeling
Valentino G. Gatto
585-227-2741
cell 585-259-9605
vgatto@rochester.rr.com

U.S.S. LIBERTY (AGTR-5)

JOHN M. HRANKOWSKI
SURVIVOR

45 Drumcliff Way • Rochester, N.Y. 14612
1-585-225-0385
E-Mail: USSLIBTY@Rochester.RR.com
Web Page: http://www.USSLiberty.org
Vietnam Veterans of America
Chapter 20, Rochester, NY
P.O. Box 12580
Rochester, NY 14612

TOM DAVIS
INCOME TAX
CONSULTATION & PREPARATION
Year-Round. By Appointment Service

1732 Winton Rd. N.
Phone (585) 288-8465 • Fax: (585) 288-8465

Industrial Furnace
J Max Lill
288-2070
www.industrialfurnace.com

FEBRUARY 2011

2 WED • Groundhog Day
6 SUN • Super Bowl XLV
7 MON • Board of Directors, 7:00pm
10 THU • General Membership Meeting, 7:30pm
          (Presentation of 2011-2012 Budget)
14 MON • Valentine’s Day
19 SAT • Marines landed on Iwo Jima, 1945
21 MON • Presidents’ Day
23 WED • Flag raised on Mt. Suribachi, Iwo Jima, 1945
24 THU • Operation Desert Storm Ground Campaign began, 1991

MEETINGS

BOD
February 7, 2011

Membership
Feb 10, 2011

Special Events
June 11, 2011 • Chapter 20’s 30th Anniversary Celebration

NYSC Meetings
Owego, NY
April 9, 2011 • Sept 10, 2011
June 18, 2011

The VA’s National Suicide Crisis Line
1-800-273-TALK or 1-800-273-8255
24/7 365 days/year
Provides professional counseling to veterans, their family members or friends.

Could someone you know be in crisis?

The VA’s National Suicide Crisis Line
1-800-273-TALK or 1-800-273-8255
24/7 365 days/year
Provides professional counseling to veterans, their family members or friends.