Nominating Committee
by Chuck Macaluso, Chair

The Annual Meeting & Elections will be held April 12, 2018 at 6:30 PM –

Location: Italian American Sports Club – 1250 Buffalo Road

Driving Directions - The Club is located on Buffalo Road close to the intersection of Howard Road. Directly across the Stone quarry. Next to the Eagles Club, and the Catholic Diocese of Rochester.

From the East. Heading West bound on 490, exit Mount Read Blvd and turn left. South bound on Mt. Read to Buffalo Road circle, turn right West bound on Buffalo Road. 1.4 miles West bound on the right side North is 1250 Buffalo Rd.

From the West: Heading East bound on 490, exit 33 East bound, Buffalo Road (Gates Center). Head East bound on Buffalo Road. Pass Howard Road 1250 will be on the left North side about .5 miles.

Positions for nominations –
All Four Officer Positions
Three Board (3) – Directors (correction from Feb. BTL)
New York State Council Members

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 2018 to vote April 2018).
• 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 7:15 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.)

Slated Canadites:

Executive
President - Val Gatto
Vice-President - Hank Wallace
Secretary - Joe Peck
Treasurer - Alan Friza

Directors
Dave Corona
Bill Auble
Stan Patykiewicz

State Council
Nick DeLeo, Val Gatto, Bill Auble, Jerry McDermott, Kenny Moore
Each candidate will address the membership at the March 8th (Candidates Night) 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
I have been a member since 2007 and in 2009 was elected to the Chapter 20 Board of Directors. My responsibilities include the coordination and sale of Chapter 20 related apparel, commonly referred to as “Chapter Gear.” In 2009 I became a member of the Chapter 20 Honor Guard and in 2010 was appointed to the position of Assistant Commander of the Marching Unit and Assistant Commander of the Honor Guard. In 2010 I was also elected as a delegate to the New York State Council. I was appointed Coordinator of Social Events for Chapter 20. In 2011 I was elected to the position of Vice President of Chapter 20. In 2012 I was elected president of Chapter 20. In the seven years that I served the chapter along with the BOD we made a lot of changes and resolved many problems. I will continue to better serve the interest of the chapter and its members. I will strive for the success of the chapter in helping our members and our community.

As President of Chapter 20 I am involved with the community and most of all Chapter 20 members to make sure they are getting the proper help and benefits that they deserve. I also represent chapter 20 at the Vietnam Veterans Memorial of Greater Rochester which the chapter supports. I also represent the chapter 20 at Veterans Memorial & the Executive Council. I represent the chapter at the New York State Council every quarter.

For me is an ongoing process dealing with everyday issues for the chapter and a multitude of phone calls and e-mails. I am committed to working closely with the Board members to discuss and resolve issues that are important to the wellbeing of the chapter and I have been lucky to have a Board that works so well together. Through the years as your President we made very good progress in resolving many issues that directly affect the future of the chapter. Every day I work diligently to preserve the integrity of the chapter and the special place we have in the Rochester community. As president of Chapter 20, not only do I have the honor of representing our organization at many events, but also I am doing everything I can to ensure that we are on a financial footing that allows us to
Alan J. Frisa   Position of Treasurer

I like to rerun for the position of treasurer. I have taken care of the books for the chapter for the past 6 years. I find the job challenging and I am up for the task. I have had the great pleasure of working with a great president Val, VP Hank, Secretary Joe we got things done, and saved money for the chapter. Please consider me for the position of treasurer.

Was drafted in 1966 into the US Army took basic training at Ft Dicks went on to Ft Knox for armor training. I received orders for Germany where I was stationed in Schweinfurt, where I was a track mechanic. 3rd Infantry Division 2nd Battalion 64th Armor. My job was to keep the tanks running to protect the boarders from the Russians.

Thank you for your time. Your brother Alan J. Frisa
Joe Peck  
Candidate for Secretary

I am presently running for re-election for the position of Secretary. I have been a proud member of Chapter 20 since August of 2004, a board member since 2007 and Secretary since 2011 as well as a Life member of VVA. I am also the POW/MIA chair for the Chapter and a Board Member of the Greater Rochester Vietnam Veterans Memorial. I served in the US Army from 1974 to 1976 and was assigned to the 5th Signal Command under STRATCOM and stationed in Manheim, Germany. I have served honorably with the March unit and the Honor Guard and I am presently a hospice volunteer for the Vet to Vet connection through Life Time Care.

I retired after almost 35 years of service at Xerox and now devote my time to my family and to Chapter 20. I have continuously worked to keep the integrity and functionality of the Chapter at its highest level of standard. With your vote of confidents, I would like to continue to perform my duties with the executive committee and board to the best of my abilities.

Thank you.

Daniel Corona  
Candidate for the Board of Directors Chapter #20

This will be my 27th year with Chapter #20. I have been a member of the Marching unit for as long, and have been with the Honor Guard for several years. I am running for re-election to the Board of Directors to continue the work of this great Chapter. Over the years I have been a member of the LLC board for the thrift store and car donation business, currently oversee the Chapter web site, member of the Finance Committee, and the Election Committee. I have gone to several VVA conventions to represent the Chapter. Participated in many events such as the 20th anniversary of the Wall in Washington D.C., two visits to the area of the Moving Wall, represent the Chapter at Armed Forces Day, member of the 20th anniversary committee of the memorial in Highland Park.

I am married to Diane, have two grown boys and two granddaughters, oh yeah, and a cat. It has been an honor to serve chapter 20 and represent the members.
Stan Patykiewicz Bio.

I’m a proud United States Marine. Served 69-71, Vietnam 70-71, and Active Reserves 71-75. I graduated from Edison Tech. in 1967, went to work at Kodak while going to RIT, got drafted, then joined the Marine Corp. When I came home, I went to work in the Tool and Die industry, and have been at it ever since, in varying positions. I now have joined my wife of 40 years, in retirement. (It’s a whole new experience!!)

Now that I’m retired, I have time to finish all the started projects at home, work on my hobbies, and play with the grandkids. Best of all, I will also have a little more time to focus on Chapter 20 activities and issues (Yeah!!!).

I joined VVA Chapter 20 in 1990, but only started participating in 2008. I am on the Honor Guard/Marching Unit and also on the Board of Directors working with benefits. My term as a director is up in April. I would like to continue working with the membership in keeping us updated on benefits issues and help those who may need to get through the process. Also, with my past experiences, I can work with the rest of the board on all issues pertaining to veterans.

Chapter 20 is family, and I would be honored if the membership would consider me for another term. Thank you for your consideration.

If elected, I will continue to keep up with all the benefits issues and pass them on to all the members. Also, I will continue to bug the membership about eating right and keep moving. After all, the membership is family and we need to hang together as long as we can!

Stan Patykiewicz
William Auble Bio.

Background for consideration as a candidate for the Board of Directors and State Delegate for VVA Chapter # 20

I am a USMC Vietnam veteran who served “in country” between December of 1966 to January 1968. I was a radio operator most of time in Nam but had a Combat Engineers’ MOS. During my time in Nam I was in the 1st Marine Division and my Unit supported the 7th Marine Regiment and I was usually attached to the 3rd Battalion. The first half of my tour I spent pulling Ops around the Chu Lai area. The second half of my tour I spent in the Da Nang area pulling Ops there.

I was discharged from the Marine Corp in May of 1968 and returned to my hometown Rochester, N.Y. I worked as a machinist apprentice at the D&C and the Times Union, a Gannett newspaper. I didn’t care to work nights and inside work all the time, so I applied for a construction electrical apprenticeship and was accepted. I remained an Electrician until my retirement in 2005.

Prior to my retirement I had been active in my American Legion Post # 1830 serving on various committees, Board of Directors and was instrumental in getting a NYS grant for an electronic sign so our Post could advertise our various functions. It has helped us raise monies for our charitable contributions, by notifying our members and the surrounding community of these events.

About ten years ago I was appointed the Legislative Chairman for Monroe County American Legion and have been actively informing the County legionnaires about the current Federal and State legislation that affects our Veteran community. When I was voted to the VVA Board of Directors Chapter # 20, in 2015, I was appointed Legislative Chair for our Chapter. Since then I have tried to give reports at most all of our monthly meetings to inform our members and meet with our local Legislators on issues that affect our Veteran community.

I am still involved as a mentor in Veteran’s Drug Treatment Court and as a volunteer in the in the Veterans Hospice program for Lifetime Care. I feel that it is an honor to serve these Veterans during their times of need. I guess we never lose that mentality, that we need each other to complete a mission. It is very evident to me in these two Veteran’s services.

In conclusion I would like to ask you to consider voting for me for another term as a Board of Directors member and State VVA delegate for our Chapter in April 2018 election.

Thank you for your consideration in this matter.

Bill Auble
Jerry McDermott – Candidate for NYS Council Delegate

I enlisted in the US Army for 3 years starting in March 1968, and I completed my third year in March 1971. I served one year in Vietnam, from March 1969 through March 1970, in I Corps assigned to a Field Artillery unit of 8 inch and 175mm self-propelled howitzers near Dong Ha, Republic of Vietnam.

I am a Life Member of VVA, and have been a Chapter #20 member since 2007. I am running for my fourth term as a NYS Council Delegate. As a Chapter #20 director, I currently chair the Health Affairs Committee, and the Financial/Audit Committee. My goal is to faithfully attending the NY State Council quarterly meetings as a Chapter delegate.

Since my first delegate meeting at NYS Council in 2009, I have missed only one meeting. I don’t say that to brag, but to inform you that I do take my elected duties and responsibilities very seriously. By attending these meetings, I have a better chance to learn and understand state and national issues that can affect all VVA members. I am able to bring back to Chapter #20’s BOD and membership information presented and discussed. In my opinion, the time taken to attend these meetings is worthwhile. Besides the obvious benefits of networking with other NYS Council delegates and hearing NYS Council committee reports, an added benefit attending the quarterly meetings is knowledge gained when discussing issues; issues that will or have already impacted Vietnam veterans and their families. I would like to continue to help to identify these issues and work toward a meaningful solution for these issues on your behalf.

I am asking for your vote to again represent Chapter #20 at NYS Council. I will continue to advocate for you and educate our members and families as long as I can. I thank you for your support in the April election. Finally, I appreciate the support that you have given me in the past. Thank you all, and Welcome Home!
Ken Moore – State Council Vice-President

My name is Ken Moore, I served with the US Army in Vietnam with D Troop 17th. Cavalry 1966-67 in III corp. Worked for Eastman Kodak for 30 years retiring in 1991 as a construction supervisor, before my full retirement in 2004 when I worked for the County of Monroe as a Veterans service officer helping veterans receive the health care and benefits due to them for the service they did for their country.

Nick DeLeo – VVA New York State Council Treasurer – Biography/Resume

I have been a veteran’s advocate since 1977 as President of the Penn State University Veterans Club and have served my fellow veterans continually for the past 37 years in various capacities as outlined below.
Joined VVA in March 1981; Life Member April 1996
VVA Chapter 20 Secretary September 1981 to April 1984
VVA Chapter 20 Vice President April 1984 to April 1986
Appointed to VVA 20 Board of Directors 1988 to 1990
VVA Chapter 20 Treasurer April 1996 to April 2000
VVA Chapter 20 President April 2000 to April 2002
VVA Chapter 20 1st Vice President December 2002 to April 2006

Vietnam Veterans Memorial of Greater Rochester Secretary June 1990 to June 2000
Part of a group that built this memorial on 2 ½ acres in Highland Park Rochester, NY.
VVA New York State Council Treasurer elected September 2005 through present
Responsible for payroll for up to 5 employees, filing all taxes and required forms etc.

Veterans Outreach Center VVA 20 Board Representative April 1999 to August 2007
Veterans Outreach Center Board of Directors March 2008 to September 2017
Chairman of Annual Flag Day Campaign since 2007; Compliance Officer 2010-2017

VVA Chapter 20 Emergency Relief Foundation Secretary June 2002 to June 2007
Provided assistance to veterans having difficulty with expenses. Funds paid directly to creditor.

Kodak Veterans Network of Employees Treasurer June 1997 to June 1999
Kodak Veterans Network of Employees Board of Directors September 2005 to June 2007
Kodak Veterans Network of Employees Vice President June 2007 to February 2009

Harris RF Communications Serving Emergency Responders and Veteran Employees - Vice President
September 2012 to January 2015 – Retired from Harris RF Communications January 30, 2015.

__________________________________________________________________________

Wm H(ank) Wallace – Vice President

I am putting myself forward for re-election as the Chapter 20 Vice President, as part of the process I need to submit a biography. So here we go, I grew up in Jacksonville Florida and had one year at the Univ.of Fla. After that I was lucky to get into the U.S. Military Academy. After graduating, I attended Airborne and Ranger training and served in the Infantry for about six months in the 5th Div at Fort Carson Co. I spent June ’67 June ’68 in 173rd Airborne in Vietnam. The next year I was cadre at the Florida Ranger Camp, Elgin AFB, Fla. I also collected a wife and a son while there. The next and final year in the service was at Ft. Riley, KS. I followed up by using the VA support for two years to get a masters degree in business from SUNY Binghamton. I next worked for several accounting firms and taught accounting on the college level mostly 35 years at RIT. After my wife passed in Oct 2006, I found a new family in the Chapter 20. I would like to continue to be useful as Vice President and Marching Unit Commander.
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<td>Kooman, Gary Roger</td>
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<td>Natale, Nicholas Anthony</td>
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**Memorial Tours & Presentations**

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

**Friends of the Memorial**

To be placed on the volunteer contact list, contact Chuck Macaluso at 585-225-8288 or Chuckmac66@yahoo.com
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 (World War II, 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).

Questions please call Chuck or Joan Macaluso as 585-225-8288
POW/MIA
CHAIRMAN JOE PECK

There are currently new reports from the Defense POW/MIA Accounting Agency (DPAA), the National League of Families and the DOD of another service man that has been recovered, returned and identified. The total number of Americans who are still missing from the Vietnam War still stands at 1,601.

Col. Edgar Felton Davis, US Air Force from Goldsboro, North Carolina was a Navigator “backseater” on a RF4C photographic and electronic detection aircraft which was a modified McDonnell Douglas Phantom II fighter/bomber. He was assigned to the 11th Tactical Recon Squadron, 432nd Tactical Recon Wing, 7th Air Force. On September 17, 1968, Davis and his pilot took off from Udorn Airfield in Thailand on a night photo-reconnaissance mission over Laos and about 15 miles south of the city of Sepone in Savannakhet Province, in Laos, his aircraft was hit and shot down by enemy anti-aircraft artillery. The pilot of this aircraft ejected and was rescued but no signs of Col Davis or the aircraft were sighted by search and rescue teams. He was officially declared MIA and eventually declared deceased in 1979. The remains were located with the help of the government of Laos and returned on April 29, 2015. They were then identified on December 12, 2017 and Col Edgar Felton Davis was accounted for on January 18, 2018. Information on his interment is not presently available but he will be laid to rest with full military honors on the American that he fought and died for.

There has been reports of the recoveries and identifications of individuals from the following wars:
- Staff Sgt. John H. Canty, US Army Air Corps was lost June 22, 1944 in France. He was accounted for on December 14, 2017.
- Cpl. William C. McDowell, US Army was lost December 2, 1950 in North Korea. He was accounted for on January 17, 2018.
- 1st Lt. Eugene P. Ford, US Army Air Corps was lost December 17, 1944 in Croatia. He was accounted for on January 19, 2018.
- Pfc. Lamar E. Newman, US Army was lost November 27, 1950 in North Korea. He was accounted for on January 19, 2018.
• Sgt. 1st Class Pete W. Simon, US Army was lost September 5, 1950 in South Korea. He was accounted for on January 19, 2018.
• Pfc. David Baker, US Army was lost November 26, 1950 in North Korea. He was accounted for on February 8, 2018.
• Fireman 1st class Chester E. Seaton and Leonard R. Geller, Fireman 2nd and 3rd class Lowell E. Valley and Warren H. Crim, Seaman 1st class Willard H. Aldridge, Donald G. Keller, Leon Arichx and Eugene W. Wicker, Molder 1st class Kenneth B. Armstrong all members of the US Navy on board the USS Oklahoma were lost on December 7, 1941 at Pearl Harbor, Hawaii. They were all accounted for in January and February 2018

We welcome you home brothers. You can finally rest in peace. Your brothers and family never gave up hope and you were never forgotten.
Membership Update
Mike General Membership Chair

Chapter 20 Membership currently is at 626 members and AVVA is at 39 members as of 01/31/18. Membership has been growing (only 2 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 2 members who did not renew this last month and 4 members who passed away.

Please Renew Your Membership!

All Life Memberships are $100.00

If you are 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)

NEW: 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
MEMBERSHIP APPLICATION
Vietnam Veterans of America, Chapter 20

Name: ____________________________________  Date of Birth: _________________  Sex ( )M ( )F
Address: __________________________________  Home Phone: ( 555 )________________________
City: _____________________________________  Work Phone: ( 555 )_______________________
Zip: ___________  County: ____________________  Email Address: ____________________________

I am not a Vietnam Veteran, but I want to help Vietnam Veterans and their families.
Please accept my donation:
( ) $10  ( ) $20  ( ) $50  Other ($__________)

Payment Options: ( ) Check  ( ) Money Order

Return this application, along with a copy of your DD214 to:
Chapter 20, Vietnam Veterans of America
P.O. Box 12580
Rochester, NY  14612

Eligibility: Vietnam and Vietnam-Era veterans who
Served on active duty in the U.S. Military (for other
than training purposes) between February 28, 1961
and May 7, 1975 (in-country Vietnam), or between

Term: ( ) 1 Year $20  ( ) 3 Years $50  ( ) Life Membership $100

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

BETWEEN THE LINES:
Between the Lines is published monthly by Chapter 20, Vietnam Veterans of America. The views and opinions expressed are not necessarily those of Chapter 20 or the Vietnam Veterans of America, Inc., its Officers, Board of Directors, or the General Membership. Between the Lines can be viewed on the Chapter 20 website at www.vva20.org.

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 felliott@rochester.rr.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 10th of the preceding month. Exceptions may be granting by contacting the Editor.
Highlights of the February Membership Meeting
95 Members Attended

Nick Bianchi won the 50/50 drawing

Tom Reichardt won the Flag drawing

Dan Hasenauer won the special picture drawing as Rita Hasenauer looks on.
Val presents a check to Tom Folino, the Vice President of the Italian American Sport Club. A donation that the Chapter presents every year. The Chapter has our membership meetings at the Club each month.

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**WARRIORS OF FREEDOM MEMORIAL**

In our January edition of the BTL we presented the Warriors of Freedom Memorial article outlining the proposal for the new memorial soon to be breaking ground this year at Monroe County Highland Park. We were honored to have as our guest speakers two men who are actively providing our veterans with much needed services and recognition. Standing with Val is Nick Stefanovic, newly appointed Director of the Veterans Service Agency (on right) and Hector Sotomayor, Chairman of the Warriors of Freedom Memorial Committee (on left).
We are writing this letter as members of the Warriors of Freedom Memorial Committee. For the past several months, the committee has been meeting to discuss plans for the construction of a memorial in Monroe County’s Highland Park. The committee is committed to raising enough money to construct a Memorial that will recognize and honor the memory of service members from Monroe and surrounding counties, who lost their lives in US military conflicts from 1990 through our current times.

To complete this project, we need your help. The committee is depending on the good will and generosity of individuals, companies and organizations to fund this Memorial. In doing so, our men and women will be remembered, schools will be able to visit all of the memorials in Highland Park, and the families of those fallen will be able to reflect and know that an entire community recognize the sacrifices of those who bravely served our country. The approximate total cost of the project is $300,000. All donations can be made through the Finger Lakes Area Community Endowment. (FLACE)

The Finger Lakes Area Community Endowment (FLACE) was created in 1994 to facilitate and stimulate charitable giving throughout the Finger Lakes region. The Community Endowment was awarded exempt status from federal income tax under Section 501(a) of the Internal Revenue Code as an organization described in Section 501(c) (3) on December 5, 1994. Documentation for tax purposes is available upon request. You may contact this endowment by going to: https://www.cnbank.com/FLACE. Please use the drop down menu to select “Warriors of Freedom.” You may also send a check to our P.O. Box. Checks are made out to FLACE-Warriors of Freedom Memorial.

Please help us honor those who gave so much for us with a contribution for the construction of this Memorial. Thank you in advance for your support.

Warm Regards,

Warriors of Freedom Memorial Committee
P.O. Box16381
Rochester, NY 14616

Chairman: Hector Sotomayer
Treasurer: Ray Melen
Members: Rita Hasenauer, Dan Hasenauer, Paula Burgin, Caroline McClellan
Importance of Walking... Comments Over Heard @ Fit Vet Challenge Weigh In

- Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at $7000 per month.
- My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

**The methodology and reporting is as follows.**

Monthly totals will only include consistent member weigh-ins.

The total gain/loss will be based on the aggregate accumulation of all the months gains and losses.

**Chapter Weigh-in Update**

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<tr>
<td>TOTAL</td>
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<td>845.6</td>
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AIR FORCE
- Lost two members and gained one at weigh-in. John Kierer lost 2 lbs!

ARMY
- Lost 3 members at weigh-in. Steve Nash and Mike Sanfilippo are this man's Army big losers, 3 lbs each!

NAVY
- Lost one member at weigh-in. Bill Heinrich lost 7 lbs and Marty Williams lost 4.5 lbs!

USMC
- Added one member at weigh-in. Ed Williams was the BIGGEST loser, 10.4 lbs!
  - Charles Klauck lost 4.3 lbs and Sam Otto lost 2.6 lbs!
• I like long walks, especially when they are taken by people who annoy me.
• The only reason I would take up walking is so that I could hear heavy breathing again.
• I have to walk early in the morning before my brain figures out what I’m doing.
• I joined a health club last year and spent about 400 bucks. Haven’t lost a pound. Apparently, you have to go there.
• Every time I hear the dirty word ‘exercise’ I wash my mouth out with chocolate.
• The advantage of exercising every day is so when you die they’ll say, 'Well, he looks good doesn’t he?'
• If you are going to try cross-country skiing start with a small country.
• I know I got a lot of exercise the last few years just getting over the hill.
• We all get heavier as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it. AND...
• Every time I start thinking too much about how I look I just find a Happy Hour and by the time I leave I look just fine.

Health Affairs Reports...

I believe the following items will be of interest to all Chapter # 20 members and families and hope you will share them the others too. A good review of atrial fibrillation (heart health knowledge) that we can all learn about. Also, new information about upgrading discharge papers, how the VA can assist. Finally, a notice about Vietnam Veterans Memorial Fund Memory Program established in Washington, D.C. Perhaps an opportunity to honor our Vietnam veterans who came back from the war, but succumbed to various efforts brought on by the war. Respectfully submitted by,
Jerry McDermott

Atrial Fibrillation ► What It is...heart health knowledge

Atrial fibrillation is an irregular and often rapid heart rate that can increase your risk of stroke, heart failure and other heart-related complications. During atrial fibrillation, the heart’s two upper chambers (the atria) beat chaotically and irregularly — out of coordination with the two lower chambers (the ventricles) of the heart. Atrial fibrillation symptoms often include heart palpitations, shortness of breath and weakness. Episodes of atrial fibrillation can come and go, or you may develop atrial fibrillation that doesn’t go away and may require treatment.

Although atrial fibrillation itself usually isn’t life-threatening, it is a serious medical condition that sometimes requires emergency treatment. It may lead to complications. Atrial fibrillation can lead to blood clots forming in the heart that may circulate to other organs and lead to blocked blood flow (ischemia). Treatments for atrial fibrillation may include medications and other interventions to try to alter the heart’s electrical system.

Symptoms -- Some people with atrial fibrillation have no symptoms and are unaware of their condition until it's discovered during a physical examination. Those who do have atrial fibrillation symptoms may experience signs and symptoms such as:
• Palpitations, which are sensations of a racing, uncomfortable, irregular heartbeat or a flip-flopping in your chest
• Weakness or reduced ability to exercise
• Fatigue, Lightheadedness, and/or Dizziness
• Confusion
• Shortness of breath
• Chest pain

**Frequency may be:**

• Occasional. In this case it’s called paroxysmal (par-ok-SIZ-mul) atrial fibrillation. You may have symptoms that come and go, lasting for a few minutes to hours and then stopping on their own.

• Persistent. With this type of atrial fibrillation, your heart rhythm doesn't go back to normal on its own. If you have persistent atrial fibrillation, you'll need treatment such as an electrical shock or medications in order to restore your heart rhythm.

• Long-standing persistent. This type of atrial fibrillation is continuous and lasts longer than 12 months.

• Permanent. In this type of atrial fibrillation, the abnormal heart rhythm can't be restored. You'll have atrial fibrillation permanently, and you'll often require medications to control your heart rate.

**When to see a doctor:**

• If you have any symptoms of atrial fibrillation, make an appointment with your doctor. Your doctor may order an electrocardiogram to determine if your symptoms are related to atrial fibrillation or another heart rhythm disorder (arrhythmia).

• If you have chest pain, seek emergency medical assistance immediately. Chest pain could signal that you're having a heart attack.

[Source: Mayo Clinic | January 2018 ++]

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**Military Discharge Upgrade Update Feb. 2018  VA New Online Help**

Veterans Affairs and Defense officials this week released new online help for veterans applying for a discharge upgrade, the latest in a series of outreach efforts to so-called “bad paper” veterans who may have been unfairly deprived of federal benefits. The new tools, available through the VA’s web site, provide veterans with downloadable forms for the appropriate VA or military officials and detailed instructions on the upgrade request process. Veterans cannot submit forms through the site, but officials said the goal is to give clearer directions on how to navigate the complex requirements for upgrade petitions VA officials said they launched the tool after fielding more than 5,000 calls related to upgrade procedures in 2017, most complaining the instructions available were too confusing or complicated to be useful.

Robert Wilkie, undersecretary of defense for personnel and readiness, in a statement praised the joint collaboration and said it will help “individualize the guidance” in an effort to simplify the process. Military officials estimate that tens of thousands of veterans with less than honorable discharges could be eligible for upgrades. Vietnam Veterans of America has put the number at over 300,000. While most individuals with criminal charges and court-martial dismissals aren’t eligible, veterans discharged because of incidents relating to undiagnosed post-traumatic stress disorder, traumatic brain injury, sexual assault or their sexual orientation may be. An upgrade to a higher discharge status can also bring with it eligibility for a host of veteran’s health and education benefits.

Last year, VA officials expanded their emergency medical care policies to include 90 days of mental health care for veterans with other-than-honorable discharges. That period includes a review of veteran’s records to determine if they should be eligible for additional medical services. Military officials in 2016 changed the rules surrounding upgrade applications to allow for more “liberal consideration” of undiagnosed health claims by veterans.

Kris Goldsmith, assistant director for policy and government relations at VVA, called the work done so far “heartening” but said more work needs to be done. “The tool helps veterans understand what needs to be done to be brought back into the fold, but discharge upgrade requests and characterization of discharge reviews historically have negative outcomes for the overwhelming majority of applicants,” he said. “The denial of an appeal is in itself traumatic for a veteran with PTSD. I know this because I’ve experienced it personally three times in the last decade. Congress and the Administration need to make fixing bad-paper a top priority, and take more proactive measures to helping our most vulnerable population of veterans.”
VVA is pushing legislation on Capitol Hill dubbed the “Leave No Veteran Behind Act” that would provide more services to bad-paper veterans, and has been working towards public hearings on the issue to raise awareness. [Source: MilitaryTimes | January 26, 2018 ++]

**VVMF In Memory Program ▶ Applications Due 9 MAR 2018**

The Vietnam Veterans Memorial Fund created the 'In Memory' program to honor Vietnam veterans whose lives were cut short as a result of their service but are not eligible for inscription on The Wall under DoD guidelines. *In Memory* is a way that Vietnam veterans can be honored on the National Mall. The plaque that honors these veterans was dedicated as a part of the Vietnam Veterans Memorial in 2004. In Memory began in 1999 and has since honored more than 3,200 veterans.

Examples of causes of death that do fit the criteria for inclusion in VVMF's *In Memory* program:

- PTSD related illnesses / events
- Exposure to Agent Orange and similar chemicals
- Diabetes
- Cancer
- Cholangiocarcinoma
- Hodgkin's Disease
- Ischemic Heart Disease
- Non-Hodgkin’s Lymphoma
- Parkinson's Disease

To have a loved one considered for the In Memory program, you must submit an application to VVMF. Go to [http://www.vvmf.org/userfiles/files/PDF/In%20Memory%20Application%202018%20web.pdf](http://www.vvmf.org/userfiles/files/PDF/In%20Memory%20Application%202018%20web.pdf) to fill out an application online which are due by **March 9 for the 2018 Program**. If you have a question about the program or are experiencing difficulty with the application, contact VVMF at (202) 393-0090 or via e-mail at inmemory@vvmf.org. Along with the application there are two documents required in the application process. A copy of the death certificate and a copy of the DD214. Examples of proof of service in Vietnam are listed on the DD214 as:

- Vietnam Service Medal (VSM)
- Vietnam Campaign Medal (VCM)
- Vietnam Service Ribbon

**Having a loved one honored in VVMF’s *In Memory* program includes:**

- Inclusion in the annual *In Memory* Day ceremony held on the National Mall. Family and friends of new honorees are invited to attend the ceremony and say their loved one's name.
- At the ceremony, you will be provided with a “Tribute” – a 9 x 12 framed certificate containing the Honoree’s photo and other provided information.
• Your loved one will be included in the annual *In Memory* yearbook. The yearbook includes the full list and photos of current year’s honorees to see last year’s yearbook.
• Your Honoree will be added to VVMF’s virtual *In Memory* Honor Roll. Friends and family will be able to share remembrances on the individual’s page to see the Honor Roll.
• Family and friends of honorees are invited to attend all future *In Memory* ceremonies.

[Source: VFW Action Corps Weekly | February 2, 2018 ++]
Cynical philosopher...

♦ I always wondered what the job application is like at Hooters. Do they just give you a bra and say, “Here, fill this out?”
♦ I can’t understand why women are okay that JC Penny has an older women’s clothing line named, “Sag Harbor”
♦ My therapist said that my narcissism causes me to misread social situations. I’m pretty sure she was hitting on me.
♦ The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T Bass, Helen, Thelma Lou, Clara and, of course, Opie were all single. The only married person was Otis, and he stayed drunk.

The following questions were in last year's GED examination.
These are genuine answers (from 18 year old students)

Q. Name the four seasons?
A.. Salt, pepper, mustard and vinegar.

Q. How is dew formed?
A.. The sun shines down on the leaves and makes them perspire.

Q. What guarantees may a mortgage company insist on?
A.. If you are buying a house they will insist that you are well endowed.

Q. In a democratic society, how important are elections?
A.. Very important. Sex can only happen when a male gets an election.

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat. - Alex Levine

Having more money doesn’t make you happier. I have 50 million dollars but I’m just as happy as when I had 48 -WH Auden

We are here on earth to do good unto others. What the others are here for, I have no idea. - Jonathan Katz

In hotel rooms, I worry. I can’t be the only guy who sits on the furniture naked. -Johnny Carson
Big Day at the Rochester Auto Museum Grand Opening
Val with Re-House Manager, Sally, signing papers for nonprofit donations. Sally notified Val that a family donated all items from their house to Re-House. The chapter will get a percentage from the proceeds.
Online Exchange Benefits Officially Open to Veterans

As of November 11, 2017, approximately 18.5 million honorably discharged veterans now have a lifetime benefit enabling them to shop and make purchases from military exchanges online.

To verify eligibility and begin shopping, visit the Army and Air Force Exchange Service at [www.shopmyexchange.com](http://www.shopmyexchange.com), the Marine Corps Exchange at [www.mymcn.com](http://www.mymcn.com), or the Navy Exchange at [www.mynavyexchange.com](http://www.mynavyexchange.com).

Taken from the February 2018 edition of "Leatherneck." Submitted by Bruce Van Apeldoorn
Operation “Show Your Love”

Operation “Show Your Love” was a BIG success

Thank you to all that brought in stuff for our First Operation "Show Your Love". Joe peck and I brought it all to the Richards House and they were so happy to see all that you all donated for them. My car was so full!

Thank you so much everybody!

Kenny A.
Board Meetings  |  Membership Meetings
---|---
March 6  |  March 8
April 3  |  April 12
May 1    |  May 10

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 Benefits Line
http://www.va.gov/womenvet
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
**EXECUTIVE COMMITTEE**

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**NYS AVVA President**

Cherie Steers [csvva@optonline.net](mailto:csvva@optonline.net)

**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 Bath 607-664-4000
Vietnam Veterans of America National Office 800-882-1316
Vietnam Veterans Memorial Fund 202-393-0090
National League of Families
POW/MIA Updates 202-223-6846
Richards House at VOC 506-9060
The Resource Center at VOC 546-4250
Stars & Stripes – The Flag Store 546-3524
National Caregivers Support Line 855-260-3274
Homeless Hotline 877-424-3838
Crisis Hotline 800-273-8255

**WEB SITES / EMAIL ADDRESSES**

- Vietnam Veterans Memorial at Highland Park [www.rochestervietnammemorial.org/The_Memorial](http://www.rochestervietnammemorial.org/The_Memorial)
- VVA New York State Council [www.nyvietnamvets.org](http://www.nyvietnamvets.org)