Remember Our Troops This Holiday Season
Remembering Our Fallen Heroes
Born in December

Website – http://rochestervietnammemorial.org/

Williams, Joseph Jeremiah 12-1-1945
Capuano, Frank P. 12-2-1946
Hamilton Jr., John David 12-5-1948
Rosebrugh, Francis Paul 12-6-1946
Bales, Richard Lee 12-7-1947
Richardson, Eugene 12-8-1942
Smith, Richard Floyd 12-9-1944
Beatty, Donald Edward 12-10-1942
Metott, Gerald Patrick 12-10-1946
Schulz, James William 12-11-1944
Tomaszewecki Jr., Stanley 12-11-1947
Doctor, Gary Dean 12-12-1946
Setter, Richard Allen 12-13-1945
Semmler, David Albert 12-13-1947
Livingston, John Dewey 12-13-1949
Krec, Fred 12-17-1943
Sage, Robert David 12-18-1946
Saxby, James Francis 12-19-1946
Kaulback, Peter Jon 12-22-1942
Hall, Clarence Jay 12-24-1948
Welker, Thomas Edward 12-26-1944
Booth, Ronald Charles 12-26-1950
Priest, Donald James 12-27-1942
Dengler, John Leo 12-27-1946
Smith, Robert Charles 12-27-1947
Bryson, Robert Eugene 12-29-1944
Wilhelm, Richard Thomas 12-29-1946
Underdown, George Michael 12-29-1949

Friends of the Memorial
To be placed on the volunteer contact list, contact Chuck Macaluso at 585-225-8288 or Chuckmac66@yahoo.com

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
From:

Name: ____________________________
Address: ____________________________
City/Zip: ____________________________
Phone: ____________________________

The Veterans Walk Committee of Chapter 20, VVA wants to thank you for your purchase of a personalized, engraved paver brick.

Each paver brick (4” x 8”) can have from one to three lines of engraved information. The cost will be $50.00 per brick. Make checks or money order payable to:

VVA Chapter 20, Veterans Walk

The engraved line(s) can include any of the following information:

Full name
Branch of service, rank
Dates of service (1967-1969, etc.)
Conflict (WWII, Korea, Vietnam, Persian Gulf, etc.)

Please print the information you would like engraved on the brick below. (Maximum of 14 letters/numbers, including spaces per line).

1. ____________________________
2. ____________________________
3. ____________________________

Return the completed form to the - Veterans Walk Committee, c/o Chuck Macaluso, 154 Mendota Drive, Rochester, New York 14626.

Include: Payment and “Proof of Service” for above recipient.

Please Note: Engraved bricks will be installed prior to Memorial Day and Veterans Day (twice annually). * Due to natural wear and tear, bricks will be replaced once (free of charge) at the discretion of the committee. Questions please call Chuck or Joan Macaluso as 585-225-8288.
There are currently two new reports from the Defense POW/MIA Accounting Agency (DPAA), the National League of Families and the DOD of serviceman recovered, returned and identified this month. The total number of Americans who are still missing from the Vietnam War now stands at 1592.

Mr. George Lytle Ritter, Pennsylvania was employed by Air America Incorporated. On December 27, 1971, he was piloting an Air America C123k from Udon, airfield in Thailand heading for Xienhom district in Laos. His aircraft was on a routine resupply mission from U.S. Agency for International Development. All communications were lost just northeast of Sayaboury, Laos. Search and rescue teams searched until December 31st but no signs of the aircraft and crew were found. His remains were finally located and returned on December 13, 2017. He was officially identified and accounted for on September 25, 2018.

Lt. Richard Clive Lannom, US Navy from Union City, Tennessee, was assigned to Attack Squadron 35, CVW-9 on board the USS Enterprise, TF 77, 7th Fleet. On March 1 1968, Lt. Lannom was the Bombardier/Navigator on an A6A Intruder aircraft along with 2 other A6A’s on a night strike over the Quang Ninh Province in North Vietnam. Radio contact during this mission was lost due to the low altitude of the aircraft. Communications eventually pointed the aircraft over islands known to have light antiaircraft artillery. When the aircraft missed its rendezvous with the aircraft carrier, a search and rescue effort was mounted. No evidence of the aircraft could be found Lt. Lannom and the pilot were listed as missing in action. The remains of Lt. Richard C. Lannom were located and returned on December 13, 2017, Identified on September 25, 2018 and accounted for on October 9, 2018. No further information on interments has been issued at this time.
There are reports of the recoveries and identifications of individuals from the following wars.

- Pfc. Michael L. Salerno, US Marine Corps was lost December 20, 1943 in Tarawa. He was accounted for on October 8, 2018.
- Sgt. Dwight W. Randall, US Marine Corps was lost December 20, 1943 in Tarawa. He was accounted for on October 12, 2018.
- Wiper Elvis N. Spotts, US Merchant Marines was lost February 22, 1944 in Tarawa Atoll. He was accounted for on October 12, 2018.
- Pfc. William E. Brandenburg, US Marine Corps Reserve was lost November 22, 1943 in Tarawa. He was accounted for on October 24, 2018.
- Fireman 1st Class Angelo M. Gabriele, US Navy was lost December 7, 1941 on board the USS Virginia at Pearl Harbor, Hawaii.
- Seaman 2nd Class Ira N. Station, US Navy Reserve was lost July 24, 1944 at Tinian Island. He was accounted for on October 26, 2018.
- Pfc. Fred E. Freet, US Marine Corps Reserve was lost November 20, 1943 in Tarawa. He was accounted for on October 29, 2018.
- Cpl. Frederick E. Coons, US Army was lost July 29, 1950 in South Korea. He was accounted for on October 31, 2018.
- The following Naval Personnel were on Board the USS Oklahoma and were lost December 7, 1941 at Pearl Harbor, Hawaii:
  Seaman 1st John A. Karli, Bugler
  2nd Class Lionel W. Lescault, Seaman 2nd Class
  Charles C. Gomez Jr., Fireman 1st Class Grant C. Cook and Seaman 1st Class Kirby R. Stapleton. All were accounted for between October 9th and November 1st of 2018.

  **God Bless our brothers.**
  **Welcome home and Rest in Peace**
I visited the Attica Active Veterans Group on November 4th for the Veterans Day special event there and it was very successful. Much different atmosphere than the last time I went in and it was very positive. There were 76 vets on the call out and most attended so it was a large group that I met with in the gym. Jack Michel from Chapter #20 who lives in the Buffalo area met me there and I was introduced to the new staff advisor Chris Latta who will be taking over for the legendary Sgt. Mark Schiefer. We are really going to miss Sgt. Schiefer who has been such an asset to the AAVG and was always reachable and helped us in and out of the facility so many times. His guided tours were extremely interesting and we sure wish him well in his impending retirement. The Deputy Superintendent of Programs, Joe Clinton, also attended the event and this was no small thing at Attica. On display were items that the Crochet Squad has been working on, some of the kites used in Jack Michel’s homeless vet fundraiser and some great art work. The Native American group at Attica and the AAVG presented plaques to Kenny Moore and myself for our support over the years and that was quite a surprise. There are several men at Attica that are members of both organizations and they have been mutually supportive of each other both at Auburn and Attica. The AAVG has elections scheduled for January and plenty of guys there are stepping up and running for positions and that is very encouraging. The Crochet Squad really does a lot there with donated yarn. They recently sent four crocheted lap blankets to the NY State Vets Home at Batavia and got a nice thank you letter back. I left Attica with a garbage bag full of stuffed animals for needy kids from the Crochet Squad and they were just so well made. I took them to the First Presbyterian Church here in Rochester at the request of the AAVG so that they would go to needy children in our area whose mothers have been recently released from incarceration. Well done guys and thank you!........On 11/5 I attended the veterans benefits outreach event at St. Johns in Brighton. Nice turnout and Mike General and Kenny Allocco helped out at our Chapters table. Jerry McDermott gave a great presentation in a conference room there and quite frankly, I learned a lot. These benefits outreaches are full of good info and I would like to see more of us attend……. For Veterans Day it was off to the War Memorial downtown for the wreath laying ceremony and a remembrance service. It was great to see Tony Ferrese there and all the various veterans’ organizations represented but I would have liked to have seen a bigger turnout. The kids from the Bruce Music Academy did a fine job singing and I ran into an old friend from the Police Dept., Terry Tidings, that was about to retire. The ceremony later in the day at the Vietnam Memorial in Highland Park was really well attended and Chapter #20 looked sharp all around. I think it was a very good idea moving up the time on that. In years past it was always dark and at the end of the service people wandered off in all directions in the park, some not found until the following spring…………And lastly, congratulations to Nick DeLeo on his recent award. Nick received the prestigious Harris Award that originated with longtime Chapter member Sterling Harris’ family at the Veterans Outreach Centers Stars and Stripes Dinner. Well deserved and long overdue recognition for one of our founding members.
Membership Update
Mike General Membership Chair

Chapter 20 Membership currently is at 627 members and AVVA is at 40 members as of 10/31/18. 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)

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

____________________________

**Technical issues with the Membership application.**

Hope to resolve by next issue. In the mean while if you need to complete an application you can get one at the Chapter 20 website.  [www.vva20.org](http://www.vva20.org)
As VVA Chapter #20 members, spouses and families come together soon to celebrate in their own way and traditions the 2018 holiday season, I want to take this opportunity to wish everyone a Merry Christmas, and Happy New Year! Time does not stand still, and this year especially seems like a blur of activity from early January 2018 until now, the holidays in December. Not sure exactly what that means, but it seems like the daily pace has been in overdrive. So, for me, I'm looking forward to trying to take a step back and enjoy the holidays, and try to keep everything in perspective. To enjoy the moments that we have, and not worry so much about what we don't have. To treat all who I meet with respect and dignity, to smile more, and talk less, and to become a better listener.

That's my GOAL! What's yours going to be?

God bless and keep our brave men and women serving our country this holiday safe and comforted. May we all extend our thoughts and prayers for their safe return to their families soon.

I have included what I believe to be interesting health related issues for you. Certainly, it is not too late for Flu shots if needed, and some info concerning VA testing and research on Bile Duct cancer (think liver flukes) as an update. Also, a short "how to do" what is sometimes referred to as "VA Community Care" options, such as how one goes about accessing services in the public health sector. Finally, a piece about millions of dollars to being spent on at a familiar site in Vietnam.

Respectfully submitted by: Jerry McDermott, Chair, Health Affairs

Agent Orange Forgotten Victims Update 01  U.S. Prepares for Biggest-Ever Cleanup

U.S. Defense Secretary Jim Mattis on 17 OCT visited a former American air base in southern Vietnam that will soon become the biggest-ever U.S. cleanup site for contamination left by the defoliant Agent Orange during the Vietnam War. Standing near a skull-and-crossbones warning sign meant to keep people away from toxic soil, Mattis was briefed by Vietnamese officials about the massive contamination area. In a possible sign of the sensitivity surrounding Agent Orange in Vietnam, where millions of people are still suffering its effects, reporters were not allowed to attend the outdoor briefing for Mattis at Bien Hoa Air Base. "I came to show the support of the Defense Department for this project and demonstrate that the United States makes good on its promises," Mattis told his Vietnamese counterpart at a closed-door meeting later in nearby Ho Chi Minh City. Cleanup is expected to start getting under way early next year.

U.S. troops dropped Agent Orange during the Vietnam War to clear thick jungle. But it contributed to severe health problems that, according to the U.S. Department of Veterans Affairs, can include Parkinson’s disease, prostate cancer and Chronic B-cell Leukemia. Of the 4.8 million Vietnamese who were exposed to Agent Orange, some three million are still dealing with its effects, including children born with severe
disabilities or other health issues years after their parents were exposed, according to the Hanoi-based Vietnam Association for Victims of Agent Orange.

More than four decades after the Vietnam War ended in 1975, ties between the United States and Vietnam are less seen through the prism of the conflict and more through shared concerns over China. Vietnam has emerged as the most vocal opponent of China’s territorial claims in the South China Sea and has been buying U.S. military hardware, including an armed, Hamilton-class Coast Guard cutter. The United States, in turn, accuses China of militarizing the strategic waterway, through which more than $3 trillion in cargo passes every year, and sees Vietnam as a crucial ally in drawing regional opposition to Beijing’s behavior.

But U.S. officials including Mattis - who is on his second trip to Vietnam just this year - hope that addressing America’s wartime legacies like Agent Orange can become a vehicle for further strengthening ties. When a U.S. aircraft carrier visited Vietnam in March, for example, one of the places U.S. sailors visited was a Vietnamese shelter for people suffering from the effects of Agent Orange. The United States just completed a five-year, $110 million program that cleaned soil contaminated by Agent Orange at Danang International Airport, which was one of the main air bases used for storing and spraying the herbicide between 1961 and 1971. But officials from the U.S. Agency for International Development, which is overseeing the project, said the Bien Hoa site will be four times larger than Danang, a massive undertaking that is expected to cost $390 million, according to a fact sheet distributed to reporters. According to the U.S. Congressional Research Service (CRS), one soil sample from Bien Hoa had a “toxic equivalency,” or TEQ, of more than 1,000 times over the international limit.

A 2011 study conducted by a private consulting firm determined that contaminated soil had spread from hot spots at the base into nearby lakes, ponds, creeks, and drainage ditches, increasing the amount of soil and sediment that will require treatment. “The impacts on the community is very difficult to measure. Dioxin has impacts (on health) at very low concentrations and they’re not real consistent,” one of the U.S. AID officials said, speaking on condition of anonymity. [Source: Reuters | Phil Stewart | October 17, 2018 ++]

Bile Duct Cancer Update 01   VA Tasked to Research Vet Prevalence & Treatment

The Cholangiocarcinoma Foundation at https://cholangiocarcinoma.org/vietnam-veterans has published the following facts about Vietnam Vets and Cholangiocarcinoma (i.e. Bile Duct Cancer):

- Vietnam Veterans were exposed to two different risk factors regarding developing Cholangiocarcinoma due to their service in Vietnam. Exposure to liver flukes and dioxin which is in Agent Orange.
- Although, exposure to the liver fluke in Vietnam is mainly through eating, raw, undercooked salted, or fermented fish, there are cases which have been contracted through cross contamination.
- The VA has approved claims for liver fluke exposure and herbicide exposure.
- In some cases the VA will state the Agent Orange Studies by the National Academy of Sciences as reasons not to recognize this cancer. However, research will show due to the rarity and other factors regarding this cancer, Agent Orange Studies are flawed.
- In many cases the VA will deny service connection because the veteran did not show symptoms in the service or within a year after discharge. However, veterans did not have to have symptoms in the service or within a year after discharge for this to be service connected. In the majority of cases, this cancer is asymptomatic and in most cases takes 30 to 40 years to develop.

At https://www.publichealth.va.gov/exposures/infectious-diseases/cholangiocarcinoma.asp a page has been created by the Department of Veterans Affairs to inform Vietnam Veterans and others who served in areas where liver flukes are prevalent, so they can be aware of the symptoms of Cholangiocarcinoma. Although, the VA acknowledges the risk of the veterans being exposed to liver flukes, they state, they do not have sufficient studies to say whether Vietnam Veterans are getting this cancer at a higher rate than other
groups of people. However, not having studies does not negate the fact that Vietnam Veterans were exposed to one definitive risk factor (liver flukes) and another possible risk factor (dioxin). Cases brought to the VA for approval for service connection in regard to both liver fluke and herbicide exposure have been granted and approved. In approving these cases, it demonstrates the VA recognizes the connection. Therefore, it should be recognized in all cases.

As far as current studies go, The National Academy of Sciences (NAS) is responsible for compiling data to determine what illnesses Vietnam Veterans are getting due to Agent Orange (Dioxin would be included in this). In speaking with the Staff Director who is in charge of the study, he conveyed that due to the fact Cholangiocarcinoma is such a rare cancer, it is not possible for them to study it in relation to Agent Orange exposure. For these types of situations with a rare cancer, it takes something other than reviewing scientific information to determine if Vietnam Veteran are getting this cancer at a higher rate than other groups of people.

Also, NAS is not able to study the connection of the liver fluke in relation to Vietnam Veterans, since it has only been approved for them to study herbicide exposure. One of the measures included in the new Energy & Water, Legislative Branch, and Military Construction and Veteran’s Affairs Appropriations Act signed into law October 23, 2018 requires the VA to start conducting research on the prevalence of this cancer in vets and efforts to combat it.

Cholangiocarcinoma, also known as bile duct cancer, is an extremely rare cancer caused by exposure to parasites in undercooked fish in Vietnam. It is a form of cancer that is composed of mutated epithelial cells (or cells showing characteristics of epithelial differentiation) that originate in the bile ducts which drain bile from the liver into the small intestine. It is a relatively rare neoplasm that is classified as an adenocarcinoma (a cancer that forms glands or secretes significant amounts of mucins). It has an annual incidence rate of 1–2 cases per 100,000 in the Western world, but rates of cholangiocarcinoma have been rising worldwide over the past few decades.

Vets concerned about having bile duct cancer should talk to their health care providers. Symptoms of bile duct cancer include jaundice (yellowing of the skin and the whites of the eyes), pain in the abdomen, dark urine, light or ‘clay’ colored stool, fever, itchy skin, nausea and vomiting, and unexplained weight loss. Your health care provider uses medical history, physical examination, and may employ a variety of blood tests and medical imaging (Xrays, CT, MRI scans, and/or ultrasound) and consultation with specialists to diagnose bile duct cancer. He can arrange for examination of your stool to check for ongoing liver fluke infection. If the infection occurred years ago, the test may not show the presence of liver flukes. Currently, there is no test of previous (resolved) liver fluke infection available for clinical use in the United States.

Cholangiocarcinoma is considered to be an incurable and rapidly lethal cancer unless both the primary tumor and any metastases can be fully removed by surgery. No potentially curative treatment exists except surgery, but most people have advanced stage disease at presentation and are inoperable at the time of diagnosis. People with cholangiocarcinoma are generally managed – though not cured – with chemotherapy, radiation therapy, and other palliative care measures. These are also used as additional therapies after surgery in cases where resection has apparently been successful (or nearly so). [Source: USVCP & Cholangiocarcinoma Foundation | October 26, 2018]

---

**FLU Prevention Update Facts You Need to Know**

We are rapidly approaching the holiday season, and carving pumpkins turns into carving turkeys and decking the halls, we all need to be reminded and aware of the uninvited guest: Influenza. There are a few important things you need to remember about the flu:

1. The “flu” or influenza is caused by the Human Influenza A, B and C Viruses
2. Symptoms typically appear 1-4 days after exposure
3. Symptoms include fevers of over 100 degrees, cough, nasal stuffiness, weakness, congestion, muscle aches, general fatigue, sore throat, chills and sweats
4. Symptoms often last for at least a week or two, sometimes longer.

5. You are contagious for about a day before you have symptoms and for about a week after your symptoms start.

6. You get the flu by breathing. Tiny droplets are inhaled and spread the virus.

If you bring yourself to the doctor within 24-48 hours of the onset of symptoms, antivirals can be prescribed and may significantly decrease the duration of your illness. It is critical that you pay attention to your symptoms and react quickly to minimize the impact of your illness. The best way to attempt to prevent the flu is by receiving a flu vaccination. That, combined with consistent hand washing and limiting contact with individuals known to have the flu, will limit the spread of the virus. Flu vaccinations are completely covered by insurance and many major chains are incentivizing customers to stop in and receive the vaccine while they shop.

It is critical to get the Flu vaccine before the flu is spreading throughout your area. The earlier in the season that vaccination occurs, the more likely you are to receive maximum protection. The CDC recommendation is that vaccinations be received in October. This year, many communities are reporting cases of the flu already, and some have even reported deaths attributed to the flu. It takes two weeks from the time of vaccination for the antibodies to develop against the flu. While many are skeptical of vaccination, the flu vaccine does not “cause” the flu. It does, however, give the body the best protection against a virus that does, in fact, kill. Here are 10 common myths about the flu.

1. **MYTH: You can catch the flu from the vaccine** -- The vaccine is made from an inactivated virus that can't transmit infection. So people who get sick after receiving a flu vaccination were going to get sick anyway. It takes a week or two to get protection from the vaccine. But people assume that because they got sick after getting the vaccine, the shot caused their illness.

2. **MYTH: Healthy people don't need to be vaccinated** -- While it's especially important for people who have a chronic illness to get the flu shot, anyone — even healthy folks — can benefit from being vaccinated. Current CDC guidelines recommend yearly vaccination against influenza for everyone older than 6 months of age, including pregnant women.

3. **MYTH: Getting the flu vaccination is all you need to do to protect yourself from the flu** -- There are a number of steps you can take to protect yourself during flu season besides vaccination. Avoid contact with people who have the flu, wash your hands frequently, and consider taking anti-viral medications if you were exposed to the flu before being vaccinated.

4. **MYTH: The flu is just a bad cold** -- Influenza may cause bad cold symptoms, like sore throat, runny nose, sneezing, hoarseness, and cough. But in the United States alone, 36,000 people die and more than 200,000 are hospitalized each year because of the flu. During the 2017/18 flu season, flu activity has significantly increased throughout the majority of the country with the A(H3N2) viruses predominating so far, according to the Centers for Disease Control (CDC). A(H3N2) virus-predominant influenza seasons have been associated with more hospitalizations and deaths in people age 65 years and older as well as young children. It's not too late to get a flu shot. Even if it doesn't prevent you from getting the flu, it can decrease the chance of severe symptoms.

5. **MYTH: You can't spread the flu if you're feeling well** -- Actually, 20% to 30% of people carrying the influenza virus have no symptoms.

6. **MYTH: You don't need to get a flu shot every year** -- The influenza virus changes (mutates) each year. So getting vaccinated each year is important to make sure you have immunity to the strains most likely to cause an outbreak.

7. **MYTH: You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window** -- The only way to catch the flu is by being exposed to the influenza virus. Flu season coincides with the cold weather. So people often associate the flu with a cold, drafty environment. But, they are not related.

8. **MYTH: Feed a cold, starve a fever** -- If you have the flu (or a cold) and a fever, you need more fluids. There's little reason to increase or decrease how much you eat. Though you may have no appetite, "starving" yourself will accomplish little. And poor nutrition will not help you get better.
9. **MYTH: Chicken soup will speed your recovery from the flu** -- Hot liquids can soothe a sore throat and provide much needed fluids. But chicken soup has no other specific qualities that can help fight the flu.

10. **MYTH: If you have a high fever with the flu that lasts more than a day or two, antibiotics may be necessary** -- Antibiotics work well against bacteria, but they aren't effective for a viral infection like the flu. Then again, some people develop a bacterial infection as a complication of the flu, so it may be a good idea to get checked out if your symptoms drag on or worsen.

    The flu is a good example of how medical myths can get in the way of good medical care. When it's flu season, take the necessary steps to stay healthy. That includes separating fact from myth. [Source: Military Connection | Kris Baydalla-Galasso | October 26, 2018 ++]

---

**VA Community Care Update 04 Three Steps To Access**

Veterans may be eligible to receive care from a provider outside of the U.S. Department of Veterans Affairs (VA) in their community when VA cannot provide the care that is needed. This type of care is known as “community care,” and is paid for by VA. Although some changes occurred with community care recently, Veterans continue to have access to this type of care. The process starts at your VA medical facility. Follow the steps below to see if you’re eligible:

1. **Go to VA**
   - Schedule an appointment with a VA provider.
   - Your VA care team will work with you to see if you are eligible for community care.
   - Eligibility is based on your medical needs, care that is available at VA, and other requirements.
   - Important: Make sure VA confirms you are eligible and authorized before you proceed to the next step.

2. **Make an Appointment**
   - VA will work with you to find a community provider and make an appointment.
   - You can select a community provider, or VA can select one for you.
   - Important: The community provider selected must be in VA’s network and be willing to accept payment from VA.

3. **Receive Care**
   - Arrive promptly for your appointment.
   - Important: If you need to schedule a follow-up appointment, check with your community provider to make sure VA authorized the care. If VA did not authorize the care, your community provider should contact VA to arrange the care you need.

    Note: Go to [https://www.va.gov/COMMUNITYCARE/programs/veterans/index.asp#FAQs](https://www.va.gov/COMMUNITYCARE/programs/veterans/index.asp#FAQs) to see VA’s list of Frequently Asked Questions if you have questions about the above steps.

**Getting Support**

- If you have questions about your specific circumstances, please contact your nearest VA medical facility.
- Go to [https://www.va.gov/COMMUNITYCARE/programs/veterans/VCP/index.asp](https://www.va.gov/COMMUNITYCARE/programs/veterans/VCP/index.asp) or contact (866) 606-8198 for questions about the Veterans Choice Program
- Call the VA Adverse Credit Helpline at (877) 881-7618 for help to resolve adverse credit reporting and debt collection issues from using the Veterans Choice Program.
- Visit [https://www.va.gov/COMMUNITYCARE/programs/veterans/index.asp](https://www.va.gov/COMMUNITYCARE/programs/veterans/index.asp) for more information,

[Source: The Rural Connection | Office of Rural Health | Fall 2018 ++]
Hank Wallace has once again organized a West Point excursion scheduled for Homecoming Weekend at the Academy and I have been invited only because Hank is unencumbered by memory of my past disasters there. My wife Joanne gave me the green light to go and of all the women I’ve institutionalized, she is by far the most encouraging. This trip will be different because through intense psychotherapy, I have seen that in the past my reaction to Hanks control has been measured, reasonable and terribly wrong. In my favor are several new guys going on this trip who understand Hank as much as I understand the game of cricket and I am going to let them deal with the tyranny while I look on and merrily watch them implode. I ride down with Jerry McDermott who is the consummate salesman and does most of the talking on the trip. When we arrive at the meth lab/motel that we are staying at, which incidentally also appears under demolition, I have already been sold bridge girders, a supply of estrogen and a lifetime subscription to Teen Vogue Magazine. Hank quickly forms us up, inspects us and force marches us to the local eatery which is about 100 yards from the under-siege motel. We arrive hacking and coughing and wheezing and we stumble in for what turns out to be a very fine dinner. The rest of the evening was mercifully uneventful with the exception of the lacrosse game being played in the room above us and Jerry and I are up early the next morning anticipating the big game. It is a large group on this excursion and Hank continues to assert his vise like grip on us all. He didn’t sleep well due to a breakfast burrito ravaging his stomach but he was definitely all business 1966 West Point Infantry grad Hank the next morning and the new guys quickly learned that to know Hank was to fear Hank. I finally work up the courage to complain that our room could have used a toilet seat and I immediately realize my mistake as Hank pounces like a hawk on a pigeon. This is not “get a tissue and let’s talk” Hank. He treats me like a millennial with a man bun and once again I am doing pushups in the lobby while the rest of my ex-friends avoid eye contact.

I nurse my bruised ego on the way to the game as Jerry expertly misses our turn off and we arrive at Parking Lot K a mere seven hours prior to kick off. Taking a bus to the parade grounds, we find Hank and the guys on the bleachers fighting off a stiff breeze. We are awe struck at the cadet review, parachute jumps and helicopter flyovers and Hank takes us on a tour of the Academy. He displays remarkable patience at the Eddie Haskell level comments from the new guys and this ticks me off because they are plebes and I again directly challenge Hanks authority and bang my spoon on my high chair. Once again it is sentence first, verdict later and Lynn Gursslin helps remove me from the Revolutionary War cannon muzzle at Trophy Point and we continue on to hallowed Michie Stadium. We gaze up to the general area indicated on our ticket stubs and Hank gives a riveting summit or plummet speech and we begin our ascent with more fits of coughing and CPR. The game is as thrilling as any we could have hoped for and we are all yelling profanity free encouragement to the Army Black Knights. Army takes an early 21-7 lead and interestingly attempts only two pass plays, both incomplete, the entire game plus two overtimes. Miami of Ohio is resilient and comes storming back in the 4th quarter and the game ends 31-30 with a game saving tackle by Army around the two-yard line. It is a masterful performance by both teams and we are filled with the camaraderie and enthusiasm that only a bunch of Vietnam veterans pumped full of VA medications and stadium chow can maintain.
We leave the game in high spirits but soon find ourselves at the mercy of the crowd exiting the stadium. Hank wants to keep his outfit together and offers the opportunity of transportation back to our vehicles. This is the final straw for me and my backbone stiffens like cotton candy. And like a squirrel in the middle of the road, I make a quick and fatal decision. In a final Wiley E. Coyote attempt to stand up to Hank, I point out that it is still a free country except in California and we have the right to copy Custer and split our forces going back. In a final plunge of the knife, Hank says “OK” and most of the guys take the buses back to Parking Lot K. Inexplicably, I join the Donner Party attempting to walk back. Complications quickly arise as none of us can hear let alone walk upright anymore and we are caught in the undertow of the crowd. Jerry does his best “Follow Me” impersonation and we soon find ourselves going cross country up and down sheer cliffs with bleached mountain goat skeletons seemingly everywhere. As Jerry is preparing ropes for rappelling, a wait a minute vine takes out Pat Shea and he has a nasty tumble. We all gather around to help him up and he is off the mat quicker than Rocky Balboa and I sheepishly return his wallet. The death march continues and we stagger on but we do eventually reach the promised land of porta pottys, tailgaters and Jerrys salty, sugary, carb infested snacks. After gorging ourselves and some long and heartfelt goodbyes, we saddle up and Jerry eases into the traffic leaving West Point. As I am riding shotgun, he asks me for help with the directions and I blurt out without thinking “make a right”. Another mistake in keeping with my performance the entire weekend and like wishing someone Happy Birthday on Facebook, it is the least I can do.

---

PTSD

By Fred Elliott

Post Traumatic Stress Disorder (PTSD) is not just for veterans. Anyone who experienced a major traumatic event may suffer from PTSD. I think it’s safe to say that, as veterans, we’ve always laid a proprietary claim to PTSD. After all, it was we veterans who popularized the term, Post Traumatic Stress Disorder. However, it has been shown that many other people suffer from PTSD due to a trauma they have experienced.

On one of my VA appointments, I came upon a new magazine (new to me anyway). The PTSD Journal, published in New Jersey by D.M.C. – PTSD Journal, L.L.C., is a magazine solely devoted to PTSD and those who live with it. This is no third-rate, cobbled-together, result of someone’s ravings, but rather, a well done, slick paper magazine with diverse articles about PTSD, TMI, those who live with PTSD, and how to survive with PTSD.

I didn’t find any information on how to subscribe to the magazine. However, there is a web site – www.PTSDJournal.com. I strongly urge anyone, whether or not you have PTSD, to visit the web site, review the articles posted there, and sign up for their email list.
As reported in *The Post*, several veterans from the Rochester area won medals in the 32nd annual National Veterans Golden Age Games that were held in Albuquerque, New Mexico.

Richard Seils of Penfield won a gold medal in the pickleball (similar to racquetball) singles and a silver medal in the doubles.

Doug Soel of Honeoye placed 20th in 10K cycling and 24th in air rifle.

Cecil Young of Rochester took ninth in the air rifle event and Ed Gould of Rochester placed 68th.

The VA hosts the Golden Age Games every year in cities across the country. The 2019 games will be held in Anchorage, Alaska from June 5 to 10. Veterans who use VA Healthcare and are 55 or older are eligible to participate in the games.

The games are made up of individual and team sports, including swimming, bowling, cycling, basketball, golf, and pickleball.
Highlights of the November Membership Meeting
114 People Attended

New Member David Rood – US Marines

New Member Sam Ennocenti – US Army

Ken Moore received the Albert Tarbell Service Award from the Native American Group & Veterans Group at Attica Correctional Facility

Daughters of the Revolution present certificate of appreciation to Chapter 20.
Flag Drawing Winner – Bianka Reichart Peck

50/50 Drawing Winner(s) – LuAnn and Joe

Last month’s 50/50 Winner – David Myers
Happy 243rd Birthday Marines!
The 3rd annual Run for Louie was a whopping success! Over 100 people attended the run. This year's run produced a record breaking donation for the Chapter....$3,111!
Thank you all!

Richard Stewart spoke to the Chapter this evening regarding the status of the program and the need for the Viet Nam veterans to sign up for their seats on future Honor Flights. If you sign up now it may be up to 3 years before your name is called for this honor. You can always postpone your flight if you are called and can not make the flight. You will be moved to a future flight. Go to the online site below and register, and sign up now to ensure that the Honor Flight doesn't pass you by!
Operation “Show Your Love”
Part 2
For The Richards House

Please bring you 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 then Wegmans.
2018 Veterans Day Parade

Pictures by Glenn Peck
On October 20, that lucky Vet (Dave Myers) was one of many who attended the 35th anniversary event at the Hyatt Regency. Here are some of the picture of the car, the event planners and the original cast from Christine.
On November 19 the Chapter presented the colors for Vet Court. Val Gatto, Joe Peck, Alan Frisa, Ralph Pasgal, Mike Riley and Mike General were in attendance.

On November 21, Val Gatto and Dick Oleksyn presented a check to Veterans home in Batavia.
FOR THOSE WHO LOVE THE PHILOSOPHY OF AMBIGUITY, AS WELL AS THE IDIOSYNCRASIES OF ENGLISH:

1. ONE TEQUILA, TWO TEQUILA, THREE TEQUILA...... FLOOR.

2. ATHEISM IS A NON-PROPHET ORGANIZATION.

3. IF MAN EVOLVED FROM MONKEYS AND APES, WHY DO WE STILL HAVE MONKEYS AND APES?

4. THE MAIN REASON THAT SANTA IS SO JOLLY IS BECAUSE HE KNOWS WHERE ALL THE BAD GIRLS LIVE.

Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.

Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.

Supermarket Law - As soon as you get in the smallest line, the cashier will have to call for help.

Denny’s has a slogan, “If it’s your birthday, the meal is on us.” If you’re in Denny’s and it’s your birthday, your life sucks!

The pharmacist asked me my birth date again today. I’m pretty sure she’s going to get me something.

The location of your mailbox shows you how far away from your house you can be in a robe before you start looking like a mental patient.
Please help me spread the word about this fundraiser for CompeerCORPS. All money raised will go directly towards programs and activities for area Veterans. Tickets can be purchased at https://www.eventbrite.com/e/the-penthouse-presents-compeercorp-celebrates-vets-tickets-51149509560?aff=efbeventtix&fbclid=IwAR3d058f0FbjbnW6Ggc7yyvC6n630KsrT8cqS_iF28kRISQVgOLCxVOw9Sq. Veterans can contact me to get the Veteran Discount Code.
### Monthly Membership Meetings

**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.
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 http://www.va.gov/womenvet
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

EXECUTIVE COMMITTEE
President Valentino Gatto vgatto@rochester.rr.com 227-2741 h
V. President Hank Wallace whwnbt@rit.edu 260-6035 c
Secretary Joe Peck jpeck2@rochester.rr.com 734-9046 c
Treasurer Alan Frisa alanfrisa@gmail.com 370-7962 c

DIRECTORS
Ken Allocco KBUD920@yahoo.com 392-9424 h
Bill Auble wauble@hotmail.com 683-2213 c
Dan Corona nycorona@junio.com 406-6108 c
Fred Elliott felliott@rochester.rr.com 317-7619 c
Mike General mwgeneral@aol.com 227-4383 h
Lynn Gursslin lynngursslin@gmail.com 737-0976 c
Chuck Macaluso chuckmac66@yahoo.com 225-8288 h
Jerry McDermott jerrymcdermott648@gmail.com 313-8188 c
Dick Oleksyn roleksyn@yahoo.com 663-5255 h
Stan Patykiewicz SNMPATYK@rochester.rr.com 247-4830 h
Mike Sanfilippo guardian175@yahoo.com 594-2649 h
Ron Trovato Ronbo215@gmail.com 857-3630 c

STATE COUNCIL DELEGATES
Bill Auble wauble@hotmail.com 683-2213 c
Nick DeLeo ndeleo52@yahoo.com 334-7043 h
Valentino Gatto vgatto@rochester.rr.com 227-2741 h
Ken Moore 17CAV@rochester.rr.com 392-0269 h
Jerry McDermott jerrymcdermott648@gmail.com

COMMITTEE CONTACTS
Between The Lines
Editor – Vito Scarpetta vietvet6748@gmail.com 301-5348 c
Chaplain - Tom Puff tpuff@frontiernet.net 227-3426 h
Chapter Gear – Lynn Gursslin lynngursslin@gmail.com 737-0976 c
Constitution – Fred Elliott felliott@rochester.rr.com 288-5756 h
Finance – Jerry McDermott jerrymcdermott648@gmail.com 313-8188 c
Health – Jerry McDermott jerrymcdermott648@gmail.com 313-8188 c
Honor Guard – C. Macaluso chickmac66@yahoo.com 225-8288 h
Incarcerated – Ron Trovato Ronbo215@gmail.com 857-3630 c
Legislative – Bill Auble wauble@hotmail.com 683-2213 c
Marching – Hank Wallace whwnbt@rit.edu 334-5352 h
Membership – Mike General mwgeneral@aol.com 227-4383 h
Memorial – Chuck Macaluso chickmac66@yahoo.com 225-8288 h
POW/MIA – Joe Peck jpeck2@rochester.rr.com 734-9046 c
Public Affairs – Mike Sanfilippo guardian175@yahoo.com 594-2649 h
Social Events – V. Gatto vgatto@rochester.rr.com 227-2741 h
Speaker’s Bureau – Ken Allocco KBUD920@yahoo.com 392-9424 h
269-0071 c
Vet Benefits – Stan Patykiewicz SNMPATYK@rochester.rr.com 247-4830 h
Veterans Walk – C. Macaluso chickmac66@yahoo.com 225-8288 h
Women’s Affairs – Rosemary Rossi-Williams pefrose@gmail.com 738-6138 c

WEB SITES / EMAIL ADDRESSES
Vietnam Veterans Memorial at Highland Park www.rochestervietnammemorial.org/The_Memorial
VVA New York State Council www.nvyetnamvets.org
Honor Flight www.HonorFlightRochester.org

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

VVA REGION 2 DIRECTOR
Ted Wilkinson twilkinson@vva.org 585-322-6722

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
(enter 9; enter 2 to leave a message)
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 Bat 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 VIT 506-9060
The Resource Center at VIT 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