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
Boothe, 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
VETERANS WALK COMMITTEE
154 Mendota Drive
Rochester, New York 14626

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

Sample Brick

PFC John Doe
US Army
65-67 Vietnam

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).

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  2. [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

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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 no new reports from the Defense POW/MIA Accounting Agency (DPAA), the National League of Families and the DOD on any servicemen recently recovered, returned and identified this month. The total number of Americans who are still missing from the Vietnam War still stands at 1587.

There are reports of the recoveries and identifications of individuals from the following wars:

- Pfc. Quenttin McCall, US Marine Corps was lost November 23, 1943 in Tarawa. He was accounted for on October 17, 2019.
- 2nd Lt. Earl Ferguson, US Army Air Corps was lost August 1, 1943 in Romania. He was accounted for on October 17, 2019.
- Sgt. James E. Smith Jr., US Army was lost November 25, 1950 in North Korea. He was accounted for on October 22, 2019.
- Pvt. Channing Whitaker, US Marine Corps Reserve was lost November 22, 1943 in Tarawa. He was accounted for on October 25, 2019.
- Cpl. William L. Brown, US Army was lost December 2, 1950 in North Korea. He was accounted for on October 25, 2019.
- Pvt. William Hedtke, US Army was lost September 18, 1944 in the Netherlands. He was accounted for on October 25, 2019.
- Sgt. Jerome B. Morris, US Marine Corps was lost November 22, 1943 in Tarawa. He was accounted for on October 29, 2019.
- Pvt. Porfirio Franco, US Army was lost July 18, 1942 in the Philippines. He was accounted for on October 29, 2019.
- Sgt. William C. Holmes, US Army was lost September 21, 1951 in North Korea. He was accounted for on October 31, 2019.
- Cpl. Thomas Cooper, US Marine Corps was lost November 20, 1943 in Tarawa. He was accounted for on November 4, 2019.
- Pvt. Horace H. Middleton, US Army was lost July 12, 1944 in Burma. He was accounted for on November 4, 2019.
- Cpl. Earl W. Duncan, US Army was lost December 2, 1950 in North Korea. He was accounted for on November 4, 2019.
- Cpl. Leon E. Clevenger, US Army was lost July 11, 1950 in South Korea. He was accounted for on November 7, 2019.
- Seaman 2nd Class Everett Winde, Coxswain Layton, Machinist Mate 1st Class Paul H. Gebser, Seaman 2nd Class Lloyd R. Timm, Ensign Francis C. Flaherty, Fireman 3rd Class Herbert B. Jacobson, US Navy were all lost on December 7, 1941 on Board the USS Oklahoma at Pearl Harbor, Hawaii. They were accounted for from October 30th to November 7th 2019.
Fireman 1st Class Bethel Walters, US Navy was lost December 7, 1941 on Board the USS Virginia at Pearl Harbor, Hawaii. He was accounted for on October 30, 2019.

THE SACRIFICES THEY MADE WILL NEVER BE FORGOTTEN
WELCOME HOME BROTHERS.
The Christmas and New Year holidays are getting closer by the day. With Thanksgiving on the 28th of November this year, there are fewer days to shop this holiday season than usual. Hopefully, we all can step back and not stress out too much! Just plan ahead a little and take things in stride, try to smile and laugh at situations that come up, remember don’t sweat the small stuff! Certainly, at our age, most things can be handled by a deep breath, cup of coffee, cold beer, or straight shot of your favorite top shelf stock of the good stuff. And if that fails to lower the holiday stress, turn the TV off play some holiday music and take a nap! You will feel better I promise! But, “spoiler alert”, and just so you don’t go overboard, (using the only Navy term I know) try and not eat too much during the holidays. Because at our January membership meeting, we will begin our 12th Annual Fit Vet Challenge service branch competition. Yep, where we step up to take off few pounds of all that good stuff we enjoyed and try and fit more comfortably into our clothes again. Remember, this is a good-natured rivalry and a chance for your branch of service to claim the high honor of being the 2020 event biggest losers. Who wouldn’t want that title, eh! So, eat, drink and be merry all you want but be prepared to step up in the new year for the bragging rights of Champs for the Fit Vet 2020 Challenge.

Articles and information of interest concerning the background delays related to the new presumptive Agent Orange diseases are below. Also, a new look at how pain intensity may play a role in suicide prevention treatments. A follow up to the new VA policy of personal data protection that will affect all who use the VA healthcare services.

Finally, I want to extend my warmest greetings of this holiday season to all our Chapter 20 members and their families. I hope that the holidays bring you all that you wish for in bountiful blessing of good spirits, and health to include the true meaning of Christmas and New Year.

Respectfully submitted by,
Jerry McDermott
Chairman Health Affairs

Update 07: White House Responsible for Delayed Decision on New Additions

Two years ago, then Veterans Affairs Secretary David Shulkin decided to add three health conditions to the list of diseases eligible for Agent Orange benefits, but White House officials challenged his authority and impeded enactment, according to internal documents obtained by a veteran through the Freedom of Information Act. Now tens of thousands of veterans are still waiting. Shulkin decided to add three health
conditions — bladder cancer, Parkinson’s-like symptoms and hypothyroidism — to the list of diseases eligible for Agent Orange benefits. Heavily redacted emails and briefings released recently to former Army Spc. Jeff O’Malley, of Pearland, Texas, show Shulkin made the decision sometime before Oct. 3, 2017 — a move that would have given ailing veterans faster access to disability compensation and health benefits. But the Office of Management and Budget, including Director Mick Mulvaney, and other White House officials objected, according to the documents. While the specifics of OMB’s opposition were redacted, legible portions show that the office believed the scientific evidence supporting the proposed additions was limited and it had concerns about the budgetary impact of the expansion, as well as any adverse effects on the existing disability benefits program. According to the documents, roughly 83,000 veterans are afflicted with one of the three proposed presumptive conditions. The estimated cost for providing disability compensation to these former service members was redacted.

In 2016, scientists with the Institute of Medicine (IOM), now known as the National Academies of Sciences, Engineering and Medicine, found there was “limited or suggestive evidence” linking bladder cancer and hypothyroidism to Agent Orange exposure. That represented an upgrade from a previous recommendation that there was an inadequate or insufficient evidence to link the diseases to the toxic herbicides used as defoliants in Vietnam. The 2016 IOM report also recommended that veterans with “Parkinson’s-like symptoms” — not just those diagnosed with Parkinson’s — be granted service-connected presumption. The IOM report was released five months after a provision in the Agent Orange Act of 1991 expired — one that allowed the VA secretary to prescribe regulations for presumption of service connection for diseases, provided the medical and scientific evidence existed.

Knowing the provision had expired, Shulkin cited the VA’s general authority to support his decision, citing previous rulings by VA secretaries that awarded benefits for amyotrophic lateral sclerosis, or ALS, and osteoporosis for prisoners of war, even though the IOM said more evidence was needed or there was limited proof of any association. Shulkin planned to issue a press release on Nov. 1, 2017 — and did — saying he had “made a decision” on the new presumptive conditions and would conduct a regulatory review. But also that day, Mulvaney and Darin Selnick, who was then serving as veterans adviser on President Donald Trump’s Domestic Policy Council, met with Shulkin to discuss the press release and his authority to make the decision, which they questioned given that the Agent Orange Act of 1991 had expired. “We apparently have confusion around the Agent Orange presumptive,” Shulkin wrote in an internal email on 31 OCT. “We are going to have an urgent meeting … I need to understand what is the normal process in the past.”

Selnick, a former senior adviser for Concerned Veterans for America and a proponent of expanding private health care options for veterans, was considered a prominent influence in the Trump White House on veterans policy. He left his post on the Defense Policy Council to return as a senior adviser to then Acting VA Secretary Robert Wilkie. Just days after Shulkin’s internal email, in a speech at the National Press Club in Washington, Shulkin said the regulation and rule-making process would begin in a few short months. “I think it’s a matter of months, not anything longer than that,” Shulkin said. Things appeared to progress smoothly: in the following weeks, VA’s director of Regulations Management and representatives from the Veterans Health Administration, Veterans Benefits Administration, and other offices met with officials from OMB Budget, the Office of Information and Regulatory Affairs, the Office of General Counsel and Selnick to discuss the rule-making process, and in emails, Shulkin described the meetings as “productive.”

But on Jan. 31, 2018, Shulkin received an email from OMB, which Shulkin said had the support of Mulvaney, that spelled out OMB’s objections and made new requests for additional evidence. Shulkin responded to Mulvaney on March 8, 2018, urging him to support the decision. “As we have discussed, Mick, I would like for you to direct your team to meet and have another discussion with our team, to specifically review our scientific support for this regulatory proposal … it is imperative to add these [redacted] … our veterans are counting on us,” Shulkin wrote. It’s unclear whether Mulvaney replied, but Trump fired Shulkin 20 days later, amid reports that he spent lavishly and erroneously accepted tickets to Wimbledon during an official trip to Europe the previous year. Trump later said Shulkin was dismissed because he didn’t agree with the White House’s efforts to expand care for veterans in the private sector.

For many veterans living with one of the three conditions, as well as those with hypertension, which was linked to Agent Orange by the National Academies of Sciences, Engineering and Medicine last November, the wait has been frustrating and financially burdensome. “The VA seems to drag their feet on these types of
issues in hopes we'll all die out before they make a decision,” retired Army Sgt. Major John Mennitto wrote Military Times. “I was in Vietnam from 1968 to 1969 and now have bladder cancer. The VA doesn’t want to hear about it,” said Hawthorne, California, resident and Navy veteran John Murray, who repaired river patrol boats in Vinh Long.

In November, the NASEM ruled “sufficient evidence” existed for hypertension, more commonly known as high blood pressure, being linked to Agent Orange. Previously, the scientific body had suggested there was only “limited or suggestive evidence” to link it to the herbicide. The condition was discussed between Shulkin and OMB in the same documents as the other three presumptive illnesses, but the former VA secretary’s opinion on whether it should be included was blacked out. More than 300,000 Vietnam veterans enrolled in VA health care have high blood pressure, which also is an age-related condition. VA officials have previously stated that it would be a challenge to determine who has high blood pressure as a result of exposure to Agent Orange or whether it simply is a factor of their age. Veterans continue to wait for a decision on the proposed presumptive conditions and lawmakers and veterans advocates alike have pressed VA for answers.

Earlier this year, Veterans Health Administration executive in charge Dr. Richard Stone told Congress he hoped to release a decision on new Agent Orange presumptive conditions would be announced within 90 days. That was in March. During an interview on 17 SEP, VA Secretary Robert Wilkie said a decision would be forthcoming, but he declined to say when or what the decision was. On 25 SEP, Dr. Patricia Hastings, VA’s chief consultant for post-deployment health told the Senate Veterans Affairs Committee that “those [presumptives] are still with leadership in coordination for the decisions to be made.”

According a briefing delivered in May 2018 to the new acting secretary, Wilkie, the department is waiting for the results of two studies — the VHA’s Vietnam Veteran Morbidity Study and the Vietnam Mortality Study — before “re-engaging OMB on prescribing presumptions.” Both studies were scheduled to be completed this year, but the results have not been released. In a proposed statement drafted by VA but never released, officials said VA and the administration determined in “late March (2018) that there is insufficient data and information to overcome the limitations in the scientific support for the rulemaking.” “These two studies could produce additional scientific insights into an association between exposure to Agent Orange and stroke, hypertension, hypothyroidism, Parkinson’s disease and bladder cancer,” the statement noted. “VA is committed to working closely with the administration on the exploration of any new evidence or information that would provide the sufficient scientific support for potential new presumptions.”

In his letter to Mulvaney, Shulkin said VA provided OMB with more than 40 scientific studies, peer-reviewed studies and other documents supporting his regulatory proposal. He also noted in private messages to subordinates that he feared the department would not be able to obtain additional sufficient scientific evidence to support any future presumptions that OMB agrees to. “We may need to consider other options as well. Congress is adding AO presumptions to the Blue Water Navy House bill,” he wrote. The delay in the regulatory process for the new presumptive diseases coincided with a fight between Congress and VA to award benefits for veterans who served on U.S. Navy ships off the coast of Vietnam; the issues surrounding the “Blue Water Navy” veterans also were discussed in length in the documents and showed the VA, under Shulkin, planned to pursue extending benefits to ill veterans who had served on Navy vessels that entered bays and harbors bordering the country. Ultimately, Congress passed a law this June extending disability benefits to veterans with an Agent Orange related diseases who served on Navy ships within a 12-mile mapped range of the coast. The VA will begin processing claims applications for blue water Navy veterans beginning 1 JAN.

In an interview with Military Times last week, Shulkin declined to call the holdup on the presumptives “political interference.” Instead, he said the process for adding new conditions is backwards. “I think we have the obligation to support our veterans first and then, if it takes a while to look at the data, or the data shows something else, then we need to make changes in the policy. But the current policy makes our veterans wait,” said Shulkin, who has recently released a book detailing his three years working for VA, “It Shouldn’t Be This Hard to Serve Your Country.”

Vietnam veteran O’Malley, who has uncontrolled hypertension, said he can’t help interpreting the back-and-forth in the documents as anything but political maneuvering. “What they really want to say is ‘we’re not approving anything, we are not going to spend an extra penny on Agent Orange than we have to,’” O’Malley said. “They have figured out every possible way of delaying … I don’t believe Secretary Wilkie
would intentionally shut down benefits for veterans, but I do believe Mr. Mulvaney would shut down any process that would add a penny to the budget.” “Dr. Shulkin wanted to do this and the White House didn’t. The longer they delay, the fewer veterans they will have to provide benefits for,” O’Malley said.

Veterans are demanding answers from the White House and the Department of Veterans Affairs after they delayed the decision to add more diseases to the list of health concerns eligible for Agent Orange disability benefits. “In light of today’s news regarding the continued delay to add four presumptive diseases to the Agent Orange list, the VFW is extremely upset and dissatisfied with the backdoor political games that are being played in Washington as the lives of our veterans are at stake,” VFW National Commander William “Doc” Schmitz said in a statement today. “The health and welfare of our nation’s veterans should, and must, be our number one priority.” [Source: MilitaryTimes | Patricia Kime | October 23, 2019 ++]

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**VA Data Protection**

**VA Largely Silent on Measures to Safeguard It**

In the wake of massive data breaches across the U.S., and a Department of Veterans Affairs announcement of new plans to share veteran healthcare records digitally with its private provider network, the VA has been largely silent on measures it’s taking to protect veterans’ sensitive information. VA’s announcement and longtime goal of creating digital health records that automatically follow veterans from doctor to doctor -- whether a VA doctor, contractor or private “community care” VA network provider -- has some veterans concerned about who might have access to their most private data, particularly in light of past VA and Defense Department data breaches. Previously, veterans had to provide written permission to VA before the department could share their records. Both VA and the Defense Department have been sued in the last month over veteran data security.

VA says it treats as many as nine million veterans each year in what has become the largest healthcare system in the United States. The department handles millions of sensitive health records, and with the launch of the MISSION Act on 6 JUN, it expanded its community care network of private providers and telehealth opportunities -- which could mean more data sharing than ever. Some veterans, including those who brought a lawsuit in September over the plans for automatic records sharing, say requiring veterans to opt-out of having their sensitive data shared, and automatically sharing them in any way, could violate their Constitutional rights to privacy and put them at risk. The lawsuit coincided with VA delaying the start of the new policy until Jan. 1, 2020.

And it’s not only VA security that veterans are concerned about. Another lawsuit earlier this month brought by Vietnam Veterans of America against the Defense Department challenged DoD’s “leaking of personal information belonging to active duty and veterans.” The lawsuit, which reached a settlement agreement 3 OCT, alleged that DoD was “leaking” the data of service members and veterans “to identity thieves and companies who sell data for unauthorized commercial purposes.” “The government has a duty to veterans and service members to safeguard their privacy and to ensure that it is not leaving sensitive information unsecured,” said Jonathan Manes, an attorney who represented VVA in the suit.

**Who has access?**

A VA spokesperson told Connecting Vets that VA’s health information sharing is similar to non-VA healthcare policies -- “only those with a need for the veterans’ health records and legally authorized to have the records are provided them.” Those people include but are not necessarily limited to:

- The veteran;
- The veteran’s VA and community care healthcare providers;
- VA employees with a “need to know” for treatment, payment and healthcare operation purposes, such as nurses, doctors, claims staff and others.
Part of the massive healthcare records sharing includes the eHealth Exchange, an initiative of an entity known as the “Sequoia Project,” a third-party group of companies and organizations advocating for and working on large health information exchange networks. Some veterans are concerned that means third parties could potentially access their records, or that lack of security could risk data breaches or mining. When asked if any third-parties involved in facilitating the health records exchange could access any veteran data or health records, VA responded simply: “No.” VA has a system to track access to a veteran’s health record if that record is flagged as sensitive, officials said. But there is not a system for logging access if the record is not labeled “sensitive.”

VA policy requires users of its information system who access personal information as part of their official duties to avoid unauthorized sharing of that data and prohibits other users from accessing that information without permission, but if the record is not labeled "sensitive," VA's system does not track their access. The VA's Privacy Notice specifically mentions that VA may use or disclose veterans' health information without permission to law enforcement, credit reporting agencies; other federal departments such as Defense, National Security, the FDA or Centers for Disease Control; judicial officials; correctional facilities; Congress; VA academic partners; state drug monitoring programs. Unless veterans opt-out of the VA's medical center patient directory when you are admitted to a VA hospital or clinic, VA can also release: your general condition, religious affiliation and the location where you're receiving care to people who ask about you by name.

**VA data breaches**

In the past 10 years, VA has had five major data breaches in which more than 5,000 veterans’ data has been compromised, according to documents obtained by Connecting Vets through Freedom of Information Act Requests. The breaches have largely worsened over time, though they remain a smaller percentage of the millions of records VA possesses. The largest happened last year, affecting nearly 20,000 veterans.

- 19,254 veterans in October 2018
- 7,029 in November 2014
- 7,405 in February 2013
- 5,126 in June 2011
- 5,933 in April 2011

The first breach in 2011 and the 2018 breach both directly involved protected health information (PHI). The second breach in 2011 involved financial information and VA was required to offer credit monitoring to thousands of veterans. VA did not provide information on specifically how veterans were affected by the data breaches or what steps the department took to address the issue, saying only that “the system does not collect that information” and declining to comment further.

A VA Inspector General report released 17 OCT found that “veterans’ sensitive personal information was left unprotected” on two shared network drives accessible to veteran service organizations not connected to those veterans. Investigators “determined that mishandling this sensitive personal information was a national issue” in part because VA staff “failed to discover and remove any sensitive personal information stored on shared network drives.” “Without better protection, veterans and VA are at risk,” the report said. “Veterans are at significant risk of unauthorized disclosure and misuse of their sensitive personal information. This has the potential to expose veterans to fraud and identity theft.” VA could also be liable and “could also lose credibility with veterans who trust that their sensitive personal information is being appropriately secured.” The assistant secretary for information and technology agreed with the report recommendations. Meanwhile, the VA's Data Breach Response Service determined the issue did not qualify as a "data breach" so the VA does not have to notify the affected individuals that their information was compromised nor offer them credit protection services.

**Security**

When asked what assurances VA can provide veterans that their data is secure, is not being shared, mined or otherwise accessed by anyone other than their healthcare providers or VA staff determining their claims, VA was brief: “VA health records are only accessed by or shared with individuals who have a need for the veterans’ health records and are legally authorized to have the records,” a spokesman said in a statement, without responding to requests for specifics measures in place to secure that information. “VA complies with all federal security requirements and continually monitors compliance with those regulations.” VA's Notice of Privacy specifically says, “We will not sell your health information.” Despite multiple requests,
VA declined to make Secretary Robert Wilkie available for interviews or to provide a statement of any kind from the head of the VA about how the department is working to protect veterans’ private information.

Get help
The Veterans Health Administration “Notice of Privacy Practices” outlines all uses and disclosures of veterans’ health records by VA. To read that notice, click here and then select “VA Privacy Practices” under the “Resources” section. That notice includes many situations in which VA says it is authorized to release veterans’ private health information to a variety of parties without the veteran’s permission. Veterans who are concerned their privacy rights have been violated can file complaints with:

- The privacy officer at your local VA;
- VA on its website, calling 1-800-983-0936 or by writing the VHA Privacy Office at 810 Vermont Ave. N.W., Washington, D.C., 20420;
- The U.S. Department of Health and Human Services Office for Civil Rights;
- The Office of the Inspector General.

[Source: ConnectingVets.com | Abbie Bennett | October 18, 2019 ++]

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VA Suicide Prevention
Update 61: Pain Intensity & Suicide Attempt Link

Many factors are associated with suicide risk. These factors range from PTSD, depression and anxiety disorder to financial and interpersonal concerns to access to opioids and other lethal means, like firearms. Even when we take these risk factors into consideration, moderate to severe pain intensity is associated with suicide risk.

Veterans are a particularly vulnerable group. The suicide rate among Veterans is 1.5 times that of the general population. Also, Veterans develop chronic pain conditions at higher rates and report greater pain severity than members of the general population. VA’s Behavioral Health Autopsy Program: Executive Summary reports pain is the most common factor Veterans experience before they die by suicide. The VISN 2 Center of Excellence (CoE) for Suicide Prevention studied the link between reported pain intensity and suicide attempts. The results may uncover how effective pain treatment can be a critical suicide prevention tactic.

Managing pain in daily life
Veterans have several treatment options through VA to cope with pain and reduce pain intensity. Nonmedication interventions are considered first-line treatments. They include physical therapy, cognitive behavioral therapy for chronic pain and chiropractic care. Medication-based treatments include nonsteroidal anti-inflammatory medications and injections. Examples are cortisone for low back pain and botulinum toxin for migraines. Opioids may be used under close monitoring when they are taken appropriately and the benefits outweigh the risks.

Strategies
Strategies that improve psychological well-being can also help Veterans cope with pain in everyday life. Veterans can discuss the following tactics with care providers to see which may work best:

- Be honest about the pain you’re experiencing. An important step in managing chronic pain is accepting that it is part of your life. Accepting the presence of pain can help you move on and engage in enjoyable and everyday activities despite that pain.
- Pace your activities. Although you may not be able to do everything you did before the pain began, try to find ways to reintroduce some activities in a moderated way and create more balance in the activities you’re doing. For example, if you plan to go for a long walk in the morning, consider taking a break mid-day to
give your body time to recover and to prevent a pain flare-up. Even if you start to feel better over time, avoid overdoing it to avoid a relapse or further injury.

- Explore mindfulness. Increasing awareness of the present moment can help relieve emotional and mental tension that can intensify physical pain. Meditation and other mindfulness practices help you become more comfortable in feeling the way you feel without judgement, helping to prevent pain from taking over your thoughts and acting on autopilot.

To learn more about pain management treatment provided by VA, explore VA’s pain management webpage for Veterans.

Study findings
A CoE study looked at Veterans’ average pain intensity scores in the year after they began receiving pain specialty services to determine whether pain intensity was associated with suicide attempts. Based on data from 2012–2014, moderate and severe pain over the course of a year increased the risk of a suicide attempt, even after considering other factors like a Veteran’s history of suicide attempts. As the graph below shows, those with higher pain intensity had lower survival rates than those who had mild pain or no pain at all. This close correlation between pain intensity and suicide risk and death rates suggests that reducing pain, or the perception of that pain, can help prevent Veteran suicide.

Advice for Veterans’ family members and friends
Family members and friends are often the first to realize that a Veteran may be at risk for suicide. Warning signs include changes in mood or behaviors, outward comments about suicidal thoughts or increased interest in lethal means, such as firearms and opioids. If you see these signs in a Veteran in your life:

- Start the conversation. Topics of pain and suicide can be challenging to talk about. Still, don’t be afraid to begin the conversation with the Veteran you’re concerned about. Starting the conversation can help the Veteran realize the need to address pain. It also reassures the Veteran that you’re willing to help.
- #BeThere for the Veteran and engage in healthy activities. Invite your friend or loved one to a movie or dinner or for a walk around the neighborhood. Getting a Veteran out of the house can remind them of activities they can enjoy, despite their pain. Research suggests changing a Veteran’s mindset and engaging them in activities can improve overall wellness.

To Learn more:

- Visit VA’s pain management page to learn more about resources specific to pain management.
- Explore VA’s suicide prevention resources for information on how to identify and address thoughts of suicide.
- If you or a Veteran you know is in immediate crisis, contact the Veterans Crisis Line: Call 1-800-273-8255 and press 1, text to 838255 or chat online.

[Source: Vantage Point | Lisham Ashrafioun | October 30, 2019 ++]
Membership Update

Mike General Membership Chair

Chapter 20 Membership currently is at 622 members and AVVA is at 40 members as of 08/31/19. Membership has not 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 2 members who passed away.

Please Renew Your Membership!
All Life Memberships are $50.00

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)

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
# Member Application

For new members, print this membership form and complete, then mail with your payment and a copy of the DD214 form. Renewal members may complete and print the form and mail it with your payment. Vietnam Veterans of America, Chapter #20, P.O. Box 12580, Rochester, NY 14692

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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.
New Members

Tom Marrocco - US Marines ’70 – ’71

Gary Hart – US Army ’70 – ’71

Chapter Donations

Louise Montoyka accepting $1500 check for VA Medical Center Veterans.

Chuck Macaluso accepting $2500 check for Vietnam Veteran Memorial Fund.

Ray Melen accepting $1500 check for Vet Court fund.
Recognition

The Daughters of the Revolution presented the Chapter with a Certificate of Appreciation for our patriotic service to our country and support of our freedom. The attendees were also treated to fruit and vegetable trays. (l to r) Barb Quinn, Betsey Haskins-Piccioli (Regent, Mary Fellows, Penfield chapter, NSDAR, Val Gatto and Terry Bruno, Registrar.

Drawings

Flag drawing winner – Barbara Quinn

50/50 drawing winner – Charles Nadeall

Framed Memorial Picture winner – Bob Cole
HAPPY 244TH BIRTHDAY MARINES!
VETERANS DAY

PHOTOS BY GLEN PECK
This is the seventh story about one of our fallen 280 Brothers. We will continue to publish these stories as long as we receive them from you. If you knew one of our fallen Brothers and would like to honor him with a shared memory, please write your story and submit it for publication in the BTL. Include a picture(s) of the Brother if available.

If you have an article and would appreciate a second opinion on grammar and sentence structure email it to Kathy Gleason at Kathy14470@msn.com. If you just don't know where to start but would appreciate some help writing the article you can call Kathy at 585-978-1331 or email her for an appointment.

If you would like to submit a story, please send it to vietvet6748@gmail.com.

Data collected by Bruce Van Apeldoorn 10182019.

Name: Albert S. Knight III
Location on Vietnam Memorial, Washington, DC: Panel/Line 2E/16
Location in Vietnam Memorial, Highland Park, NY: Bollard #6
Branch of Service: USMC Rank: L/Cpl. MOS: 2533 – Radio Telegraph Operator SN 2020176
Date of Birth: 07011944
Date of Death: 06221965
Awards: Purple Heart, Combat Action Ribbon, National Defense, Vietnam Service, Vietnam Campaign, Distinguished Unit Citation, Vietnam Gallantry Cross, Good Conduct Medal, and Marine Corps Expeditionary Medal
Location: Quang Nam Province, South Vietnam
Remains: Body recovered
Casualty Type: Hostile, died outright

Casualty Reason: Ground casualty
Casualty Detail: Other explosive device
Unit: L BTRY, 4TH BN, 12TH MARINES, 3RD MARDIV, III MAF
POSTED ON 5.27.2011 POSTED BY: ROBERT SAGE
WE REMEMBER
Albert is buried at Woodlawn Cemetery, Canandaigua, Ontario County, NY.
Additional Information found: https://marines.togetherweserved.com/usmc/servlet/tws.webapp.WebApp?cmd=ShadowBoxProfile&type=Person&ID=121138 This site requests that if additional information is known about L/Cpl. Knight that it posted there as well.
Irondequoit High School
On a Saturday morning in mid-October a few friends of mine and I took a ride downtown to the Military History Society of Rochester to check it out. One of my buddies was a history buff and a model ship/plane builder. Earlier this year he finished a 1/200th scale model of the USS Arizona*. The details and incredible patience he put into this model was amazing. After he finished the model, he called the Society and offered to donate the Arizona for display and it was accepted. So, our trip was twofold, see his model of the USS Arizona and see the Military History of Rochester’s historical display. We were not disappointed on both counts.

The M.H.S. of Rochester is located on 250 Goodman Street, Suite 201, second floor, in the refurbished Fabrics & Findings Bldg. (Enter through the yellow doors at the rear of the building.) The Society has a 3-room suite with artifacts both original and reproduced items. From the smallest bullet to the largest cannon ball, models of airplanes, jets, helicopters, ships, subs, uniforms, hats, shoes, boots, swords, knifes, guns, rifles, machine guns, BARs, bazookas, (whew!), pictures, posters, personal stories, and pictures from members who donated their history and artifacts to the Society. There was even a section that had all of the products that were made in Rochester for the war effort. Every inch of every room is jam packed with items from all wars, the Revolutionary War to the Vietnam War that would keep you captivated for hours. We were like kids in a toy store. And speaking of kids, the Society would be an excellent tour for those of you who are looking for something different to do with your grandchildren on a Saturday (MHS is open from 12 to 4 pm on Thurs, Fridays & Saturdays. First Friday of the month 12 to 9pm, and any time by appointment).

On arrival, we were greeted by Mike Vasile who thankfully volunteered to take us on a tour of the museum. If you go or when you go, this would be a good idea because it is really simple to jump from one exhibit to another and miss items on display. We felt we had more of a connection with the items because 99% of them were not enclosed and tempting as it was, had to restrain ourselves from picking them up. Mike kept us focused and on track. Mike took us through the Marine and Army displays then turned it over to Enzo Vinci (a young man with an
incredible memory for details) who took us through the Revolutionary War displays. Enzo gave a
detailed presentation of the 12-pounder round shot, canisters and grape shot that were used
during the war.

Mike once again took the lead and brought us through the Navy and Air Force displays. The Navy
display took up most of the 3rd room, but the Air Force items are starting to expand, especially
in the bombs department. Here we found the USS Arizona and it was proudly displayed in the
center of the section dedicated to the Arizona. There was also a display of iron boats and two
models made entirely of match sticks (and you would never know it!)

I would encourage you to take a ride down to the Society and check it out yourselves, you will
not be disappointed. In closing, I would say that you really get the feeling that each member of
the Society takes great pride and dedication in their work.

*He swore that he would never do another model again after completing the Arizona, but it
didn’t take long for him to change his mind, he is now working on the USS Indianapolis, not as
big, but lots of detail work.
(l to r) Enzo Vinci, Tom Farnham, Chuck Baylis and Mike Vasile
Unfortunate Sons

I recently read a book written by fellow Marine Corps Tank Crewman Joe Tyson Sr. with the title of my article. The focus of the book was “The beginning of Marine Corps Tanks in the Vietnam War and how I survived Vietnam as a Marine Tanker.” Since they experienced high casualties due to RPGs, 57 Recoilless Rifles, and anti-tank mines their tour continued to get extended. I assumed that the name of the book was about Joe’s platoon and their near two-year tour of duty.

Towards the end of the book, as Joe is being driven down the flight line in Danang to catch his freedom bird, they pass a hangar full of coffins on pallets. The jeep driver refers to them as the “Unfortunate Sons.” I immediately remembered my return flight from Danang in July of 1968. Since I was leaving on emergency leave I was placed on an evening flight. It was an Air Force C-141 full of Unfortunate Sons. We rode together to California.

It is just another experience that I have tried to put in the back of my mind but since reading the book it has become more of a daily remembrance. I find it therapeutic to write about such remembrances.

Since I retired in 2015 I have made a weekly visit to the Vietnam Veterans Memorial of Greater Rochester a priority. I take a bucket for trash and a bag for flags. It has been the best part of my week as I have time to visit and reflect. Many of the 280 Heroes are now more familiar as individuals. I have researched and written articles about several of them such as Cpl. William T. Perkins Jr., recipient of the Congressional Medal of Honor, and Marine Robert L. Zornow who was my bunkmate in boot camp and infantry training.

The picture is my personal time line. These are 71 of the 280 who were KIA during my tour. It was tough realizing just how many from Rochester made the ultimate sacrifice during my 11 months in country. Given the times I must wonder if they received appropriate recognition.

My weekly visits have taken on new meaning and I hope to research each of the 91 fellow Marines in the Memorial. The articles that I plan to write will be provided to the author of a planned book about the Vietnam Veterans Memorial of Greater Rochester. I have encouraged fellow Vietnam Veterans to do the same for their fellow service personnel. Leaving as much of a legacy as possible for our 280 Brothers is the goal.

Article by Bruce VanApeldoorn
For The Richards House:

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Jackets</td>
<td>Creamer</td>
</tr>
<tr>
<td>Boots sizes 9-12</td>
<td>Body Wash</td>
</tr>
<tr>
<td>Winter hats/gloves</td>
<td>Toilet paper</td>
</tr>
<tr>
<td>Pillows</td>
<td>Paper towels</td>
</tr>
<tr>
<td>Bedsheets (full and twin)</td>
<td>Tooth Brushes/Paste</td>
</tr>
<tr>
<td>Coffee</td>
<td>Deodorant</td>
</tr>
<tr>
<td>Sugar</td>
<td>Shampoo</td>
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If you like to give gift cards Walmart goes a lot further then Wegmans.
November 6th tour at the Memorial with students from Willink School in Webster with guides Chuck Macaluso, Fred Elliott, Joe Peck and Ken Allocco (not pictured).

Joe Peck and Val Gatto attended the Veteran’s Outreach Stars and Stripes Gala for Chapter 20.
The Department of Defense is proud to expand commissary, exchange and morale, welfare and recreation retail eligibility to:

- Purple Heart recipients
- Former prisoners of war
- All veterans with service-connected disabilities
- Individuals approved and designated as the primary family caregivers of eligible veterans under the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers

The DoD, VA and the Department of Homeland Security are collaborating to implement the Purple Heart and Disabled Veterans Equal Access Act of 2018 for those who will be eligible for this benefit on Jan. 1, 2020.

Facilities like these will be open to the newly eligible patrons starting Jan. 1, 2020:

- Commissaries*
- Military service exchanges
- Golf courses
- Bowling centers
- Recreational lodging
- RV campgrounds
- Movie theaters
- And more!

Want to know more? Check out this site: https://download.militaryonesource.mil/12038/MOS/Factsheets/expanding-access-fact-sheet.pdf

*DoD is required to charge a small fee to new users who are eligible solely under the Purple Heart and Disabled Veterans Equal Access Act of 2018, to cover any increase in costs to the U.S. Treasury for processing commercial credit and debit cards.
People used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & Sold to the tannery......if you had to do this to survive you were "Piss Poor"

But worse than that were the really poor folk who couldn't even afford to buy a pot......they "didn't have a pot to piss in" & were the lowest of the low

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some facts about the 1500s:
Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June.. However, since they were starting to smell. ...... Brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting Married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it.. Hence the saying, "Don't throw the baby out with the Bath water!"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof... Hence the saying "It's raining cats and dogs."
There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old. Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.
Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So, they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive... So, they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer.
Board Meetings

<table>
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<tr>
<th>Date</th>
<th>Membership Meetings</th>
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<tr>
<td>December 3, 2019</td>
<td>December 12, 2019</td>
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<tr>
<td>January 7, 2020</td>
<td>January 9, 2020</td>
</tr>
<tr>
<td>February 3, 2020</td>
<td>February 13, 2020</td>
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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

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Valentino Gatto</td>
<td><a href="mailto:valentinogatto1969@gmail.com">valentinogatto1969@gmail.com</a></td>
<td>227-741 h</td>
</tr>
<tr>
<td>V. President</td>
<td>Hank Wallace</td>
<td><a href="mailto:whwnbt@rit.edu">whwnbt@rit.edu</a></td>
<td>260-6035 c</td>
</tr>
<tr>
<td>Secretary</td>
<td>Joe Peck</td>
<td><a href="mailto:peckfam@hotmail.com">peckfam@hotmail.com</a></td>
<td>734-9046 c</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Alan Frisa</td>
<td><a href="mailto:alanfrisa@gmail.com">alanfrisa@gmail.com</a></td>
<td>370-7962 c</td>
</tr>
</tbody>
</table>

### Directors

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ken Allocco</td>
<td><a href="mailto:KBUD920@yahoo.com">KBUD920@yahoo.com</a></td>
<td>392-9424 h</td>
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<tr>
<td>Bill Auble</td>
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<td>Dan Corona</td>
<td><a href="mailto:nycoronasgt@gmail.com">nycoronasgt@gmail.com</a></td>
<td>406-6108 c</td>
</tr>
<tr>
<td>Fred Elliott</td>
<td><a href="mailto:felliott@rochester.rr.com">felliott@rochester.rr.com</a></td>
<td>317-7619 c</td>
</tr>
<tr>
<td>Mike General</td>
<td><a href="mailto:mwgeneral@aol.com">mwgeneral@aol.com</a></td>
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</tr>
<tr>
<td>Lynn Gursslin</td>
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<td>737-0976 c</td>
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<tr>
<td>Chuck Macaluso</td>
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<td>225-8288 h</td>
</tr>
<tr>
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<td>313-8188 c</td>
</tr>
<tr>
<td>Dick Oleksyn</td>
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<td>663-5255 h</td>
</tr>
<tr>
<td>Stan Patykiewicz</td>
<td><a href="mailto:SNMPATYK@rochester.rr.com">SNMPATYK@rochester.rr.com</a></td>
<td>247-4830 h</td>
</tr>
<tr>
<td>Mike Sanfilippo</td>
<td><a href="mailto:guardian175@yahoo.com">guardian175@yahoo.com</a></td>
<td>594-2649 h</td>
</tr>
<tr>
<td>Ron Trovato</td>
<td><a href="mailto:Ronbo215@gmail.com">Ronbo215@gmail.com</a></td>
<td>857-3630 c</td>
</tr>
</tbody>
</table>

### State Council Delegates

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Bill Auble</td>
<td><a href="mailto:wauble@hotmail.com">wauble@hotmail.com</a></td>
<td>683-2213 c</td>
</tr>
<tr>
<td>Nick DeLeo</td>
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<td>334-7043 h</td>
</tr>
<tr>
<td>Valentino Gatto</td>
<td><a href="mailto:valentinogatto1969@gmail.com">valentinogatto1969@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Jerry McDermott</td>
<td><a href="mailto:jerrymcdermott648@gmail.com">jerrymcdermott648@gmail.com</a></td>
<td>313-8188 c</td>
</tr>
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</table>

### Committee Contacts

<table>
<thead>
<tr>
<th>Committee</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between The Lines</td>
<td><a href="mailto:vietvet6748@gmail.com">vietvet6748@gmail.com</a></td>
<td>301-5348 c</td>
</tr>
<tr>
<td>Editor – Vito Scarpetta</td>
<td><a href="mailto:tpuff@frontiernet.net">tpuff@frontiernet.net</a></td>
<td>227-3426 h</td>
</tr>
<tr>
<td>Chaplain - Tom Puff</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chapter Gear – Lynn Gursslin</td>
<td><a href="mailto:lyngursslin@gmail.com">lyngursslin@gmail.com</a></td>
<td>737-0976 c</td>
</tr>
<tr>
<td>Constitution – Fred Elliott</td>
<td><a href="mailto:felliott@rochester.rr.com">felliott@rochester.rr.com</a></td>
<td>288-5756 h</td>
</tr>
<tr>
<td>Finance – Jerry McDermott</td>
<td><a href="mailto:jerrymcdermott648@gmail.com">jerrymcdermott648@gmail.com</a></td>
<td>313-8188 c</td>
</tr>
<tr>
<td>Health – Jerry McDermott</td>
<td><a href="mailto:jerrymcdermott648@gmail.com">jerrymcdermott648@gmail.com</a></td>
<td>313-8188 c</td>
</tr>
<tr>
<td>Honor Guard – C. Macaluso</td>
<td><a href="mailto:chuckmac66@yahoo.com">chuckmac66@yahoo.com</a></td>
<td>225-8288 h</td>
</tr>
<tr>
<td>Incarcerated – Ron Trovato</td>
<td><a href="mailto:Ronbo215@gmail.com">Ronbo215@gmail.com</a></td>
<td>857-3630 c</td>
</tr>
<tr>
<td>Legislative – Bill Auble</td>
<td><a href="mailto:wauble@hotmail.com">wauble@hotmail.com</a></td>
<td>683-2213 c</td>
</tr>
<tr>
<td>Marching – Hank Wallace</td>
<td><a href="mailto:whwnbt@rit.edu">whwnbt@rit.edu</a></td>
<td>334-5352 h</td>
</tr>
<tr>
<td>Membership – Mike General</td>
<td><a href="mailto:mwgenera@aol.com">mwgenera@aol.com</a></td>
<td>227-4383 h</td>
</tr>
<tr>
<td>Memorial – Chuck Macaluso</td>
<td><a href="mailto:chuckmac66@yahoo.com">chuckmac66@yahoo.com</a></td>
<td>225-8288 h</td>
</tr>
<tr>
<td>POW/MIA – Joe Peck</td>
<td><a href="mailto:peckfam@hotmail.com">peckfam@hotmail.com</a></td>
<td>734-9046 c</td>
</tr>
<tr>
<td>Public Affairs – Mike Sanfilippo</td>
<td><a href="mailto:guardian175@yahoo.com">guardian175@yahoo.com</a></td>
<td>594-2649 h</td>
</tr>
<tr>
<td>Social Events – V. Gatto</td>
<td><a href="mailto:valentinogatto1969@gmail.com">valentinogatto1969@gmail.com</a></td>
<td>227-741 h</td>
</tr>
<tr>
<td>Speaker’s Bureau – Ken Allocco</td>
<td><a href="mailto:KBUD920@yahoo.com">KBUD920@yahoo.com</a></td>
<td>392-9424 h</td>
</tr>
<tr>
<td>Vet Benefits – Stan Patykiewicz</td>
<td><a href="mailto:SNMPATYK@rochester.rr.com">SNMPATYK@rochester.rr.com</a></td>
<td>247-4830 h</td>
</tr>
<tr>
<td>Veterans Walk – C. Macaluso</td>
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<td>225-8288 h</td>
</tr>
<tr>
<td>Women’s Affairs – Rosemary Rossi-Williams</td>
<td><a href="mailto:pefrose@gmail.com">pefrose@gmail.com</a></td>
<td>738-6138 c</td>
</tr>
</tbody>
</table>

### VVA Chapter 20

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ted Wilkinson</td>
<td><a href="mailto:twilkinson@vva.org">twilkinson@vva.org</a></td>
<td>585-322-6722</td>
</tr>
<tr>
<td>Ned Foote</td>
<td><a href="mailto:nfoote@vva.org">nfoote@vva.org</a></td>
<td>518-338-8147</td>
</tr>
</tbody>
</table>

### AVVA Region 2 Director

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nancy Rekowski</td>
<td><a href="mailto:nrekowski@avva.org">nrekowski@avva.org</a></td>
<td></td>
</tr>
<tr>
<td>Cherie Steers</td>
<td><a href="mailto:csvva@optonline.net">csvva@optonline.net</a></td>
<td>516-822-5938</td>
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### Veterans Organizations and Information

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Rochester Vietnam Veterans Memorial</td>
<td>753-7275</td>
</tr>
<tr>
<td>VA Outpatient Clinic</td>
<td>463-2600</td>
</tr>
<tr>
<td>Veterans Outreach Center</td>
<td>459 South Avenue 546-1081</td>
</tr>
<tr>
<td>VA Vet Center</td>
<td>232-5040</td>
</tr>
<tr>
<td>Veterans Administration</td>
<td>800-827-1000</td>
</tr>
<tr>
<td>Monroe County Veterans Service Agency</td>
<td>753-6040</td>
</tr>
<tr>
<td>Vietnam Veterans of America National Office</td>
<td>800-882-1316</td>
</tr>
<tr>
<td>Vietnam Veterans Memorial Fund</td>
<td>202-393-0090</td>
</tr>
<tr>
<td>National League of Families</td>
<td></td>
</tr>
<tr>
<td>POW/MIA Updates</td>
<td>202-223-6846</td>
</tr>
<tr>
<td>Richards House at VOC</td>
<td>506-9060</td>
</tr>
<tr>
<td>The Resource Center at VOC</td>
<td>546-4250</td>
</tr>
<tr>
<td>Stars &amp; Stripes – The Flag Store</td>
<td>546-3524</td>
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<tr>
<td>National Caregivers Support Line</td>
<td>855-260-3274</td>
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<tr>
<td>Homeless Hotline</td>
<td>877-424-3838</td>
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<tr>
<td>Crisis Hotline</td>
<td>800-273-8255</td>
</tr>
</tbody>
</table>

### Web Sites / Email Addresses

- Vietnamese 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)