Between The Lines

September
2018

Issue 69
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Albanese Jr., John Ernest 9-5-1946
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Lesure, Ernest Estell 9-8-1946
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Brady, Michael Edwin 9-8-1949
Kohlrusch, William Frederick 9-9-1931
Green Jr., Richard 9-9-1942
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Costanza, Kenneth David 9-9-1948
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Hentschel, Robert Edward 9-16-1948
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Davis, John Powers 9-20-1934
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Crowley, John Edward 9-25-1949
Ottman, Todd Whitney 9-27-1948
VETERANS WALK COMMITTEE
154 Mendota Drive
Rochester, New York 14626

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).
Questions please call Chuck or Joan Macaluso as 585-225-8288
There are currently new reports from the Defense POW/MIA Accounting Agency (DPAA), the National League of Families or the DOD another serviceman recovered, returned and identified this month. The total number of Americans who are still missing from the Vietnam War still stands at 1596.

Capt. Frederic Moore Mellor, US Air Force from Cranston, Rhode Island was a pilot of a RF-101C Voodoos as part of the 20th Tactical Reconnaissance Squadron, 18th Tactical Fighter Wing, 13th Air Force. Captain Mellor was the lead aircraft of two who left Ubon Air Field in Thailand on August 13, 1965 to conduct an early morning photo reconnaissance mission on a suspected SAM site in Son La Province in North Vietnam. After arriving at the target area, Capt. Mellor’s aircraft sustained battle damage from hostile ground fire which caused a fire in the nose of the aircraft which caused him to go down. He ejected and landed safely in good condition. He was able to establish radio and beeper contact with the 2nd aircraft of his mission. He was advised to take cover until a rescue force could arrive. When the SAR team did arrive after dealing with foul weather, Capt. Mellor was nowhere to be found and no radio contact could be made. The search was formally terminated. In February 1991 a Joint Team investigating the crash and disappearance of Capt. Mellor, interviewed witnesses of the crash and were told that he was located by local Militia a day after the crash. When he was discovered, he opened fire on them and wounded by enemy gun fire. He was then captured and taken away. Witnesses were later told that Capt. Mellor died from excessive blood loss. In 1992, the remains of Capt. Mellor were located not far from the crash site and was returned to the US in March of that year. He was officially identified and accounted for on July 13, 2018. There is no additional information at this time on his interment. He will be laid to rest with full military honors.
There are reports of the recoveries and identifications of individuals from the following wars.

- Cpl. Francisco Ramos-Rivera, US Army was lost July 20, 1950 in South Korea. He was accounted for on July 12, 2018.
- Pvt. Delbert J. Holliday, US Army was lost November 30, 1950 in North Korea. He was accounted for on July 13, 2018.
- Master Sgt. Leonard K. Chinn, US Army was lost April 30, 1951 in North Korea. He was accounted for on July 16, 2018.
- Cpl. Albert E. Mills, US Army was lost July 25, 1950 in South Korea. He was accounted for on July 17, 2018.
- Cpl. Claire E. Goldtrap, US Marine Corps was lost November 20, 1943 in Tarawa. He was accounted for on July 23, 2018.
- Pfc. Robert L. Zehetner, US Marine Corps Reserve was lost September 20, 1943 in Tarawa. He was accounted for on July 23, 2018.
- Pvt. John B. Cummings, US Army was lost December 31, 1944 in France. He was accounted for on July 23, 2018.
- 2nd Lt. Marlin F. O’Callaghan Jr. US Army Air Corps was lost February 14, 1945 in Slovenia. He was accounted for on July 24, 2018.
- 1st Lt. Ottaway B. Cornwell, US Army Air Corps was lost January 27, 1944 in France. He was accounted for on July 25, 2018.
- Pfc. Merton R. Riser, US Marine Corps Reserve was lost November 20, 1943 in Tarawa. He was accounted for on July 26, 2018.
- Capt. Lawrence E. Dickson, US Army Air Corps was lost December 23, 1944 in Austria. He was accounted for on July 27, 2018.
- Pfc. Leslie E. Shankies, US Army was lost October 14, 1944 in Germany. He was accounted for on July 30, 2018.
- Pfc. John A. Taylor, US Army was lost August 12, 1950 in South Korea. He was accounted for on August 7, 2018.
- Pfc. Leo J. Duquette, US Army was lost July 11, 1950 in South Korea. He was accounted for on August 8, 2018.
- Fireman 1st Class Millard C. Pace, Carpenter’s Mate 3rd Class William L. Kvidera and Seaman 2nd Class Wilbur C. Barrett, US Navy were lost on December 7, 1941 on board the USS Oklahoma at Pearl Harbor, Hawaii. They were accounted for on July 20th, 26th and August 2, 2018.

These Families now have the peace and comfort knowing that their missing loved ones are finally home at rest. We welcome you home Brothers.
POW / MIA
Candlelight Vigil

Saturday, September 15, 2018 at 4:30 pm.
The Vietnam Veterans Memorial at Highland Park
(If weather issues occur, a shorter service will be performed).

For more information, Contact Joe Peck
Volunteers for the reading of the names are needed
The following updates or new content reviews concerning health and welfare issues could pertain to you or someone you know. Many times, these updates get reported about in the back pages of publications, not necessary front page stuff. Or sometimes simply not covered at all. Many reports can be general population related, but in some cases can be veteran specific issues. Feel free to pass them along as you see fit. As discussed at monthly Chapter membership meetings, "pay it forward" or let someone know that may benefit from these reports. One in particular is the Burn Pit issue, if you know of a veteran who has recently served during the War on Terror, send the info out to make them aware of the issue. Don't take for granted that everyone may know about what you read in our BLT newsletter. Sent it along to them. Thank you! As always, respectfully submitted by:

Jerry McDermott
Chair, Health Affairs

Burn Pit Toxic Exposure Update 57  ►  Burn Pit Accountability Act Gains Momentum

Veteran service organizations are building momentum as they continue to call on federal lawmakers to approve a measure tracking troops' exposure to burn pits during time in service. Since its introduction in May, the Burn Pit Accountability Act has boosted its co-sponsors in the House and gained a complementary bill in the Senate. VSOs, including the Military Officers Association of America, Iraq and Afghanistan Veterans of America, Reserve Officers of America, Vietnam Veterans of America and Tragedy Assistance Program for Survivors, are calling on lawmakers to pass the bill this fall.

"We take this issue seriously because it affects so many - so many - veterans and currently serving servicemembers and family members, as well," said Army Col. (Ret.) Mike Barron, MOAA's director of Government Relations for currently serving and retired affairs. "We're going to keep pushing this hard. It's a very important issue to MOAA members and we hear that."

The number of co-sponsors has risen from six to 111, said Col. Barron, who served as an infantry officer in Iraq and has felt the effects of burn pits. They have been used as a way for servicemembers to dispose of waste at forward operating bases in theater. It was common for servicemembers to stand over metal drums, and stir the waste, which was set aflame by fuel.
Although not as visible as other job-related risks, such as jumping out of aircraft or walking through minefields, military members have said exposure to toxic chemicals is just as perilous. The proposed legislation is a significant step since it would track known issues before a servicemember leaves the military. That information would be shared with the Department of Veterans Affairs.

The VA said research does not indicate evidence of long-term health problems from exposure to burn pits, but it continues to study the health of deployed veterans. The VA maintains an Airborne Hazards and Open Burn Pit Registry for veterans and servicemembers to document their exposures and report health concerns. The burn pit issue has been compared to the Vietnam era Agent-Orange crisis. Agent Orange, an herbicide chemical sprayed by aerial troops to destroy vegetation used for enemy cover in Vietnam has caused illness to more than 3 million people, according to government data.

Col. Barron said he would continue working with VSOs to push the legislation. "The ultimate goal really is to get this into legislation and we'll continue to work with the Armed Services Committee as well as with the Veterans Affairs Committee," he said. "We want to get this into law and the target on that would be in the National Defense Authorization Act this next year. We feel really good about the momentum we have going right now and we'll keep that up going into the next Congress."

Are you on the Open Burn Pit Registry? At [https://www.publichealth.va.gov/exposures/burnpits/registry.asp](https://www.publichealth.va.gov/exposures/burnpits/registry.asp) you can sign up online through the VA. Eligible veterans include those who served in:
- Operation Enduring Freedom
- Operation Iraqi Freedom
- Operation New Dawn
- Djibouti, Africa, on or after Sept. 11, 2001
- Operation Desert Shield
- Operation Desert Storm
- Southwest Asia theater of operations on or after Aug. 2, 1990

[Source: MOAA Newsletter | Amanda Dolasinski | August 2, 2018 ++]

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**Tenosynovitis Update 01** ► **Too Much of Anything Is A Bad Thing**

Heavily used areas of tendons are covered by a protective tendon sheath. If a tendon sheath becomes inflamed, it is known as tenosynovitis. Tendons connect bones and muscles with each other, they pass on the muscle power, allow your body to move and provide stability. Some areas of tendons – such as areas that cover protruding bones – are protected by tendon sheaths made of connective tissue. Tendon sheaths are filled with a lubricating fluid, so tendons can easily slide through them. If a tendon sheath is overused, it can become inflamed and swollen. Sometimes the tendon becomes swollen too. The medical term for a tendon sheath inflammation is tenosynovitis. This kind of inflammation can be very painful and greatly reduce movement in the affected part of the body. It most commonly occurs in the hands, arms and feet. At first, the affected area often only hurts when you move it. It is then important to rest that part of the body so as not to make the symptoms worse.

![Hand (left) with tendons and tendon sheaths (palm of the hand). Tendons are protected by tendon sheaths (right)](image_url)

**Symptoms**

Tenosynovitis typically causes pain, particularly during movement. The inflamed area may also be swollen and sensitive to pressure. After some time, tenosynovitis might hurt without movement, too – for instance, at night. The painful inflammation sometimes causes the tendon sheath tissue to become stuck together in places. The tendon can then no longer slide through the sheath smoothly. Instead, movements are accompanied by a noticeable rubbing, grating or grinding feeling. Tenosynovitis can cause the sheath to become too narrow, making it hard to move the affected area freely. Known as
stenosing tenosynovitis, this is particularly likely in the wrist and fingers. If it affects the wrist or thumb, it’s known as De Quervain’s tenosynovitis. If it affects the tendons that make fingers bend, it can lead to a condition known as “trigger finger,” where it is difficult to straighten out your finger after bending it.

The tendons on the palm side of the fingers are normally held in place by arch-shaped ligaments known as “annular ligaments” or “A pulleys.” In trigger finger, the tendon and/or tendon sheath there is swollen, forming a small lump. When you bend the finger, this lump slides down through an annular ligament. If you then try to straighten your finger again, you need more force in order to pull the lump in the tendon back up through the annular ligament. This usually happens abruptly – the finger suddenly snaps back into the straight position. It is estimated that about one third of all people who have trigger finger also have carpal tunnel syndrome at the same time. Tendon sheath inflammations can irritate nearby nerves, too, leading to problems like abnormal sensations.

**Causes and risk factors**

Tenosynovitis is usually caused by unfamiliar or frequently repeated movements involving the affected tendon or tendon sheath. For instance, walking or running long distances without training beforehand, or wearing unsuitable or new shoes, can lead to tendon sheath inflammations in the feet or lower legs. Some jobs or hobbies are associated with a higher risk of tenosynovitis. For example, working at a computer for a long time or playing a musical instrument a lot can put strain on the fingers, wrist and forearm. Tenosynovitis in the wrist is often caused by repeating movements that involve stretching your thumb out and away from the other fingers – for instance, writing on your smartphone a lot, or lifting and carrying a child around a lot.

The likelihood of having inflamed tendons (tendinitis) or tenosynovitis is also greater in people who have diseases like diabetes, rheumatoid arthritis and gout. These inflammations are more common in women who are pregnant or breastfeeding, too. Germs such as bacteria usually aren’t involved in tenosynovitis. Tenosynovitis is common, particularly in the hands and wrists: For instance, 2 to 3 out of every 100 people have a trigger finger at some point in their lives. Tendon sheath inflammations tend to be more common in women. Tenosynovitis generally clears up within a few weeks if the affected area is kept as still as possible.

**Diagnosis & Treatment**

Tenosynovitis can usually be diagnosed following a brief doctor’s examination. After talking with you, the doctor looks at the painful area and feels it. He or she also checks which movements trigger the pain or make it worse. In most cases, further examinations or tests aren’t needed. If it is thought that a different medical problem could be causing the symptoms, you may also have blood tests or scans such as an ultrasound scan or x-ray. The main purpose of blood tests here is to find out whether the symptoms are being caused by a bacterial infection.

It is usually treated conservatively (without surgery) at first. This mainly involves resting the affected area. It's still important to avoid overusing it once the inflammation has gone away, too, in order to prevent the inflammation from coming back. If the tendon sheath inflammation was caused by a work-related activity, it can be a good idea to make changes in the workplace, such as using an ergonomic mouse for computer work. If you aren’t sure whether making changes would be helpful, you can ask for advice – for instance, from an occupational health specialist. Wearing special braces or plaster casts can help keep the affected part of the body still. Other things that can help include physiotherapy – such as stretching exercises and massages – and anti-inflammatory painkillers. If these treatments don’t help, doctors can try to relieve the symptoms by injecting a local anesthetic and a steroid. Surgery is sometimes considered too. This involves removing or cutting the obstructing tissue to give the tendon more room to move again.

[Source: Informedhealth.org | July 26, 2018 ++]
VA’s precision oncology program primarily supports stage 4 cancer patients who have exhausted other treatment options. The partnership extension with IBM will enable VA oncologists to continue using Watson for Genomics through at least June 2019. “Our mission with VA’s precision oncology program is to bring the most advanced treatment opportunities to Veterans, in hopes of giving our nation’s heroes better treatments through these breakthroughs,” said Acting VA Secretary Peter O’Rourke. “We look forward to continuing this strategic partnership to assist VA in providing the best care for our Veterans.”

VA treats 3.5 percent of the nation’s cancer patients — the largest group of cancer patients within any one health-care group. In order to bring precision oncology advances to this large group of patients, with equal access available anywhere in the country, VA established a central “hub” in Durham, North Carolina. In this facility, a small group of oncologists and pathologists receive tumor samples from patients nationwide and sequence the tumor DNA. They then use AI — the ability of a computer program or a machine to think and learn — to help interpret the genomic data, identifying relevant mutations and potential therapeutic options that target those mutations.

More than one-third of the patients who have benefited from VA’s precision oncology program are Veterans from rural areas where it has traditionally been difficult to deliver cutting-edge medical breakthroughs. “VA is leading the nation to scale and spread the delivery of high-quality precision oncology care, one Veteran at a time,” said Dr. Kyu Rhee, chief health officer for IBM Watson Health. “It is incredibly challenging to read, understand and stay up-to-date with the breadth and depth of the medical literature, and link them to relevant mutations for personalized cancer treatments. This is where AI can play an important role in helping to scale precision oncology, as demonstrated in our work with VA, the largest integrated health system in the U.S.” For more information about the VA’s precision oncology program, visit https://www.research.va.gov/pubs/varqu/spring2016/4.cfm. [Source: VA News Release | July 19, 2018 ++]

VA Exposure ED App ► Health Care Provider Tool

Exposure Ed Delivers Information on Military-Related Exposures to Health Care Providers. Veterans may have been exposed to a range of chemical, physical, and environmental hazards during service, and providers can use this tool to have an informed discussion with veterans about their individual exposure-related concerns and potential impacts on their health. Providers can also access information on exposure-related programs and benefits offered by the Department of Veterans Affairs and help veterans assess their participation eligibility. This application should not be used for diagnostic purposes. This tool was created by the Veteran’s Health Administration - the nation's leading provider of veterans' health care. Go to https://www.youtube.com/watch?v=-yUptkiXb9A&feature=youtu.be for information on what the app coverts and how to access it. [Source: VVA Web Weekly | August 3, 2018 ++]
If You Are New to My HealtheVet

Once you are registered, a Premium account leads to the best features

My HealtheVet lets you access health records and communicate with your health care team online. My HealtheVet can provide you with convenient access to your personal health information so you can better manage your health.

With My HealtheVet you can:

- Refill your VA prescriptions
- Schedule and manage VA appointments online
- Communicate with your VA health care team via Secure Messaging
- View lab and test results
- View and share your VA medical record with non-VA providers
- Review notes from clinic visits
- Record and track your diet, exercise and health history
- And more!

How to Get a My HealtheVet Premium Account
My HealtheVet offers three account types, but only a Premium account gives you the highest level of access to My HealtheVet features.

The first step to get a Premium account is to go through Authentication and have your My HealtheVet profile information (full name, Social Security Number, date of birth and gender) linked to VA/DoD records. After you register, your account type will be displayed in the Member Login box. Those with a Premium account will have a P after their name. Here's What You Need to Know to upgrade your account.

"My HealtheVet puts Veterans in the driver's seat," says Sonja Skinner, My HealtheVet Coordinator at the Central Texas Veterans Health Care System in Temple, Texas and Veteran patient. "I can send messages back and forth to my doctor and I do not need to make calls. I like that I can do it on my own time."

Become an active partner in your own health care routine with My HealtheVet. Receive convenient access to your health care teams and tools to enhance your health care experience.

Featured articles with tips and helpful resources are all available on My HealtheVet to help you partner with your health care team to manage your health. We also have useful resources which are designed to enrich your experience with My HealtheVet.

Remember: Authenticate your My HealtheVet account to get the highest level of access!

Updated August 1, 2018
Membership Update
Mike General Membership Chair

Chapter 20 Membership currently is at 626 members and AVVA is at 40 members as of 06/30/18. Membership has been growing slow (only 4 new members in the last month), **We need your help in recruiting new members.** Don’t forget to renew on time. Don’t let your membership expire. We had 3 members who did not renew this last month and 5 members who passed away.

**Please Renew Your Membership!**

**All Life Memberships are $100.00**

If you a renewing as a “Life Member”, please remember to include a copy of your DD-214 with your application.

When you have an address change, please notify Mike General so we can keep our Roster up to date and notify National.

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

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

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

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

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

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

Mike
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: ___________________________
Sponsor: ________________________________
Payment Options: ( ) Check   ( ) Money Order

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


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.

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

Chapter 20, Vietnam Veterans of America
P.O. Box 12580
Rochester, NY  14612

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.
Greetings from the hot and humid dog days of summer Rochester. I was last at the Attica Correctional Facility with Ken Moore in June and the Attica Active Veterans Group seems to be back on track. The AAVG has been having growing pains recently but more of the men there are stepping up and being active so that is a really good sign. Always a plus to get new blood, especially when they are passionate about helping fellow vets. Of 160 vets at Attica, 100 are AAVG members. The members are still working on kites for Jack Michaels’ homeless vet fund raiser and the crochet squad is still turning out items for needy kids. I sent in another package of donated yarn and I want to thank everyone in the chapter who kindly donates. I will hopefully be going back to Attica on November 4th for the Veterans Day special event they have each year.

Lifetime Care is having their Annual Harvest Festival fund raiser on September 7th this year and I’ll be going along with several of the Chapter 20 members active in the Vet to Vet Hospice Program. It will be held at the Burgundy Basin Inn and it is always a good time.

I survived my 50th High School Reunion (Irondequoit HS) and graduated with Charlie Phillips who also attended. He pointed out that we looked better than most everyone else that was there even though we both had been through Vietnam. I graduated on June 25th and was in basic training on July 8, 1968 and my 50th looked pretty remote at the time. It was nice to see that Charlie and I were just as wildly popular at the reunion as we were in high school although that may have been the beer.

Hospice volunteer work with veterans is going well and I continue to facilitate my bereavement group for vets the second and fourth Mondays of each month. Anyone looking for information can feel free to contact me.

The August membership meeting had 107 people present and I found it interesting that none of us can hear any longer. Chapter 20 is really doing well and maybe that is why the turnout is so good!

This coming January will mark 30 years of my going into the correctional facilities and working with incarcerated veterans. I am definitely slowing down but I must say it has been a uniquely rewarding experience. In looking back, I can honestly say that change has been exceedingly slow but it has definitely been on an upward curve. Most incarcerated Vietnam vets have either died or been released from prison in New York and that has ended most of the VVA Incarcerated Chapters in New York State. The downside is that we are seeing many Iraqi War and Afgan vets and that is what is so sad as I had hoped to be out of a job/committee. The veterans self help groups that the guys have formed have helped immensely and there continues to be a focus on helping the needy outside the prison walls and that is not just in NY but throughout the US. There has been incremental progress in disability claims and current regulations restrict the DVA from providing hospital and outpatient care to incarcerated veterans when that institution has the duty to provide those services. Probably
the greatest success has been the establishing of Veterans Courts and keeping vets from ever entering the NY State Dept. of Corrections in the first place and Chapter 20 is extremely active in this regard. This idea is being used also to establish the special housing units at the local jails where vets can get assistance and Monroe County is one of those. In looking back too, it is the guys from Chapter 20 that consistently went into Auburn, Attica, Groveland, Oneida and Collins with me that really made a difference. When you can bring two veterans service officers into a correctional facility, well, that is no small change. Guys like Fred Elliott, Pat Pudetti and Kenny Moore that willingly gave up their time to be with the most marginal of vets. They sure lived up to the heart of VVA that “Never again will one generation of veterans abandon another.”

No Good Deed Goes Unpunished Department - Sometimes I just roll out of bed and call it a day and that’s OK by me. I attended my 50th high school reunion recently with an outside chance of seeing my old girlfriend once again. Spraying on Jade East cologne that no woman could resist like a crop duster, I looked around and she wasn’t there and once again I was crushed. Truth be told, I don’t even think she knew she was my girlfriend. Anyways, in my never ending race to the bottom I gave a ride home to a certain classmate totally destroying any chance I’d ever be remembered as a cool kid. That’s a long story that I will mercifully take to my grave.

It’s a gender meat grinder out there with men wanting to be women and vice versa. Everything seems to be the opposite of what it should be and the hamster wheel of protest keeps going round and round. At times I feel like a dinosaur waiting for, no praying for the asteroid to strike. I am so far behind the technology ball watching everyone walking around with their noses in their phones. I want to go past the good old days when phones were attached to the kitchen wall to the days of smoke signals when men were men and the sheep skittish on farmers drink free nights. But that’s just me.........

I was invited out target shooting with Fred Elliott, Jerry McDermott and Bill Auble last week. Bill kept pointing his .40 caliber at me and telling me to get in the van. What’s up with that???
Highlights of the August Membership Meeting
107 People Attended

Guest, Mike Torella, Marines ’68 - ’69

Flag Drawing winner, Gerry Daniels

50/50 Winner, Vito Scarpetta
Gates Town Supervisor, Mark Assini accepts a check from Chapter 20 of $500 as a donation for the Town Recreation Fund. Gates Police Chief, James VanBrederode received a check from Chapter 20 of $500 as a donation for the Keystone Cop Bag Piper Music Group.

Chapter 20 Marching Unit Presents Colors At Monroe Community Hospital

The unit presented colors at the Monroe Community Hospital for Veteran’s recognition day. In attendance were WWII, Korean and Vietnam Veterans. Great Job Guys!!!
All proceeds will go towards the Monroe County Veterans Court Mentor Program
Check in starts at 4:00pm
First Race starts at 5:00pm
Buffet served until 8:00pm

To reserve your space, call 585-343-3750 ext. 6222
Board Meetings | Membership Meetings
---|---
September 4 | September 13
October 2 | October 11
November 6 | November 8

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.
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**

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

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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 Bath  
607-664-4000  
Vietnam Veterans of America National Office  
800-882-1316  
Vietnam Veterans Memorial Fund  
202-393-0090  
National League of Families  
P.O.W/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  
VVA New York State Council  
www.nyvietnamvets.org  
Honor Flight  
www.HonorFlightRochester.org

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**COMMITTEE CONTACTS**

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