Between The Lines

May 2019
Issue 77

MEMORIAL DAY
We will not forget.
In Honor

On Memorial Day, we honor all those who have served and given their lives for this great Nation. At this time we will also honor those who served and have passed from our ranks here at Chapter 20. “They are our brothers forever”

VVA CHAPTER 20 MEMORIAL
Honoring our brothers who have passed.
Lest we forget

Bob Behnke*
Martin Driffill
Dennis D. Rinkus
Patrick C. Parker
Joseph P. Terzo Jr.
Wayne P. Soule
John M. Harrigan
Donald B. Maelean
Lynn A. Citron*
Michael E. Young
Jeffrey P. Lundberg
Wayne Morris
Jeffrey C. Hammond
Thomas L. Steinberg
William J. DeHollender
Larry P. Davenport
Frank Stephens
David T. Hilkert
Don Murrell
Jim Cass
Eugene O. Ball
Clyde Saxon *
Bradley C. Roth
Ronald F. Popovich
Peter G. Lambert
Robert Rudolph
William Maxion
Elton L. Bailey
David B. DeLola
Charles G. Holtz
Howard Lewczyk *
Ervin J. Lewis

Steve Hess *
Peter J. Bendig
John P. Henderson
John Claypoole
Eric W. Bradshaw
Richard L. Butchino
Charles H. Carey
Paul Plaisted
Wayne C. Hanson
Timothy M. Heffer *
Ronald J. Mummert
David L. Wooding
Gary J. Nacca
Gerald R. Dusel
Jerry Popen
Edward F. McLaughlin Jr.
Gerald J. Pruonto
David E. Johns
Richard Beeley
James A. Huff
Roger W. Gaede
Michael P. Couture
Michael T. Donlon
Keith M. Reitz
Douglas M. McWilliams
Dominic Bianchi
Edward M. Hickey
Don W. Webber
Dale R. Aiello
Gerald R. Mart
Gregory D. Carter
John Arthur
George Stevens
Ted Ives
Richard E. Cummings
Ronald F. LaBeau
Garren Sparks
Charles E. Rupert
William T. Sprentall
James A. Lester
Raymond R. Lincourt *
William G. Cahill
Robert L. Hill
William D. Peterson
Gabe Dalmath
John Lennox
Raymond Ware
Fred Ostrom
David C. Byrns
Jack Battaglia
Robbie S. Stevenson *
Gerard R. Ives
John C. Magee
Gerald F. Sullivan
Wally Gekoski
Lafayette L. Green
Jerald T. Denny
Lewis E. Weitzel
Gerald C. Fuchs
James B. Gilmore
Gerhard McBride
Melvin J. Cass
Daniel P. Englert
William M. Anthony
Gerald F. Heath
Carlton C. Covey
Pat Marianetti
David R. Mulay
Gregory J. Smith
Mark Keogh
Michael Cooper
Raymond P. Campbell
Gary E. Hailston
Howard D. Silvers
John L. Doles
Frankie D. Lawhorn
Lynn A. Lansberry
William (Bud) Hemmerick
Emmett E. Porter
Robert M. Hale
Richard P. Chenaille
George W. Malone
Solomon A. Sherman
Alexander F. Soos
Martin L. Keymel
John P. McCabe *
Kenneth Westveer
J. Max McCabe
David F. Nice
David A. Kogler
Roger Lee Smith
Stephen J. Lingl
Elwood R. Hart
John Guarre
Robert W. Livingstone
Ronald L. Mullins
Ernest J. Hegadorn
William F. Jarosinski
John M. Lavell
Allen J. Weingartner
James Maartense
Donald H. Deverell
Phil F. Brightman
James E. Carter
Mark J. Tamkus
John M. Hrankowski
Ralph A. Handley
Clarence A. Jovanelly
Francis P. Burns
Jeremiah L. Peck
Robert A. Cenzi
David E. Hooker
Mark E. Ragland *
James S. Jenkins
Albert S. Marciano Jr.
Carl R. Voght
Richard C. Lamagra
Robert L. Novgrod
Howard L. Davies
Jeffrey P. Marks
Richard F. Anderson
Wayne N. Sparks
Dean D. Frisciano
Barry D. Halcus
Gary L. Schojan
James A. Sweeney
Ronald A. Michalski
Robert Anderson
Richard L. Holton
John Goodwin
Names are in order of passing, (*) indicates a founding member
Respectfully presented by: Joe Peck
Please contact me at jpeck2@rochester.rr.com to record the passing of any Chapter 20 members.

ELECTION RESULTS

And the winners for the Board Directors are…..

Dick Oleksyn  Mike Sanfilippo  Ken Allocco  Lynn Gursslin  Mike General
Remembering Our Fallen Heroes
Born in May

Website - http://rochestervietnammemorial.org/

Neidermeier, Thomas David 5-1-1947
Petramalo, Thomas 5-6-1936
Quinn, Ronald Gene 5-6-1943
McCarthy Jr., Carl R. 5-6-1950
Pringle, James Edward 5-8-1949
Parker Jr., George Joseph 5-10-1941
Daniels, Rex Martin 5-10-1950
Beltran, Frank Joseph 5-11-1948
Kleinhans, Lawrence C. 5-14-1947
Ludwig, Larry George 5-15-1947
Roczen, Alexander Anthony 5-16-1947
Henderson, Robert Caufeld 5-17-1947
Schumacher, Jeffrey David 5-17-1950
Cartwright, Thomas Clark 5-18-1943
Reed, David N. 5-28-1951
Redding, Walter Lee 5-30-1949

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

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

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 no new reports from the Defense POW/MIA Accounting Agency (DPAA), the National League of Families and the DOD that any servicemen were recovered, returned or identified this month. The total number of Americans who are still missing from the Vietnam War still stands at 1589.

Total Missing as recorded by the DPAA

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<th>Years</th>
<th>Count</th>
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<tr>
<td>WW11</td>
<td>1941-1945</td>
<td>72,729</td>
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<td>COLD WAR</td>
<td>1945-1991</td>
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<td>KOREA</td>
<td>1950-1953</td>
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<td>VIETNAM</td>
<td>1959-1975</td>
<td>1,589 (including civilians)</td>
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<td>LIBYA</td>
<td>1986</td>
<td>1 (Operation El Dorado Canyon)</td>
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<td>PERSIAN GULF WAR</td>
<td>1991</td>
<td>2 (Operation Desert Storm)</td>
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<tr>
<td>IRAQ</td>
<td>2003-2010</td>
<td>3 Contract Civilian Workers (Operation Iraqi Freedom)</td>
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</tbody>
</table>

There are reports of the recoveries and identifications of individuals from the following wars:
- Pfc. Herschel M. Riggs, US Army was lost July 16, 1950 in South Korea. He was accounted for on March 25, 2019.
- Staff Sgt. Vincent J. Rogers Jr., US Army Air Corps was lost January 21, 1944 at Tarawa Atoll. He was accounted for on March 28, 2019.
- The following Naval Personnel were on Board the USS Oklahoma and were lost December 7, 1941 at Pearl Harbor, Hawaii: Seaman 2nd Class, Richard J. Thomson, Wilfred D. Palmer and Calvin H. Palmer. They were accounted for on March 19 and 21, 2019.

WE HAVE FINALLY BROUGHT THESE MEN HOME TO THEIR FAMILIES AND A GREATFULL NATION REST IN PEACE BROTHERS, WE WILL NEVER FORGET YOUR SACRIFICES
Membership Update
Mike General Membership Chair

Chapter 20 Membership currently is at 619 members and AVVA is at 39 members as of 02/28/19. Membership has been growing (only 2 new members in the last month), **We need your help in recruiting new members**. Don’t forget to renew on time. Don’t let your membership expire. We had 3 members who did not renew this last month and 3 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](mailto:mwgeneral@aol.com))

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

Mike
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

Membership Application  (bold fields are required.)

First Name
Last Name
Address
City, State, Zip Code
Home Phone, Ext.
Work Phone, Ext.
Primary Email
Date of Birth MM/DD/YYYY

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.
Veterans Incarcerated Committee by Ron Trovato

The Attica Active Veterans Group is doing very well these days and the recent election there bodes well for the vets there. Adam Hadfield is the new President of the AAVG and my contacts with him have been very positive. Additionally, 12 vets have completed the PTSD program there, 11 vets have successfully completed the substance abuse program and 7 the life skills training program in 2018. Word is that the new staff advisor Chris Latta is working out very well and he has been stepping up to help the organization. Chris is an 8-year Air Force Veteran and I look forward to working with him there......I finally got scheduled for my recertification training as a registered volunteer at the Attica Correctional Facility and I will be going for that training on April 9th. I had to resubmit paperwork and get a TB test and hopefully I have everything in order. The Veterans Picnic is slated for June 2nd there and I will be going down for that special event and Chapter 20 will be making a small donation to help with expenses.

A new booklet has come out from the National Coalition of Homeless Veterans entitled “Planning Your Release” which I hope helps the guys there transition back into society. Years ago VVA came out with a booklet “From Felon to Freedom” which had a lot of similar information but never really got into the prisons in any great numbers so I have my fingers crossed that this will be different.

The transplanted crochet squad is up and running at the Woodbourne Correctional Facility in Sullivan County and there have been anywhere from 12 to 20 inmates involved in that worthy endeavor. Finally, the New York State Department of Corrections is once again moving towards establishing Veterans Residential Treatment Centers throughout NY State with an eye on Groveland once again, Mid-State and Jamestown. In the past these programs have been highly successful insignificantly reducing the recidivism rate among veterans and I am very glad to hear about this initiative.

I look forward to seeing one and all at the Annual Dinner and it sure is good to have spring here!
Here we are starting our 5th month of the year, May, lots of things going on for sure to keep one very busy this month. Certainly, Memorial Day reflections for me, and the chance to honor our fallen brothers and sisters. Parades, and Honor tributes at our Vietnam Veterans Memorial at Highland Park, I hope will keep many thinking of the true meaning of Memorial Day. So, first I want to offer my congratulations to our new Fit Vet Challenge Champions the Army. They should be recognized for their well-earned title of the “biggest losers” for our 11th Annual Challenge. My thanks to all who were willing to step up on the scales and be counted, or weigh in if you will. It is always a good-natured event, and one that we will continue in 2020. I want to thank Jon Phelps and Gary Anderson for their help, and Vito Scarpetta for his calculations and time to tabulate (fudge) our results.

Secondly, I want to extend my condolences to Charlie Phillips, his wife and family over the passing of his stepson last fall. His stepson was a US Navy submariner. At the April membership meeting, Charlie asked to speak to the group to let us know what had happened and to share some of the family’s thinking. We were all saddened and wanted to help ease Charlie’s burden. Because we may never know when we could encounter veterans in crisis, I want to share what I found from the VA recently about Vets in Crisis.

More info about HR Bill 2201, additional illnesses related to Agent Orange is coming out of the House of Representatives; an article about angina; and eligibility criteria for the Mission Act slated to go into effect in June 2019. The Mission Act is replacing the old Choice Care program.

Respectfully submitted by,
Jerry McDermott
Health Affairs Chair

Angina ➤ A Feeling of Tightness or Pressure in the Chest

Coronary artery disease is the most common type of heart disease and the leading cause of death in the United States for both men and women. Arteries carry oxygenated blood throughout the body including to the heart muscle. Over time, plaque can build up in the arteries, which harden and constrict blood flow to the heart. When the heart does not get enough blood, the body’s response is angina. Angina is experienced as a feeling of tightness or pressure in the chest that can also radiate out to the neck, jaw, back, or shoulders. Women may also experience nausea, shortness of breath, or fatigue. Angina can be exercise-induced or caused by other symptoms of heart disease.

“Any time the heart’s demand for oxygen is greater than the supply, there is a chance for angina,” said Dr. Jamalah Munir, a cardiologist at Fort Belvoir Community Hospital. “Angina most commonly occurs during physical exertion, such as walking quickly up a hill or flights of stairs.” Increases in blood pressure or stress, abnormally fast heart rhythms, severe illness, or anemia can also raise the risk of experiencing angina, she added. Preventing coronary artery disease is the goal, Munir said. This means eating a whole-food, plant based diet with minimal animal products, as well as exercising regularly, sleeping well, reducing stress, and refraining from smoking.
Even with these preventive measures, exercise can induce angina even in presumably healthy individuals. “When you exercise, your heart needs more oxygen and nutrients,” said Munir. “If the demand outstrips the supply, the result is angina.” Someone with angina would experience a dull sensation rather than a sharp pain, which typically comes on gradually during exercise and can improve with rest, she added. Nitroglycerin, a medication that relaxes the arteries and increases blood flow, can alleviate chest tightness and pressure. “Should you experience persistent angina while at rest or at lower levels of activity, seek medical care immediately for a possible heart attack,” Munir cautioned.

The temptation might be to think that if exercise induces angina, the safest course of action would be to remain on the couch. Munir disagrees, stating that when it comes to daily exercise, it doesn’t have to be intense or done all at once. “Some people complain that they can’t make it to the gym for a full workout, but if they walk for 10 minutes after each meal, that adds up to 30 minutes a day.” Moderate exercise combined with strength training, stretching, meditation, or yoga practice is all important to cardiovascular health, she added.

A physician can test for indicators of coronary artery disease – high blood pressure, abnormal heart rhythm, or high cholesterol – that contribute to angina. Medications can stabilize or reduce these symptoms when combined with other healthy habits such as regular exercise. “If the combination of medication and lifestyle changes isn’t effective, invasive procedures such as coronary stents and open heart bypass surgery are options to consider,” said Munir. To protect health, especially the heart, “dietary and lifestyle modification are the cornerstone of prevention and treatment of coronary artery disease,” she added. “Incorporating small changes into your lifestyle can make a big difference.”

[Source: Health.mil | Military Health System Communications Office | April 8, 2019 ++]

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**VA Community Care Update 06 ► New Eligibility Criteria Under Mission Act**

VA recently proposed new rules for Veteran community care that include six new eligibility criteria for Veterans under the VA MISSION Act, which was signed into law by President Trump in June 2018. The new eligibility criteria will be a major improvement over existing criteria in terms of making things simpler: currently, eligibility criteria vary between VA’s community care programs. When the new criteria go into effect, Veterans can expect better access and greater choice in their health care, whether at VA or through a community provider. The eligibility criteria are projected to go into effect in June 2019 after final regulations are published and effective, so the criteria are not yet final. In addition, key aspects of community care eligibility include the following:

- Veterans must receive approval from VA prior to obtaining care from a community provider in most circumstances.
- Veterans must either be enrolled in VA health care or be eligible for VA care without needing to enroll to be eligible for community care.
- Eligibility for community care will continue to be dependent upon a Veteran’s individual health care needs or circumstances.
- VA staff members generally make all eligibility determinations.
- Veterans will usually have the option to receive care at a VA medical facility regardless of their eligibility for community care.
- Meeting any one of the six eligibility criteria is sufficient to be referred to a community provider—a Veteran does not have to meet all of them to be eligible. (Real-world examples of when a Veteran would be eligible for community care are included in the eligibility fact sheet linked at the end of the article).

**Eligibility Criteria**

1. **Veteran Needs a Service Not Available at a VA Medical Facility** – In this situation, a Veteran needs a specific type of care or service that VA does not provide in-house at any of its medical facilities.

2. **Veteran Lives in a U.S. State or Territory Without a Full-Service VA Medical Facility** – In this scenario, a Veteran lives in a U.S. State or territory that does not have a full-service VA medical facility. Specifically, this would apply to Veterans living in Alaska, Hawaii, New Hampshire, and the U.S. territories of Guam, American Samoa, the Northern Mariana Islands, and the U.S. Virgin Islands.

3. **Veteran Qualifies under the “Grandfather” Provision Related to Distance Eligibility for the Veterans Choice Program** – For this element, there are a few different ways that a Veteran could be eligible for community care. Initially, the following two requirements must be met in every case:
• Veteran was eligible under the 40-mile criterion under the Veterans Choice Program on the day before the VA MISSION Act was enacted into law (June 6, 2018), and
• Veteran continues to reside in a location that would qualify them under that criterion.

If both of these requirements have been met, a Veteran may be eligible if one of the following is also true:
  o Veteran lives in one of the five States with the lowest population density from the 2010 Census: North Dakota, South Dakota, Montana, Alaska, and Wyoming, or
  o Veteran lives in another State, received care between June 6, 2017, and June 6, 2018, and requires care before June 6, 2020.

4. **VA Cannot Furnish Care within Certain Designated Access Standards** — To be eligible under this criterion, VA would have to be unable to schedule a VA appointment for a Veteran at a facility within a specific average drive time to a VA medical facility and within a certain number of days (wait-time). If VA could not schedule an appointment that is within both the average driving time standards and the wait-time standard, then the Veteran would be eligible for community care. The specific access standards are described below. (Important: Access standards are proposed and not yet final).
  • Average drive time to a specific VA medical facility
    ▪ 30-minute average drive time for primary care, mental health, and non-institutional extended care services (including adult day health care).
    ▪ 60-minute average drive time for specialty care
  • Appointment wait time at a specific VA medical facility
    ▪ 20 days for primary care, mental health care, and non-institutional extended care services, unless the Veteran agrees to a later date in consultation with their VA health care provider.
    ▪ 28 days for specialty care from the date of request, unless the Veteran agrees to a later date in consultation with their VA health care provider.

5. **It is in the Veteran’s Best Medical Interest** — In this situation, a Veteran may be referred to a community provider when the Veteran and the referring clinician agree that it is in their best medical interest to see a community provider.

6. **A VA Medical Service Line Does Not Meet Certain Quality Standards** — In this scenario, if VA has identified a medical service line is not meeting VA’s standards for quality based on specific conditions, Veterans can elect to receive care from a community provider with certain limitations.

**Going Forward**
What is described above should be taken as a preview of what the final eligibility criteria may be, because it is not yet final. The new criteria are expected to go into effect in June 2019, after final regulations are published and effective.

[Source: Vantage Point | Jonathan Ludwig | April 9, 2019 ++]

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**VA Presumptive AO Diseases Update 27 ➤ H.R.2201 | Keeping Our Promises Act**

Recent National Academies of Sciences, Engineering, and Medicine reports have found an association between exposure to Agent Orange and bladder cancer, hypertension, and Parkinson’s-like symptoms. This week, Representatives Westerman (R-AK), Fitzpatrick (R-PA), Tipton (D-CA), Stefanik (R-NY), Cunningham (D-SC), Boyle (D-PA), Thompson (D-CA) and Kuster (D-N.) introduced H.R. 2201, the VFW-supported Keeping Our Promises Act, which adds the new conditions to the list of conditions presumed to be associated with Agent Orange exposure. Adding these conditions to the list would provide veterans exposed to Agent Orange an expedited avenue for care and compensation benefits. The bill would also force VA to evaluate and make a decision on future recommendations. Learn more about the Keeping Our Promises Act at [https://westerman.house.gov/media-center/press-releases/westerman-introduces-legislation-benefitting-vietnam-era-veterans](https://westerman.house.gov/media-center/press-releases/westerman-introduces-legislation-benefitting-vietnam-era-veterans). [Source: VFW Action Corps | April 12, 2019 ++]
The VA's top health care official is asking Americans for help in addressing the crisis of veteran suicides. "I wish it was as simple as me saying I could do more patrols in a parking lot that would stop this," Dr. Richard Stone, the executive in charge of the Veterans Health Administration, said Wednesday of the department efforts to curb veteran suicides and suicide attempts that often occur at its own facilities. Stone made the remark in response to questions from the Senate Veterans Affairs Committee about three recent suicides: two over the weekend at Georgia VA facilities and one Tuesday at an Austin, Texas, VA clinic.

Stone told the Committee that more than 260 suicide attempts had been recorded at VA facilities. He did not give a time period for when the attempts were made, but said VA staff had intervened in about 240 of them and were able to save lives. That left about 20 where the veteran did not ask for help, or the intervention was unsuccessful, he said. Between October 2017 and November 2018, 19 veterans died by suicide on the grounds of VA medical facilities, according to a Washington Post report. Often, the veteran will leave a note saying "I've come here to the [VA] campus because I know you'll take care of me and I know you'll take care of my family," Stone told the Committee.

To curb what he called the "epidemic" of about 20 veteran suicides daily, the nation as a whole must ask itself where society had failed these veterans -- a question without a simple answer, Stone said. One possible way was to get more Americans involved, he added. "If you've got a cellphone in your hand, take that cell phone out and put in the following number: 1-800-273-8255." That's the Veterans Crisis Line manned 24-7 by specially-trained responders. It's not just for veterans, but for anyone who may know a veteran they believe may be in crisis, he said. "Most lay people say, 'I don't know what to do'" in a situation where they may know of a veteran having thoughts of suicide, he said, but reaching out and asking for advice "could stop a suicide and save a life."

When asked by Sen. Jon Tester (D-MT), the ranking member on the Committee, what Congress could do to help, Stone suggested changing the law that makes Guard and Reserve members who were never activated ineligible for VA care. Of the estimated 20 veteran suicides daily on average, about 14 are among veterans who have never been in contact with the VA, Stone said. Of those 14, about three are Guard and Reserve members who were never activated, he said. Currently, "they aren't a veteran," Stone said, but "if we can take and extend emergency services to [those with] other than honorable discharges, we sure ought to be able to offer those services to never-activated Guardsmen and Reservists," Stone said.

The first of the three recent suicides at VA facilities occurred last Friday in the parking lot of the Carl Vinson Veterans Affairs Medical Center in Dublin, Georgia, the VA said. The second on Saturday reportedly involved a 68-year-old veteran who shot himself outside the Atlanta VA Medical Center, the Atlanta Journal-Constitution reported. On Tuesday, a veteran shot himself in the waiting room of the Austin, Texas, VA clinic, KXXV reported. Sen. Johnny Isakson, R-Georgia, chairman of the Senate Veterans Affairs Committee, cited the three suicides in his opening remarks at the hearing 10 APR. "I am in touch with the VA as investigations into each incident are ongoing, but these are tragedies that we hear about far too often," he said in a prepared statement. "While we have taken a number of steps to address and prevent veteran suicide, this weekend's tragic deaths clearly indicate that we must do better," Isakson said. [Source: Military.com | Richard Sisk | April 11, 2019 ++]
And the Winner of the 2019 Weight Loss Program is....THE ARMY!!
CONGRATULATIONS ARMY!

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2019 Final Weight Loss Report

The winning Service for the 2019 Weight Loss Program is THE ARMY!

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

Monthly totals will only include consistent member weigh-ins.
The total gain/loss will be based on the aggregate accumulation
of all the months gains and losses.

This year the total participating members lost a total aggregate weight of 115.1 pounds!
7 pounds better than 2018! Congratulations to all of you winners!
GUIDE TO A HIGH FIBER DIET

If your physician has recommended a high fiber diet for you, you're not alone. Most Americans would benefit from adding more fiber to their current diet. The good news is, it's easy to do. What's more, a high fiber diet can provide long-term benefits for your health. Fiber is an important part of our diet. It furnishes no nutrients, vitamins, or minerals. It isn't even absorbed into our bodies. So why do we need fiber? Fiber adds bulk that keeps other foods moving along our digestive tracts, and it holds water which, in turn, softens the stool for easy elimination.

What exactly is fiber? Fiber is the part of the plant that cannot be digested. It comes in two different forms:

1. **Soluble fiber** forms a viscous gel and disperses well in liquid. Examples include oats, beans, and many types of fruit.

2. **Insoluble fiber** does not disperse in water and passes through the digestive system largely intact. Some good sources of insoluble fiber include wheat bran, whole-grain cereals, whole-grain breads, and many types of vegetables.

Both types of fiber are essential for proper bowel function. They create larger, softer stools which move through the digestive tract more easily. The secret to getting enough soluble and insoluble fiber is to eat a well balanced diet that includes a variety of high-fiber foods.

Many researchers believe that a lack of fiber in the diet is implicated in digestive-tract related diseases. **Constipation** can result from lack of fiber and fluid in the diet. Straining and pressure resulting from constipation may lead to hemorrhoids. Fiber helps maintain normal bowel function to prevent constipation and its potential complications.

Tips for maintaining a regular bowel pattern:

1. Eat regular meals, chewing food thoroughly and slowly.
2. Exercise daily. Start by walking, bicycling, or swimming.
3. Establish regular toilet habits. If you have the urge to have a bowel movement, respond immediately.
4. Add fiber to your diet. Fiber adds bulk to help the colon function normally.

According to many nutrition experts we should be eating between 20-35 grams of fiber daily. If you are like most Americans, however, you're only averaging 10-15 grams a day. This means you may need to double or even triple your fiber intake.

You don't have to totally rearrange your diet to accommodate more fiber. You can begin by substituting high-fiber foods for low-fiber ones. Switch your bakery habits from white bread and rolls to whole grain bread. Try brown instead of white rice. And, most easily of all, add fresh fruits and vegetables to your diet. Your general rule of thumb should be at least one serving of bran or whole grain in every meal.

Try to increase your intake of raw fruits and vegetables. You should be getting three servings of one or the other every day. Try a sliced banana on your cereal, substitute carrot sticks for chips as a lunch side, and crunch on a garden salad for dinner.

Remember, when you change your diet for whatever reason, do it gradually. Let your body adjust. Take in too much fiber too soon and you could suffer from bloating and possible abdominal cramps.
Bob Quinn returning Chapter member USAF ’69 - 70. Bob has written a romantic novel, “Abby and the Old Guy” that can be purchased on Amazon. It’s set in Rochester; the main character is a Vietnam Vet.

https://www.amazon.com/dp/1730913369/ref=mp_s_a_1_1?ie=UTF8&qid=1544066012&sr=8-1&pi=AC_SX236_SY340_FMwebp_QL65&keywords=Abby+and+the+Old+Guy&dpPl=1&dpID=41dNIF9ZfCL&ref=plSrch

Bernie Gundrum won the 50/50 Drawing

Marty Williams won the Flag Drawing

❖ HONOR FLIGHT – the next Honor Flight will be on May 5. Meeting at the IAC at 11 am. Bring your parking ticket inside terminal for validation

❖ DAY OF CARING – May 9, 8am at Vietnam Memorial in Hyland Park, Rochester. Coffee and donuts will be supplied for those caring Chapter and non-chapter members attending.

❖ LILAC FESTIVAL – May 11, volunteers needed to man the Memorial site, memo will be sent asking for volunteers and day and times needed. PLEASE VOLUNTEER!

❖ NORTH SIDE SALVAGE – donated $2500 check to the Chapter.
This is the second personal 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. Your story will also be submitted to the Living Wall site, www.vvmf.org.

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.

Ken Allocco shared a memory of Donald “Louie” Laverne Graves.

“Louie’s Story”
Panel 26E Line 25 in Washington, D.C.
Bollard number 93 at the Rochester Vietnam Veteran Memorial at Highland Park
His given name is Donald Laverne Graves, but I know him as “Louie.” This is our story.

Donald and I met when I was seven and he was eight. My family had moved into our new house in Greece, NY and our backyards were adjacent to each other. We became the best of friends and were inseparable. He took on the nickname Louie, because he was not a fan of the name Donald. During the school year we would walk back and forth together. We would stay outside until it was dark all summer long, usually
playing games like “kick the can.” We even became “blood brothers” one night like the cowboys and Indians did on the television shows. As we grew older, we grew even closer. I was the first to get a car, which started our weekends of double dating. We would pick up our girls and cruise around ending up at my house at the swimming pool my parents had built or down at Durand Beach. A few nights, we even snuck the girls in after my Mom and Dad went to sleep…priceless childhood memories, that I foolishly thought we could keep making forever.

Louie graduated from high school a year before me and chose to join the Marines. I was contemplating joining the military after graduation myself. On September 7th, 1967 Louie was killed in action in Vietnam, and we buried Louie in his birthplace of Dansville, NY. I felt lost, angry, and most of all I wanted revenge. My Dad personally knew a United States Air Force (USAF) recruiter, I spoke with him, and in January 1968 I joined the USAF.

I got my wish of working on B-52 aircraft as a crew chief. I was stationed in both Guam and Thailand. Every time my plane was loaded up with bombs, I would write on the side of one of the bombs “4L.” The acronym “4L” stood for Louie, and my greatest wish was that the bomb would find and destroy the person that killed my best friend.

It has been over 50 years since Louie was taken from me and I miss him just as much as the day we buried him. Every Memorial Day I travel to Dansville, NY to visit his grave. I enjoy a cold Budweiser with him like we used to do in the good old days. When I need some alone time without traveling, I visit him at Bollard number 93 at the Memorial in Highland Park. Each year we have the “Run for Louie” is another year that I get to help keep his memory alive and ensure that his sacrifice is not forgotten.
Viet Nam War Veterans Day
GUESS WHO?
THIS SOLDIER WAS IN-COUNTRY IN 1971. SEE PAGE 28 FOR THE ANSWER
GERRY DANIELS
By Bridgeta M. Yackle

Spencerport Neighbors would like to salute a local Vietnam Veteran, Gerry Daniels. He was inducted into Signal Corps Army on Sept. 24th, 1969, on his 21st birthday, and was shipped off to basic training at Fort Dix, N.J., and later at Fort Gordon, GA. Daniels married his high school sweetheart, Becky, on Dec., 12th, 1969, and was sent to Vietnam April 1970 to serve in the 25th Infantry Division. He arrived in Cu Chi on the day they were arriving from Cambodia. After five months, the 25th Division returned to Hawaii, their headquarters, but elected to send Daniels to the 1st Air Cavalry in Phu Loi. He spent seven months there flying frequently as a cryptographer, which enabled communications to be coded. Daniels received a Bronze Star, Air Medal, and on return, the New York State Meritorious Service Award, the highest military award given by New York State. Upon returning home, Daniels and his wife Becky raised their two children, Adrian and Caitlin, in Spencerport. Both attended the Spencerport School District. Daniels is a lifetime member of Vietnam Vets of America Chapter 20, Rochester, NY. He is also a member of the marching unit and Honor Guard. Daniels asked that we remember the men and women who served so proudly to preserve our freedoms and way of life as he added, “Welcome Home...Welcome Home.”

Spencerport Neighbors would like to thank Struck Floors & Remodeling for sponsoring this month’s Veteran Salute. If you know a local veteran that you would like to nominate, please see page 3 for submission information.
ONE MAN’S OPINION
A page written by Chapter member Fred Elliott. The opinions and/or positions expressed on this page are in no way the opinions or positions of Chapter 20. The author accepts full responsibility for the expression of his opinions and positions on the various items written about on this page.

Below is a letter I wrote to the folks at the National Women’s Hall of Fame concerning the 2019 induction of Jane (I still haven’t apologized for my traitorous actions) Fonda.

To Whom It May Concern:

According to the General Criteria for Eligibility on your website, “contribution(s) should be of national or global importance and of enduring value”. Additionally, under “Instructions and Information” it states that scoring will be done, in part, “on the basis of the value of the nominee’s contribution(s) to the development of the United States of America” as well as other factors previously mentioned.

It is my considered opinion that Ms. Fonda meets none of the criteria as stated under Eligibility. It’s true that many of the characters portrayed by Ms. Fonda in the movies and elsewhere may have been revolutionary in determining how the movie audience see things, but those were largely fictional characters created by others.

To imagine that Ms. Fonda has somehow contributed to the “development of the United States” is beyond my comprehension. Movies may be considered “art” by some, but they are still entertainment. Furthermore, to believe that Ms. Fonda’s performances rise to the level of “national or global Importance” and are of “enduring value” is laughable.

Furthermore, in your press release of March 8, there is no indication that Ms. Fonda has done anything other than pursue her acting career. Merely stating that she is a philanthropist does not make her one. Perhaps she has written a few checks in support of various causes but has she done anything? Oh wait, she went to North Vietnam and posed with America’s enemy in a misguided effort to accomplish what? Did she really believe that her posing would convince the U.S. Military to throw down their arms and go home? Did she have such an inflated opinion of her own importance that she believed America would see her and have a collective change of heart?

As to her many awards that are listed in the press release, there are all for her portrayal of someone other than herself; to be able to convince an audience that she was the character developed by a writer. And let us not forget that those awards were given by groups of her peers in the world-of-make-believe. Not everyday citizens or common working people, but actors like herself.

This Veteran of the Vietnam War finds the selection of Ms. Fonda to be a slap in the face to all of America’s Vietnam Veterans and the families of those men and women on the Wall in Washington, D.C. Your disclaimer may, in your opinion, provide you with a separation from the views, beliefs, and opinions of the inductee but I and other Vietnam Veterans will forever see you as aligned with Ms. Fonda and her views, beliefs, and opinions, should she ACTUALLY be inducted.

Fred Elliott
Vietnam Veteran
Rochester, New York
Chair of Honor

Chapter 20 members, their families and friends, are cordially invited to visit the Vietnam Learning Center to view the POW/MIA "Chair of Honor" located on the 3rd floor of the Bausch & Lomb Public Library Building of the Central Library, 115 South Ave.

On November 14, 2018 the downtown Central Library held a dedication ceremony for the POW/MIA "Chair of Honor" which honors all U.S. service personnel from all wars who are listed as POW/MIA. The ceremony was conducted by Joe Peck, Secretary of Chapter 20 and POW/MIA Chairman. The concept for the "Chair of Honor" was originated by Rolling Thunder. The Central Library houses the only POW/MIA "Chair of Honor" in Monroe County.

The library is open Mon 10-8:30 pm, Tu. 10-6 pm, Wed. 10-8:30 pm, Thurs. 11-6 pm, Fri. 10-6 pm and Sat. 10-6 pm (closed on Sat. from July - Labor Day).

Please call 428-8110 if you have a question.

Did you guess who the soldier is? ..........Stan Patykiewicz!!!
So you thought you knew everything.....well think again!

❖ A dime has 118 ridges around the edge.
❖ A cat has 32 muscles in each ear.
❖ A crocodile cannot stick out its tongue.
❖ A dragonfly has a life span of 24 hours.
❖ A goldfish has a memory span of three seconds.
❖

The Constitution: It doesn't need to be rewritten; it needs to be re-read!

❖ Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
❖ The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
❖ Nine out of every 10 living things live in the ocean
❖ The banana cannot reproduce itself. It can be propagated only by the hand of man.
❖ Airports at higher altitudes require a longer airstrip due to lower air density.

THE WHOLE NINE YARDS
American fighter planes in WW2 had machine guns that were Fed by a belt of cartridges. The average plane held belts that were 27 feet (9 yards) long. If the pilot used up all his ammo he was said to have given it the whole nine yards.
VA MISSION Act P.L. 115-182 - What is Community Care?

VAdvantage Point
Official Blog of the U.S. Department of Veterans Affairs
March 19, 2019

VA MISSION Act: What is the latest on community care?

How VA is transforming Veteran community care under the VA MISSION Act of 2018 and what to expect.

VA MISSION ACT featured graphic - text reads: Upcoming improvements to Veteran community care and what to expect.

VA MISSION Act: What is the latest on community care?

How VA is transforming Veteran community care under the VA MISSION Act of 2018 and what to expect.

Note: This article is the second in a series on VA's progress implementing the VA MISSION Act of 2018.

Last June, President Trump signed landmark legislation, known as the VA MISSION Act of 2018, that makes dramatic improvements to how Veterans receive community care---health care provided outside of VA. VA's goal is to give Veterans greater choice over their health care, allowing VA to deliver world-class, seamless customer service either through a VA facility or community provider.
While the law affects many other VA programs, the changes to community care are among the most complex and far-reaching in recent history. After the legislation was enacted, VA immediately began taking the steps needed to implement the vast changes required.

Current Activities

Understanding the enormous scale of VA health care operations and VA's responsibility for America's Veterans, VA has been working hard on many large, interrelated tasks to implement the new Veteran community care program by June 2019.

These tasks include the following:

* Design and launch a new internal operating structure for community care, including the new urgent care/walk-in care benefit

* Propose access standards as one of the six eligibility criteria for community care

* Award contracts to Third Party Administrators (TPAs) to manage regions of VA's new Community Care Network (CCN)

* Plan to implement Veterans Care Agreements to allow VA to purchase hospital care, medical services, or extended care services in certain situations

* Define competency standards for certain conditions applicable to community providers to make sure Veterans are getting high-quality care when they receive care outside of VA

* Set up new requirements for prompt payments to community providers

* Draft regulations to implement the law

What to Expect

So what can Veterans expect when the new program starts this summer? Given the magnitude of the changes, VA is working hard to make sure the rollout goes smoothly. If you are a Veteran enrolled in VA health care, or a Veteran who can receive care without needing to enroll, you can expect:
* To continue to have access to community care under current programs and then transition to the new program when regulations are final and published

* To follow an improved process to receive community care under the new program, with better access to community providers and improvements to customer service, such as more streamlined eligibility requirements

* A new benefit that provides eligible Veterans with access to urgent, non-emergency care for non-life-threatening conditions in VA's network of community providers

* Improved care coordination as VA transitions to a single information technology system that better links together VA and community providers

* Your provider to receive timely payments for bills as VA transitions to better claims processing systems

Going Forward

VA will be providing regular updates on community care as part of this series of articles. Community care will continue to supplement VA health care as part of VA's broad commitment to modernize and strengthen the VA health care system, expand access, and ensure timely delivery of care to America's Veterans. VA health care regularly outperforms the private sector, and VA staff are experienced and devoted to meeting Veterans' specific needs. VA believes Veterans will continue to choose VA when they need timely, high-quality care.

Resources

* Fact Sheet -- Veteran Community Care -- General Information (VA MISSION Act of 2018)

* VA's proposed rules for Veteran community care now open for public comment

Charlie Rabidoux
C&M Militaria
1939 - 2019
Rest in Peace Brother
From Chapter 20
**Board Meetings**

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**Membership Meetings**

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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

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Could someone you know be in crisis?
The VA’s National Suicide Crisis Line
1-800-273-TALK or 1-800-273-8255
24/7 365 days per year
Provides professional counseling to veterans, their family members or friends.

Do you know a veteran who is homeless?
The VA’s National Homeless Veterans Hotline
1-877-424-3838
24/7 365 days per year
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
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269-0071 c
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Veterans Walk – C. Macaluso chuckmac66@yahoo.com 225-8288 h
Women’s Affairs – Rosemary Rossi-Williams pefrose@gmail.com 738-6138 c

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P.O. Box 12580 www.vva20.org
Rochester, NY 14612

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NYS AVVA PRESIDENT
Cherie Steers csvva@optonline.net 516-822-5938

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

VETERANS ORGANIZATIONS AND INFORMATION
Greater Rochester Vietnam Veterans Memorial 753-7275
(enter 9; enter 2 to leave a message)
VA Outpatient Clinic 465 Westfall Rd 463-2600
Veterans Outreach Center 459 South Avenue 546-1081
VA Vet Center 232-5040
Veterans Administration 800-827-1000
Monroe County Veterans Service Agency 753-6040
e-mail: serviceofficer@yahoo.com
VA Veterans Benefits Hotline 800-827-1000
Women Veterans Call Center 888-829-6636
VA Medical Center in Batavia 297-1000
VA Hospital in Buffalo 716-834-9200
VA Medical Center in Canandaigua 394-2000
VA Medical Center in Bat 607-664-4000
Vietnam Veterans of America National Office 800-882-1316
Vietnam Veterans Memorial Fund 202-393-0090
National League of Families
POW/MIA Updates 202-223-6846
Richards House at 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 of America National Office 800-882-1316
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www.HonorFlightRochester.org

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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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