Remembering Our Fallen Heroes
Born in October

Website - http://rochestervietnammemorial.org/

Sisario, Felix A. 10-1-1930
Stachowsk, Arthur Thomas 10-2-1948
Way, Thomas Urban 10-4-1944
Funk, Robert Nelson 10-4-1945
Davis Jr., Aaron 10-4-1949
Wood, Edward Charles 10-5-1944
Coon, John Lemoine 10-6-1932
Knapp, David Bruce 10-8-1949
Bigtree, James V. 10-9-1940
Morgan Jr., Melvin David 10-9-1946
Hickey, John Powers 10-11-1944
Wilson, Gerald Anthony 10-13-1944
Helstrom, Kenneth James 10-13-1947
Maccio, Donald J. 10-18-1937
Domiano, Peter Paul 10-18-1943
Johnson, Richard Herman 10-18-1948
Gruhn, Robert Ayers 10-19-1946
Valesko Jr., Joseph 10-20-1945
Jeremiah Seiler, William Joseph 10-20-1948
Mularz, John Bruce 10-21-1947
Waugh, John Louis 10-22-1944
Sisson, Ronald Paul 10-26-1942
Smallridge, Jeffrey Ronald 10-27-1947
Gresens, John Carl 10-29-1946

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

Friends of the Memorial
To be placed on the volunteer contact list, contact Chuck Macaluso at 585-225-8288 or Chuckmac66@yahoo.com
The Veterans Walk Committee of Chapter 20, VVA wants to thank you for your purchase of a personalized, engraved paver brick.

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

VVA Chapter 20, Veterans Walk

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

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

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

1. 

2. 

3. 

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

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

Please Note: Engraved bricks will be installed prior to Memorial Day and Veterans Day (twice annually).

* Due to natural wear and tear, bricks will be replaced once (free of charge) at the discretion of the committee.

Questions please call Chuck or Joan Macalușo 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:

- Pvt. Edwin F. Benson, US Marine Corps Reserves was lost November 20, 1943 in Tarawa. He was accounted for on August 9, 2019.
- Sgt. David A. Feriend, US Army was lost December 6, 1950 in North Korea. He was accounted for on August 9, 2019.
- SFC. Philip C. Mendoza, US Army was lost December 2, 1950 in North Korea. He was accounted for on August 12, 2019.
- Pvt. Jasper V. Marquez, US Army was lost November 28 1950 in North Korea. He was accounted for on August 12, 2019.
- Cpl. Ralph L. Cole, US Army was lost December 2, 1950 in North Korea. He was accounted for on August 12, 2019.
- Pfc. Wilbur T. Tackett, US Army was lost December 6, 1950 in North Korea. He was accounted for on August 12, 2019.
- Cpl. Ysabel A. Ortiz, US Army was lost December 2, 1950 in North Korea. He was accounted for on August 12, 2019.
- 1st Lt. Joseph E. Finneran, US Army Air Corps was lost August 1, 1943 in Romania. He was accounted for on August 12, 2019.
- Cpl. Jerry M. Garrison, US Army was lost December 2, 1950 in North Korea. He was accounted for on August 13, 2019.
- Pvt. Raymond Warren, US Marine Corps Reserves was lost November 20, 1943 in Tarawa. He was accounted for on August 15, 2019.
- Pfc. Billy E. Johnson, US Marine Corps was lost November 30, 1950 in North Korea. He was accounted for on August 15, 2019.
- Pfc. Junior C. Evans, US Army was lost December 12, 1950 in North Korea. He was accounted for on August 20, 2019.
- Sgt. Gerald B. Raymacker, US Army was lost December 6, 1950 in North Korea. He was accounted for on August 21, 2019.
- Cpl. Gudmund C. Johnson Jr., US Army was lost July 31, 1951 in North Korea. He was accounted for on August 28, 2019.
- Cpl. Charles H. Grubb, US Army was lost December 1, 1950 in North Korea. He was accounted for on August 28, 2019.
- 1st Lt. Robert C. Styslinger, US Army was lost November 29, 1950 in North Korea. He was accounted for on August 30, 2019.
- Cpl. Gerald N. Wilson, US Army was lost July 25, 1950 in South Korea. He was accounted for on September 2, 2019.
- Pfc. Harold K. Knight, US Army was lost November 25, 1950 in North Korea. He was accounted for on September 4, 2019.
• Sgt. Donald M. Murphy, US Army was lost December 2, 1950 in North Korea. He was accounted for on September 4, 2019.
• Pfc. Michael Kocopy, US Marine Corps Reserve was lost November 20, 1941 in Tarawa. He was accounted for on September 5, 2019.
• 2nd Lt. John F. McTigue, US Army Air Corps was lost August 24, 1944 in Germany. He was accounted for on September 5, 2019.
• Staff Sgt. Willard R. Best, US Army Air Corps was lost August 24, 1944 in Germany. He was accounted for on September 5, 2019.
• 1st Lt. George S. Crisp, US Army was lost December 12, 1950 in North Korea. He was accounted for on September 6, 2019.
• 1st Lt. Steve Nagy, US Army Air Corps was lost August 24, 1944 in Germany. He was accounted for on September 9, 2019.
• Fire Controlman Robert L. Corn, Seaman 2nd Class Hubert P. Hall, Seaman 2nd Class Brady O. Prewitt, Fireman 1st Class Lawrence F. Woods, Fireman 1st Class James C. Webb, Boatswain’s Mate 1st Class Arnold M. Nielsen, Chief Water Tender Francis D. Daryle E. Artley, US Navy was lost December 7, 1941 on Board the USS Oklahoma at Pearl Harbor, Hawaii. They were accounted for August 14th - September 10th 2019.
• Fireman 2nd Class Albert Renner, US Navy was lost on December 7, 1941 on board the USS West Virginia. He was accounted for on August 26, 2019.
• Seaman 1st Class Stewart Jordon, US Navy was lost June 12, 1944 on board the USS Nelson in France. He was accounted for on August 28, 2019

THEIR SACRIFICES WILL NEVER FORGOTTEN
WELCOME HOME BROTHERS.
Membership Update

Mike General Membership Chair

Chapter 20 Membership currently is at 622 members and AVVA is at 39 members as of 08/31/19. Membership has not been growing (only 3 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 4 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](mailto:mwgeneral@aol.com))
We are offering an “Honorary Membership” to Chapter 20 to all spouses who husbands have passed away. If you know of someone who has lost their loved one, please contact Mike General.

Mike
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.
As I write this, my wishes for a prolonged and extended summer are being fulfilled. Yes, October is almost here, and the official end of summer comes with the calendar turning over on September 30th, but we still have warm weather, blue skies, and yard work to do around the house. Sounds a lot like summer to me. And yes of course, there is the fall past time of cheering on your favorite high school, college or professional football teams. Or perhaps, apple picking, pumpkins to decorate or grabbing some cider and donuts on the weekend to enjoy while you work on the wood pile for the fireplace. Yes, to every season there is a reason to enjoy. So whatever your passion is, go for it! Or as the global sports apparel company states...just do it!

But, I want to remind you that this is also the time to think about your health. Did you call to make the appointment with your doctors office? Remember, you were too busy during the summer months. Or, how about sitting down and finally putting that medical power of attorney/or health care proxy on paper and sign it. Get it done and out of the way! Putting off any issue is not being productive. So with your health at stake, why not start crossing off the things on your to do list that you been putting off, and "JUST DO IT"!

Some items of interest concerning the September Suicide campaign by the VA. Also new testing to help identify veterans with PTSD, and how over 50% of veterans seeking health care service at the VA suffer from Insomnia, and how that can relate to potential suicide risk.

Finally, I have heard from many Chapter members over the years some disappointing and frustrating issues involving emergency care and the billing charges for such emergency services at non-VA hospitals. A very recent Court of Appeals decision has ruled against the VA on how they handle these types of charges. Read and act appropriately if the appeal's decision affects you.

Respectfully submitted by,
Jerry McDermott, Director
Health Affairs Chair
Emergency Medical Bill Claims
Update 05: Federal Appeals Court Rules VA Must Pay

The Department of Veterans Affairs must reimburse veterans for emergency medical care at non-VA facilities, a federal appeals court ruled 9 SEP in Wolfe v. Wilkie — a decision that could be worth billions of dollars to veterans. The U.S. Court of Appeals for Veterans Claims said the VA has been wrongfully denying reimbursement to veterans who sought emergency medical care at non-VA facilities, and struck down an internal VA regulation that blocked those payments. "All of this is unacceptable," said the ruling, which ordered the VA secretary to "re adjudicate these reimbursement claims." Plaintiffs' lawyers say that based on past estimates by the VA, the department is now on the hook for between $1.8 billion and $6.5 billion in reimbursements to hundreds of thousands of veterans who have filed or will file claims between 2016 and 2025.

The first thing the VA tells people to do when calling is to hang up and dial 911 if it’s an emergency," said VFW National Commander William J. “Doc” Schmitz. “So the VA must reimburse the actual cost of emergency medical care, regardless of whether the veteran has secondary insurance or not,” he said. “VA Secretary Robert Wilkie must make these veterans financially whole again, correct its policies and practices regarding non-VA emergency room billing immediately, and fully adopt the IG report’s 11 recommendations to improve the accuracy of the non-VA emergency room claims processing.”

Former Coast Guardsman Amanda Wolfe, one of the plaintiffs in the case, told NBC News on 10 SEP, "I’m just overjoyed. I think it means change, it means that veterans don’t have to be afraid of receiving care, emergency care. They can have that sense of security that sense of peace knowing they are covered if they have emergency care." “I served side by side with some of these veterans who were impacted and to think that this is going to make a difference for them is what is most important to me." The VA told NBC News in a statement that the department, “is aware of this decision and reviewing it.”

In 2015, the court struck down a previous version of the internal VA regulation that refused any coverage for an emergency claim when another form of insurance covered even a small part of the bill. The court said the regulation violated a 2010 federal law. Monday's ruling found the department had violated the same federal law with its revision of the reimbursement regulation. The panel said the new rule, issued in January 2018, actually created another obstacle for veterans by forbidding the VA from reimbursing medical expenses for emergency services at non-VA facilities.

Hard-won victory
In September 2016, Wolfe went to the emergency room because her appendix was about to burst. After a speedy recovery, she figured she was all set — she had two kinds of insurance, a private plan she paid for and her Veterans Affairs benefits. Her private insurance covered most of the more than $20,000 bill for her hospital stay. But six months later, the VA denied her claim for the roughly $2,500 that remained, putting her in an unexpected financial bind. She paid off the bill in 2017, but had been fighting for reimbursement ever since. This year, her case made it all the way to the Court of Appeals for Veterans Claims.

When the VA's Inspector General released a report in August revealing major problems in the way the VA reimburses veterans for emergency care at non-VA facilities, Wolfe was shocked to learn how many other veterans were in unnecessary binds just like hers. The August report found that in just one recent six-month period, the VA left roughly 17,400 veterans to pay out-of-pocket for $53 million in emergency medical treatment the government should have covered. "The Court’s decision rights a terrible injustice and its order ensures that veterans who were unjustly denied reimbursement for critical emergency treatment at non-VA facilities will finally be reimbursed," said Bart Stichman, executive director of the National Veterans Legal Services Program, which represented Wolfe.
in the case. “It is a hard-won victory for hundreds of thousands of veterans." Wolfe's lawsuit is only the second case the Court of Appeals for Veterans Claims has ever granted class action status. The first was earlier this year. [Source: NBC News | Courtney Kube, Mosheh Gains & Adiel Kaplan | September 10, 2019 ++]

**Insomnia**

*Update 04: VA’s Online Tool for Treatment | CBTi*

To bring effective, innovative treatment to the up to 50% of Veterans entering VA health care who have Insomnia Disorder, VA has developed an online training course called “Path to Better Sleep.” In this podcast, Dr. Sarra Nazem, from Rocky Mountain MIRECC for Veteran Suicide Prevention, interviews clinical psychologists Dr. Carolyn Greene and Dr. Andrew Moon from VA’s Office of Mental Health and Suicide Prevention about Insomnia Disorder, the link between Insomnia Disorder and suicide, and how VA is bringing treatment directly to Veterans through the free, self-directed, online training course “Path to Better Sleep.”

If you have ever suffered insomnia you really do not need a podcast to tell you how miserable it can be and how the lack of sleep affects your whole life. Poor sleep can affect your immune system, making you more susceptible to catching colds, and even bone regeneration, which for the elderly can make recovery from a fall more difficult. And good sleep just feels better, we are less cranky, and our mood is better. The good news is that there are treatments that work for stopping insomnia. Cognitive Behavioral Treatment for Insomnia (CBT-i) aims to improve sleep habits and behaviors by identifying and changing the thoughts and the behaviors that affect the ability of a person to sleep or sleep well.

Dr. Greene makes clear that CBT-i is not sleep hygiene, though it may borrow some techniques as a starting place. She makes it clear that CBT-i goes for beyond sleep hygiene; so, if sleep hygiene did not help, know that CBT-i is a different treatment that does work. CBT-i has been shown to be more effective than sleep medication for the long-term on-going treatment of insomnia. At [https://www.veterantraining.va.gov/insomnia](https://www.veterantraining.va.gov/insomnia) you can start now at Path to Better Sleep which is a free online tool developed by the VA. [Source: Vantage Point | September 10, 2019 ++]

**PTSD Detection**

*Update 02: Blood Test Study*

Physicians could potentially one day identify veterans with post-traumatic stress disorder through a quick blood test instead of complex psychological tests, thanks to new research from the Army and outside biometrics experts published for the first time 9 SEP. The study, which appeared in the journal Molecular Psychiatry, found a set of 27 blood markers which helped identify patients suffering from PTSD. Researchers said the findings support past hypotheses that the disorder “affects not just the brain, but the entire body.” In a statement, Army Medical Research Systems Biology Chief Scientist Marti Jett said those markers “will continue to be refined and adapted for commercialization” in coming years. Researchers are hopeful blood tests can lead not only to more accurate diagnoses but also earlier ones, perhaps indicating signs of problems even before PTSD has fully manifested.

Senior study author Dr. Charles Marmar, chair of the Department of Psychiatry at the New York University School of Medicine, said a blood test could indicate signs of PTSD that veterans are unaware of or deliberately hiding out of fear surrounding the stigma of the diagnosis. It could also more quickly eliminate PTSD as a potential
problem for patients with unclear medical issues. “This is an attempt to take the field of psychiatry from the subjective to the objective,” he said. “It’s a way to start a new conversation about how to find the invisible wounds of war.” But the study has limits. No women were among the veterans tracked for the research, and no civilians were included.

Marmar said creating a simple, inexpensive blood test for widespread use to help diagnose PTSD is likely still years away. But he still lauded the findings as an important medical breakthrough for health experts looking for ways to more accurately track troops’ health. Defense Department and Veterans Affairs researchers have estimated that as many as 25 percent of individuals who served in combat zones in Iraq or Afghanistan may suffer from PTSD, marked by uncontrolled anxiety, confusion or anger. Officials have spent years trying to break down the stigma surrounding the diagnosis, which many service members fear could render them undeployable or otherwise unfit for duty because of the non-physical nature of the symptoms.

The study, the culmination of six years of work, tracked blood samples from 165 veterans, half of whom suffer from PTSD following deployments into war zones. Scientists studied their medical histories and biochemistry, trimming down the list of potential identifying characteristics in their blood from more than 1 million to less than 30. In subsequent tests with other patients, the final set of blood markers showed a 77 percent accuracy rate in helping identify PTSD. Marmar said that’s more than enough for a potential screening test, where doctors can follow up with more in-depth examinations to diagnose the illness.

Past studies have hinted at blood markers as a potential indicator of PTSD, but researchers in the new study — which included the Harvard John A. Paulson School of Engineering and Applied Sciences and the Army Medical Research and Development Command — said this is the first time a coherent set of measures has been developed. Jett said that any screening tool that comes from the research would be used before and after deployments, and treatment for those issues would be provided based on military medical standards. The full study is available on the journal’s web site https://www.nature.com/mp. [Source: MilitaryTimes | Leo Shane III | September 10, 2019 ++]

Suicide Prevention Month
Update 01: VA #BeThere Campaign Urges Support Veterans

In observance of Suicide Prevention Month, the U.S. Department of Veterans Affairs (VA) encourages Veterans, community leaders, co-workers, families and friends to #BeThere — to help prevent suicide — by being present, supportive and strong for those who may be going through a difficult time. As part of this approach, VA is working closely with The White House and other partners to implement the President’s Roadmap to Empower Veterans and End a National Tragedy of Suicide or PREVENTS.

“This September, and all year, I encourage everyone to take a moment to be there for Veterans in need.” said VA Secretary Robert Wilkie. “One act of thoughtfulness can make a big difference and may even save a life. That’s why, VA is proud to work on initiatives like PREVENTS, to prevent suicide and find innovative ways to deliver support and care to all 20 million U.S. Veterans whenever and wherever they need it,” The PREVENTS roadmap, initiated by an executive order signed by President Trump in March 2019, will serve as an important tool for promoting research, community engagement — and collaboration in the public and private sector — and ultimately, for ending Veteran suicide.

Suicide is a complex, national public health issue that affects communities nationwide, with more than 45,000 Americans, including more than 6,000 Veterans, dying by suicide every year. Suicide is preventable, and special training is not needed to prevent suicide. Everyone can play a role by learning to recognize warning signs, showing compassion to Veterans in need and offering support. Listed are actions anyone can take to Be There:
• Reach out to Veterans to show them you care. Send a check-in text, cook them dinner or simply ask, “How are you?”
• Learn the warning signs of suicide, found on the Veterans Crisis Line website.
• Watch the free S.A.V.E. training video to equip yourself to respond with care and compassion if someone you know indicates they are having thoughts of suicide.
• Check out VA’s Social Media Safety Toolkit to learn how to recognize and respond to social media posts that may indicate emotional distress, feelings of crisis or thoughts of suicide.
• Contact VA’s Coaching Into Care program when worried about a Veteran or loved one. A licensed psychologist or social worker will provide guidance on motivating your loved one to seek support.

Learn more about the #BeThere campaign and access resources to help support Veterans at BeThereForVeterans.com. Veterans who are in crisis or having thoughts of suicide, and those who know a Veteran in crisis, can call the Veterans Crisis Line for confidential support available 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and Press 1, text to 838255 or chat online at www.VeteransCrisisLine.net/Chat.
[Source: VA News Release | September 4, 2019 ++]
Highlights of the September Membership Meeting
109 People Attended

New Member Francis Gallager, USArmy ’67–’68 Americal Unit

Flag drawing winner, Nick Deleo

Flag drawing winner, Tony DeBellis

50/50 Winner, Dave Ludwigsen

Navy Hat winner, Dave Arley
On March 29, 2019, we celebrated Vietnam Veterans Day hosted by Monroe County. The County this year not only wanted to recognize Vietnam Veterans but also wanted to recognize those veterans who were recipients of the Purple Heart Medal. After the ceremony Glenn Peck, who most of you know as the Chapter photographer, handed me his brother's Purple Heart - he didn’t know what to do with it. I took the medal from Glenn and told him “I will do something with it.”

Glenn’s brother was wounded in Vietnam. He survived the physical injuries but later succumbed to the mental wounds brought home from war. I worked with Mike DiCataldo, NYRA Trophy & Awards, to design a plaque worthy of this medal. The plaque, pictured in article, was presented to Glenn at our September membership meeting. NYRA was honored to make the plaque at no charge to the Chapter. The presentation was very moving to both of us. Glenn’s thank you to the members brought tears to many of us. All of us who know Glenn do not only consider him our photographer, but also a “family” member.

Article by Chuck Macalso

Nick Stefanovic (L), VSA Director, introduced Dr John Garneau to the Chapter members as a person who is dedicated to helping veterans understand the process of submitting claims as well as understanding their health issues. If you are in need of help you can contact either Nick at 585-753-6040 or Dr Garneau at 585-261-2310.
Take a knee...

I don't think I've ever read anything more powerful than this piece.
It was written by Ted Nugent

Take a little trip to Valley Forge in January. Hold a musket ball in your fingers and imagine it piercing your flesh and breaking a bone or two. There won't be a doctor or trainer to assist you until after the battle, so just wait your turn. Take your cleats and socks off to get a real experience.

Then, take a knee on the beach in Normandy where man after American man stormed the beach, even as the one in front of him was shot to pieces, the very sea stained with American blood. The only blockers most had were the dead bodies in front of them, riddled with bullets from enemy fire.

Take a knee in the sweat soaked jungles of Vietnam. From Khe Sanh to Saigon, anywhere will do Americans died in all those jungles. There was no playbook that told them what was next, but they knew what flag they represented. When they came home, they were protested as well, and spit on for reasons only cowards know.

Take another knee in the blood drenched sands of Fallujah in 110 degree heat. Wear your Kevlar helmet and battle dress. Your number won't be printed on it unless your number is up! You'll need to stay hydrated but there won't be anyone to squirt Gatorade into your mouth You're on your own.

There are a lot of places to take a knee where Americans have given their lives all over the world. When you use the banner under which they fought as a source for your displeasure, you dishonor the memories of those who bled for the very freedoms you have. That's what the red stripes mean. It represents the blood of those who spilled a sea of it defending your liberty.

While you're on your knee, pray for those that came before you, not on a manicured lawn striped and printed with numbers to announce every inch of ground taken, but on nameless hills and bloodied beaches and sweltering forests and bitter cold mountains, every inch marked by an American life lost serving that flag you protest.

No cheerleaders, no announcers, no coaches, no fans, just American men and women, delivering the real fight against those who chose to harm us, blazing a path so you would have the right to "take a knee." You haven't any inkling of what it took to get you where you are, but your "protest" is
duly noted. Not only is it disgraceful to a nation of real heroes, it serves the purpose of pointing to your ingratitude for those who chose to defend you under that banner that will still wave long after your jersey is retired.

If you really feel the need to take a knee, come with me to church on Sunday and we'll both kneel before Almighty God. We'll thank Him for preserving this country for as long as He has. We'll beg forgiveness for our ingratitude for all He has provided us. We'll appeal to Him for understanding and wisdom. We'll pray for liberty and justice for all, because He is the one who provides those things. But there will be no protest. There will only be gratitude for His provision and a plea for His continued grace and mercy on the land of the free and the home of the brave. It goes like this, GOD BLESS AMERICA

Air Show 2019 Volunteers

Pictured (L-R) Fred Elliott, Jon Phelps, Ed Williams, Mike Sanfilippo, Vito Scarpetta, not pictured Tom Puff, Ed Pisconski Ron Jones and Jerry McDermott
Louie’s Run, Another Memorable Event!

Here are some pictures from the September 15th run. Great turn out, lots of good food and memories! We would also like to thank the Color Guard for their participation and help! Thanks to all, we had almost 70 Bikes this year!

Thank you

Kenny
So you thought you knew everything.....well think again! Enjoy!!

There are more chickens than people in the world.

There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

There's no Betty Rubble in the Flintstones Chewable Vitamins.

Tigers have striped skin, not just striped fur.

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

Winston Churchill was born in a ladies' room during a dance.

Women blink nearly twice as much as men.

Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.

The University of Alaska spans four time zones.

The tooth is the only part of the human body that cannot heal itself.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Warner Communications paid 28 million for the copyright to the song Happy Birthday, which was written in 1935!

Intelligent people have more zinc and copper in their hair.
V.P.A.C.
Veterans Plus Assistance Corporation
PRESENTS:
A Musical Experience!!!
to Honor THE VIETNAM VETERANS OF AMERICA
Hosted by, Brother Wease (Radio 95.1)
Wednesday, November 6th. at the DOME AREANA
From 6:30 PM to 8:30 PM, doors open at 5:30 PM
2695 E. Henrietta Rd, Henrietta, NY
RELIVE THE MUSIC OF THE TIMES!
American & Vietnamese!
Tickets $20 Per Person, Admission free for all Vietnam Veterans
Tickets Available at the Dome and Online at www.therocdome.com

Food & Beverage Available

Chapter 20
Veterans Plus Assistance Corporation

THE DOME
ROCHESTER, NY
Toys For Tots Events 2019

Garden Factory Toys For Tots Drive
Garden Factory Hours are 10:00 - 4:00
Dinosaurs, kids’ rides and tractors

October 5 and 6
October 12 and 13
October 19 and 20
October 26 and 27

Point of Contact: Frank Kozlowsky
Phone: 585-455-5221
Email: Rollingstorage@netsville.net

More dates to come for November and December.

It's never too early to sign up to volunteer for 2019!

2019 L.O.C. Volunteer Coordinator: Jason Tiefel Sharon Beeke
Cell Phone: 585-208-0444 Cell Phone: 585-802-8836

Toys for Tots Address: 460 Buffalo Rd, Dock 100, Rochester, NY 14611
Website: http://rochester-ny.toysfortots.org/
Email: mailto:roctoys4tots@gmail.com

VOLUNTEERS NEEDED - Toys for Tots needs volunteers anytime that they may have available. Drop off and pick-up boxes, count and sort toys, or help at a Toys For Tots event!
Greetings!

Just thought you’d like to know that two Vietnam medics have recently published “Long Daze at Long Binh,” a humorous memoir about their wartime experiences with the 24th Evac Hospital. It’s been getting excellent reviews, with the Vietnam Veterans of America online magazine calling it “the best book about REMF (Rear Echelon) life in South Vietnam during that time period... Nobody will top it any time soon, if ever."

Mike Day, past Commander of VFW Post 10556 in Boca Raton, writes in his Post newsletter (August 2018) that the book is “a witty expose of behind-the-scenes military life in Vietnam... it's neither pro-war nor anti-war, so regardless of your personal views you should find it hard to put down."

Maria Beltran, reviewer for ReadersFavorite.com, calls Long Daze "a witty, entertaining and hilarious roller coaster ride" and "a unique take on the infamous Vietnam war."

Gordon Long, reviewer for Airborn Press, says it's "a fascinating picture of a historical event... not your usual memoir."

In addition, the Midwest Book Review (Feb. 2018 issue) calls Long Daze "a unique and valued contribution to the growing library of Viet Nam War histories and memoirs."

You can read all about the book at longbinhdaze.com where you’ll find reviews, photos and sample chapters. Currently averaging 4 stars on Amazon and 4.2 stars on Goodreads.com.

Best regards,

Dan Markham
Email: vietvet67@mail.com
Web: longbinhdaze.com
SAVE THE DATE

November 11th 2019  9:30 am
Lap Robes for Veterans
will be presenting its 10,000 lap robe

THANK YOU

In Appreciation of Service to Our Country

You are invited to share in our celebration because we want to recognize and thank our patrons who through their continued support and generosity have helped Lap Robes for Veterans realize its vision.

Location: Roboch Community Center
180 Beach Avenue

Time: 9:30 am

RSVP by November 1st to 585-478-6781
# Board Meetings

<table>
<thead>
<tr>
<th>October 1, 2019</th>
<th>October 12, 2019</th>
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</thead>
<tbody>
<tr>
<td>November 5, 2019</td>
<td>November 14, 2019</td>
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<tr>
<td>December 3, 2019</td>
<td>December 12, 2019</td>
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# Membership Meetings

- **Monthly Membership Meetings** start at 6:30 pm
  - At the Italian American Sports Club, 1250 Buffalo Road, Rochester

**Driving Directions to the Italian American Sports Club:**

The Club is located at 1250 Buffalo Road close to the intersection of Howard Road, directly across from the stone quarry, next to the Eagles Club and the Catholic Diocese of Rochester.

From the East: Heading west on 490, exit Mt. Read Blvd. and turn left; south on Mt. Read to Buffalo Road circle, turn right, west on Buffalo Road, 1.4 miles, the Italian-American Sports Club is on the right side.

From the West: Heading east on 490, exit 33 east, Buffalo Road (Gates Center); head east on Buffalo Road; continue past Howard Road; the Italian-American Sports Club will be on the left side in about .5 mile.
Your business card could be here. Contact Chapter Treasurer, Alan Frisa (afrisa@rochester.rr.com), for details.
In Memory Donations

When the simple act of placing flowers on a casket or placing stones on a headstone does not seem to be enough to honor the memory of a special someone who has passed away, one may choose to make a donation in his or her honor to commemorate the values and beliefs of the deceased. Chapter 20 VVA is committed to recognizing the sacrifices made by all military personnel in every branch of the armed forces. The memory of the deceased veteran is honored in the continuous work and service carried out by the dedicated Chapter members and associates. The monetary donations sent by individuals help make it possible to continue serving veterans and their families. The combined efforts of donors, lawmakers, members, and associates have far-reaching effects on the quality of all our lives.

Vietnam Veterans of America Chapter 20 offers several ways of commemorating a special person. One of those ways is the Memorial Walk at the Vietnam Veterans Memorial at Highland Park. The Vietnam Veterans Memorial Walk is a pathway of bricks inscribed with the names of individuals who have served their country with valor. Their names will forever remain a reminder of the dedication and tenacity demonstrated by the thousands of men and women who have served in the U. S. Armed Forces.

If you wish to make a monetary donation directly to Chapter 20 in support of all the functions and services they provide to veterans and their families, send your check or money order payable to Chapter 20, VVA:

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