



The Sentinel

Vol. 3 No. 83

Vietnam Veterans of America – Chapter 1002 – Wallkill Valley
P.O. box 463, Vernon, NJ 07462 - 973-271-2413

November 2016

Website: www.VVA1002.org

President: John Harrigan

1st Vice President: John Brady

Secretary: Carl Ohlson

2nd Vice President: Walt Hazelman

Chaplin: George Burns

Treasurer: Owen Martin

Sergeant at Arms: Ted Andrews

FROM THE MINEFIELD:

Submitted by John Harrigan

Now that we have made it thru the month of November we can all look forward to Christmas and New Years 2017. Not sure about you but still can't believe 2017 will be here in a few weeks. This past month was a very busy one for our Chapter. On Friday Nov 4th our Chapter along with American Legion Post 132 in Franklin hosted our 2nd Veterans Claims Clinic in association with the VA in Newark. Once again there was a good showing of Veterans and Family members with about 40 people who came down to find out information about their claim or to file a new one. In speaking with Jennifer Meyers from the VA, they will be back again in the spring to do another clinic. In working together VVA 1002 and Legion Post 132 were able to help these Veterans by bringing the VA to them.

The Sussex County Veterans Parade was held on Sunday Nov 6th and our Chapter once again had a great turn out. Thanks to all who attended and made this possible. Next up was a Veterans Day Celebration at the Veterans Cemetery in Sparta where we dedicated a bench that was donated by the Sussex Elks Club and also a granite monument donated by Abbey Glen Pet Cemetery. This event was attended by over 100 people. Right after the dedication the Boy Scouts arrived with 8 wooden benches they made for the Cemetery. They will be staining them in the spring and also maintaining them.

On Saturday Nov 12th our Chapter along with Legion Post 132 attended the DAR Breakfast and had another good turn out. The Ladies outdid themselves with a homemade breakfast for all who attended. On Sunday Nov 13th we attended the Veterans Mass here at St Francis where Fr Brian and Deacon Dennis and also Fr Boland served the Mass. We had 38 Veterans in

attendance and about 60 people in all at the Mass. Afterwards we were invited for a lunch which was given to us by the CCD students. I would like to Thank Melory for all her help in doing this for us.

On Wednesday Nov 16th the Chapter had a bus trip to American Music Theater in Lancaster PA to see the Christmas Show and it was spectacular. We had 46 people attend and after the show we ate at the Good and Plenty Restaurant and the food was outstanding. Needless to say everyone was sleeping on the bus going home as we all ate too much. So as you can see November was a very busy month for us.

Next Saturday Dec 3rd is our Chapter Christmas Party here at the Church and that will also be our December meeting. During this busy time of year we will also not be having a newsletter for December but will be back in January 2017.

Hope everyone has a very MERRY CHRISTMAS and a HAPPY NEW YEAR!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

John

1st VICE PRESIDENT:

Submitted by John Brady

While helping one of our brother veterans during our Vets Helping Vets program on Thursday he gave us information on a museum dedicated to the Vietnam War located in Virginia. I realize it's a distance but for those of us who travel on vacation it could be a worthwhile stop.

The 2016 Vietnam War Foundation and Museum is located at 6265 Spring Hill Road, Ruckersville, Virginia 22968 which is 20 miles northwest of Charlottesville, VA.

Never again will one generation of veterans abandon another!

The museum is open only by appointment from 10 -4 by contacting either Bill Fields at (434) 981-4940, fieldswest@aol.com or Dick Thompson at (540) 832-3470, dickthom@esinet.net. You can also send an e-mail to curator@vietnamwarfoundation.org.

There is an open house 10 - 4 on Memorial Day, 4th of July and Veterans Day. Admission is free.

The website is www.vietnamwarfoundation.org. The website contains info and photographs of what has been preserved or refurbished from the war

.Since we will not be having a meeting in December due to the Christmas Party on December 3, I want to wish everybody happy and safe holidays.

SERVICE OFFICER:

Submitted by Skip Kays

If you want any further information, or have any suggestions you can contact me at 973 459-9392 or at skays1@embarqmail.com

Donations of used prosthetics / artificial limbs

A man I know builds artificial limbs and prosthetics and he is willing to take any used items as donations. He will provide a receipt for a tax deduction and will re-use the parts that are able to be used. Contact me with any inquiries and I will provide his contact information.

Call Bill Schwing at 631 786-7233

VA health care clinic to open in Newton / Sussex County

Reality states (according to the clinic employees in Morris County) that the Newton clinic will not likely open until sometime in 2017. While the medical staff has been assigned, the search goes on for a physician.

It will be located at 222 High St., in a medical office building.

Hours will be Monday through Friday, 8 a.m. to 4:30 p.m. A staff of seven will include one doctor, four nurses and two medical support employee.

Veteran's, and the Vietnam War in the movies and TV

I have been thinking about this over the past few years. There are really no good movies about Vietnam that I know of, except perhaps the Mel Gibson movie "We were Soldiers." Unfortunately, this was a pretty depressing movie, even for most veteran's I would think, and especially for the general public.

I saw a movie a few years ago called U-571, about the capture of a Nazi U-Boat, based upon the true story of course but Hollywooded up so that it was almost unwatchable due to the way the military people were portrayed.

In the special features section of the DVD, there was commentary by the director and he said something to the

effect of "where did they get these men? To serve, undertake such dangerous missions and risk their lives.?"

The point of that to me was that "those men" have, and still do volunteer to serve. But with Vietnam especially, "those men" were not seen as courageous, to be looked up to or honored. In that director's statement he basically wrote off a whole era and class of veteran's because Vietnam, was, and really still is considered a mistake at best and the veterans were for the most part looked down upon by society.

That also goes for the most part for veteran's since Vietnam. Because of the all volunteer force and the fact that less and less of a percentage of the population serves in the military and not as many of the rest of society have any direct contact with someone in the military.

There is lip service to "thank you for your service" which is appreciated, and many actually mean it, but on the whole that is society trying to make itself feel good for the raw deal issued to vets in the past.

It is safe for modern day Hollywood and liberal weenies to look back and celebrate WWII, but their fascination seems to stop about 1945. Almost every Vietnam movie was an anti-war movie, with the exception noted above.

I see that Mel Gibson has produced a movie about WWII, which is getting good reviews, and also based on a real person and his story. Saving Private Ryan was a big hit years ago. But the "artist community" is only interested in movies about WWII apparently, because it really was fight of good against evil, and they seem to be able to muzzle their dislike of "war" when they don't have to include Vietnam.

In 1972 my ship had returned from Vietnam and we were in the yards in Long Beach and eating on a larger ship as our mess decks had been torn apart. There was a TV in the mess decks and as I didn't know anyone I was watching it while eating and the MASH TV show was on. It was apparently a new show and I had not seen it before. It became obvious that the show was putting down those in the military, and although a comedy, not necessarily in a humorous manner.

I had seen the MASH movie liked it and everyone in the service bitched and BS's and complained at times about the service, but it was something else to see a bunch of actors self righteously doing it and sticking the knife in.

To be fair I have seen many episodes since and all of them are not that bad, but it was only much later on in life that I learned that they were out to "protest the Vietnam War" and as usual were very holier than thou about it and made it sound like they were saving the world form the war.

A few weeks ago I heard the end of a radio interview with Jamie Farr (Corporal Klinger) and he was blathering



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on about how they “protested” the war and liked to think that they had something to do with its end, and the host asked him if he must have been contacted by veterans and maybe had some negative feedback for their proselytizing. He said that he had spoken with plenty of vets but not one had ever said anything negative. I kind of doubt that and I doubt that I will ever get to speak with him to let them know there was at least one.

WOMEN VETERANS:

Submitted by Walt Hazelman

Women Veterans challenges in care

posted on October 6, 2016

By Mary Dever

Caring for older women veterans presents unique challenges, study aims to find out why

As women veterans who served in the World Wars, Korea and Vietnam eras are requiring more medical care, researchers are finding a wide discrepancy in needs between aging women veterans and nonveteran women.

Data from the Women’s Health Initiative (WHI)—a long-term study that began in 1991 and is funded by the National Institutes of Health’s National Heart, Lung, and Blood Institute—shows women veterans 80 years of age and older reported significantly lower-scale scores in perceived health, physical function, life satisfaction, social support, quality of life and purpose in life compared with nonveterans of the same age.

WHI researchers followed more than 160,000 postmenopausal women—3,700 of whom were veterans—from 40 medical centers across the United States for 20 years, collecting data on health status, disease, health behaviors, and social and psychological factors.

“The women veterans in WHI have taught us that prior military service identifies a group of women who face special challenges as they grow older,” said Dr. Andrea LaCroix, a senior investigator at the WHI Clinical Coordinating Center. “With women choosing to serve our country in greater numbers and expanded roles, including combat, it is essential to learn about their health care needs after leaving service, now and in the future.”

Why is there such a difference?

Belinda Hill, a DAV National Service Officer in New Orleans, said she sees women veterans who need medical care and benefits but who don’t have the service records to prove their health issues are service-connected.

“As an NSO, I see a lot of older women can’t get service-connection because they never went to the doctor when they were on active duty,” said Hill. “We do what we can and look hard at their records to see if there’s any way we can get them serviceconnected.

At the very least, we direct them to resources so they can get the treatment they need.”

Hill, who spent 30 years in the Army, said it was a different time for women in the military, and she can understand why there’s such a discrepancy in the research.

“Most of the time, we didn’t get the proper care,” Hill said of her own military experience.

“Going to medical was not one of the things you did if you planned on having a career in the military.”

She said if women veterans had some medical needs addressed while in the military, they would have had treatment or been more proactive before their golden years.

“We didn’t have the proper tests while we were in,” she said. “They have them now. We only got seen [at sick call] when we got sick. It could be two to three years between doctor visits.”

It’s not just physical health where women veterans seem to be at a disadvantage; it’s cognitive as well.

According to the some of the WHI research data, veteran status was associated with higher prevalence of protective factors that may have helped initially preserve cognitive functioning.

“However, findings ultimately revealed more pronounced cognitive decline among veteran relative to nonveteran participants,” according to the study. “This likely suggests the presence of risks that may impact neuropathology and the effects of which were initially masked by veterans’ greater cognitive reserve.”

DAV Assistant National Legislative Director Shurhonda Love said the research into women veterans’

health is essential to see how we can help now and prepare for future generations.

“We’ve known for a long time how different the medical needs are of women veterans compared to the general population of women,” said Love. “Now we have the data to back it up and ideally drive real change for the future of women veterans’ health care.”

In both veteran and nonveteran women, healthy survival was associated with not smoking, higher physical activity, healthy body weight and fewer depressive symptoms.

POW/MIA:

Submitted by Bob Gilbert

Soldier Killed In Korean War Accounted For

(Fink) October 31, 2016 — The Department of Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a serviceman, killed during the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Cpl. Roy C. Fink, 20, of Buffalo, New York.

Soldier Missing From Korean War Accounted For

(Trepasso) October 28, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, missing from the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Cpl. Joseph Trepasso, 20, of Fulton, New York.

USS Oklahoma Sailor From World War II

Accounted For (Welch) October 21, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman from World War II have been identified and will be returned to his family for burial with full military honors. Navy Seaman 1st Class William E. Welch, 18, of Springfield, Ohio.

Soldier Missing From Korean War Accounted For

(Smith, Lawrence) October 21, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, missing from the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Sgt. 1st Class Lawrence J. Smith, 25, of Crowley, Louisiana.

USS Oklahoma Sailor From World War II

Accounted For (Lindsley) October 18, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman from World War II have been identified and will be returned to his family for burial with full military honors. Navy Fireman 3rd Class John H. Lindsley, 22, born in the Philippines.

Marine Missing From World War II Accounted

For (Gore) November 07, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, unaccounted for since World War II, have been identified and are being returned to his family for burial with full military honors. Marine Pfc. Ben H. Gore, 20, of Hopkinsville, Kentucky.

Soldier Missing From Korean War Accounted For

(Ullmer) November 04, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, missing from the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Pfc. Lavern C. Ullmer, 23, of Dayton, Ohio.

Soldier Missing From Korean War Accounted For

(Minard) November 04, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, missing from the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Cpl. Wayne Minard, 19, of Furley, Kansas.

Soldier Killed In Korean War Accounted For

(Giovanniello) November 03, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a serviceman, killed during the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Pfc. William V. Giovanniello, 22, of Brooklyn, New York.

Marine Missing From World War II Accounted

For (Cancilla) October 31, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, unaccounted for since World War II, have been identified and are being returned to his family for burial with full military honors. Marine Pfc. Nicholas J. Cancilla, 18, of Altoona, Pennsylvania.

Airman Missing From World War II Accounted

For (Langhorst) November 18, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, missing from World War II, have been identified and will be returned to his family for burial with full military honors. Army Air Forces 1st Lt. Frederick W. Langhorst, 24, of Yonkers, New York.

Marine Missing From World War II Accounted

For (Mattern) November 15, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, unaccounted for since World War II, have been identified and are being returned to his family for burial with full military honors. Marine Corps Pfc. Wilbur C. Mattern, 23, of Oelwein, Iowa.



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Soldier Missing From Korean War Accounted For (Cowan) November 10, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, missing from the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Pfc. William W. Cowan, 19, of White House, Tennessee.

Soldier Missing From Korean War Accounted For (Matney) November 10, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, missing from the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Cpl. Donald E. Matney, 18, of Seymour, Missouri.

Soldier Killed In Korean War Accounted For (Martin) November 10, 2016 — The Department of Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a serviceman, killed during the Korean War, have been identified and will be returned to his family for burial with full military honors. Army Sgt. James E. Martin, 19, of Anacoco, Louisiana.

Airman Missing From World War II Accounted For (Langhorst) November 18, 2016 — The Defense POW/MIA Accounting Agency (DPAA) announced today that the remains of a U.S. serviceman, missing from World War II, have been identified and will be returned to his family for burial with full military honors. Army Air Forces 1st Lt. Frederick W. Langhorst, 24, of Yonkers, New York.

AGENT ORANGE:

Submitted by Owen Martin

[New Study Could Pressure VA to Expand Agent Orange Benefits](#)

More than four decades after the end of the Vietnam War, research is still showing the effects of the herbicide Agent Orange. The latest findings: An association between exposure and high blood pressure

A new study has found a close relationship between Agent Orange exposure during the Vietnam War and high

blood pressure, a conclusion that could lead the U.S. Department of Veterans Affairs to dramatically expand the number of veterans eligible for compensation.

The [study](#), published last week by VA researchers in the Journal of Occupational and Environmental Medicine, found a higher rate of hypertension among members of the Army Chemical Corps who handled Agent Orange during the war compared to those who didn't. Corps members who served in Vietnam but did not spray the chemicals also had a higher rate of hypertension than their peers who served outside Vietnam.

Both results were statistically significant and add to a body of evidence linking Agent Orange exposure and hypertension.

The findings come 41 years after the close of the Vietnam War and decades since the last supplies of Agent Orange were incinerated. Since then, veterans have become increasingly distrustful of the VA. They maintain that their exposure to Agent Orange, which contained the toxic chemical dioxin, has harmed their own health and has been passed on to their children.

A VA working group has been studying the latest scientific literature since March to determine if any illnesses should be added to the [agency's list of diseases](#) for which vets are automatically entitled to compensation if they served in Vietnam. Specifically, the group has been looking at [new evidence linking](#) bladder cancer, under-active thyroid, Parkinson's-like symptoms and hypertension to Agent Orange exposure.

The VA had been expected to announce its decision this year, but officials now say that will be left to the administration of President-elect Donald Trump.

COMMUNITY/PUBLIC AFFAIRS:

Submitted by Lou Storms

Project Help, an organization begun in 2014 to help homeless and financially struggling vets has started a gift card collection program for the holidays. They are asking for donations of grocery store and gas station gift cards to help with holiday meals and gas to allow the vets to visit

with family. Cards can be purchased online or mailed to Project Help.

Also they have a program called Mobile Closet with the purpose of not only providing clothing for those in need, but help in creating resumes with the end result being mobile job fairs to connect the vets and prospective employers. They are looking for used lap tops to help with this project.

Contact details for Project Help are shown on the flyers on the table up front. Also on the table are brochures from The Saratoga War Horse Foundation. Bob Lewis and I were lucky enough to attend a three day session at the beginning of the month. I found it a wonderful experience. Norm Seider and Carl Ohlson had attended previously and I'm very glad I followed through with their recommendations. Anyone interested in knowing more can grab one of the flyers or speak with me after the meeting.

On November 8th, myself, Bob Lewis, Norm Seider, Carl Ohlson, Skip Kayes and Steve Maksymiuk went to Lyons for dinner service to the PTSD Inpatient unit. We visited with several vets that we met at our previous visit, and with those new to the program. Again, the food from ShopRite was great and our time spent with the vets was as always enjoyable. Our next trip will be on January 10. The sign-up sheet is up front for anyone wanting to join us.

Scheduled Meetings:

Meetings are held at 2:00 p.m. the 4th Sunday of each month unless otherwise **noted**.

27th November

3rd December (Christmas Party)

Calendar of Events:

Visit www.VVA1002.org for information on upcoming events.

NEW MEMBERS:

“WELCOME HOME”

Frank Gawenus
Richard Nugnes
Charles Weiss

Conceta Livoti
Thomas Livoti

PASSINGS:

No report.

CONGRATULATIONS/CONCERNS:

Happy Birthday to:

Nov: 10 - United States Marine Corps
"SEMPER FIDELIS" Nov 10, 1775
13 - Audrey Magnus

Happy Anniversary to:

Dec. 11 – Kathy & Lenny Weakland
24 - Audrey & Jerry Magnus

MEMBERS CORNER:

1. *Submitted by* Walt Hazelman

Honoring those who care for America's Veterans

Holistic approach to promote stress reduction includes spending time in nature

By Sharon Johnson MS OTR/L, Occupational Therapist, Minneapolis VA Medical Center

Tuesday, November 1, 2016

Take Care to Give Care

In November, VA, along with the entire country, celebrates National Family Caregivers Month. This is a time to honor and celebrate caregivers who selflessly provide care to ill, injured, or disabled Veterans. The theme of this year's National Family Caregivers Month is "Take Care to Give Care."

According to multiple reports released by AARP in June 2015, an estimated 40 million family caregivers in the U.S. provide an estimated 37 billion hours of care valued at approximately \$470 billion. This report also noted that caregivers spend an average of about 18 hours a week providing care. Four in ten caregivers who provide care to someone 50 or older say their caregiving situation is highly stressful. An additional 26 percent report moderate stress.

When asked about the impact that caregiving has had on their health, 22 percent feel their health has gotten worse as a result of caregiving. According to a 2014 RAND study, family caregivers of post 9/11 Veterans report poorer levels of physical health than non-caregivers, an elevated risk for depression and low-quality relationships with care recipients.

The Importance of a Holistic Approach:

A holistic approach to personal well-being involves taking care of one's mind-body-spirit and the social, cultural and environmental connection one has to their community. Integrative therapies are healing practices that facilitate and support the body's natural ability to heal. For example, a moving meditation such as yoga, t'ai chi chih or qigong focuses on moving energy within the



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body to promote self-healing and balancing of mind-body-spirit. By combining physical movements with a connection to the breath, one can experience improved immune function, sleep quality, physical balance, strength and flexibility. Moving meditations will also promote stress reduction and facilitate feelings of peace and compassion.

Additional integrative healing therapies that have similar benefits include: Mindfulness meditation (which can be anything from working in the garden to a more formal practice), spending time in nature, and creative expression such as journaling, art or dance.

Take Care to Give Care – Practical Applications:

What are some practical ways for caregivers to implement daily self-care strategies? Available time, feelings of guilt and limited social support are only a few of the factors to consider. A few basic self-care strategies include: Keeping a water bottle within reach to support hydration, eating nutritious meals (i.e. obtaining food from the farmer's market, ordering through an on-line grocery store if getting to the store is a challenge), attempting to sleep/wake at the same time each day and taking time for personal doctor and dental visits.

Finding time to successfully integrate strategies throughout the day can be challenging. Start by spending five minutes at the beginning of the day listening to a guided meditation, journaling and/or sipping coffee while sitting outdoors. Developing a daily routine that includes short increments of relaxation or meaningful self-care experiences can make such a difference. Whether it's spending time with a friend, listening to music, taking a walk outdoors or reading something that makes you laugh, self-care looks different for everyone, but is essential to recharging and improving one's well-being.

VA Opportunities for Caregiver Self-Care and Personal Well-Being:

VA has a variety of supportive opportunities available to caregivers to support personal self-care. Building Better Caregivers™ is a six-week online interactive workshop for caregivers who are caring for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness. It helps caregivers in two

key ways: it offers training in how to provide better care, and it also helps caregivers learn how to manage their own emotions, stress and physical health. *Peer Support Mentoring Program matches caregivers with mentors who provide experience about thriving as a caregiver.*

The VA Monthly Caregiver Support Line Education Calls focus on strategies to enhance resilience and restore balance. The calls are facilitated by the VA Caregiver Support Line. Typically one topic is offered each month at different times. The VA Peer Support Mentoring Program is a program that matches caregivers with peer mentors, who can provide personalized support, guidance and friendship, experience and knowledge, and wisdom and skills about thriving as a caregiver. In addition, local VA support groups focused on caregiver self-care and written resources are also available. Please utilize respite services and reach-out for help. Go to www.caregiver.va.gov to learn about supports available to you.

How Can Caregivers Get Help?

Caregiver support services can be accessed in a number of ways at each VA Medical Center. Caregivers can contact their local Caregiver Support Coordinator for assistance with connecting to these services. For more information on the Caregiver Support Program and to locate your Caregiver Support Coordinator call the VA Caregiver Support Line at 1-855-260-3274 or visit the VA Caregiver Support website.

2. *Submitted by Rhoda Seider*

Marine's Toys for Tots 2016

Project Self-Sufficiency in Newton is proud to have the support of the Marine's Toys for Tots Program again this year. On Friday, December 2 at 9AM there will be convoy of military vehicles dropping off about 20,000 toys, games and gifts for the children of less fortunate families in Sussex and Warren counties. The Marines in the convoy, the Project Self-Sufficiency staff, volunteers, and many other Veterans of all services offload all of these gifts into PSS' Toy Shop, where parents who are financially strapped are able to select several holiday gifts for each of their children at NO COST to those families!

This is a thrilling, exciting and worthwhile event, highlighting Veterans who give to the community during

and after your service. The very extensive press coverage of this delivery in the past -- and it will happen again this year -- celebrates caring Veterans. And that press coverage reminds the community that over the years, tens of thousands of children have enjoyed their holidays with lots of presents because of this Veterans' program.

Please support this program by coming to Project Self-Sufficiency on December 2. And if you can, bring family members and friends with you. A large group of Veterans from all services at this event signals to the community that we all care that kids have a joyful and abundant holiday season. And when you see the Toy Shop for yourself, you'll understand how remarkable this Project Self-Sufficiency program is, and how much it supports the community.

Friday, December 2

9AM

Project Self-Sufficiency

127 Mill Street, Newton (across from SCCC college)

want more info? call Rhoda Seider -- [973-948-6456](tel:973-948-6456)

MISCELLANEOUS:

1. **Special Note: If you are a veteran in emotional crisis and need help RIGHT NOW, call (toll free 24/7) 1-800-273-8255 and tell them you are a veteran. All calls are confidential.**
2. Jackets (\$60 (summer) & \$70 (winter)); t-shirts (\$15); hats (\$10); golf shirts (short sleeve \$28; long sleeve \$33) are still available. See Owen Martin for purchases or to place an order (pre-payment for orders are appreciated).
3. Important note to families of deceased veterans, and/or requestors:

Submitted by Bob Caggiano

It is the right of every deceased Veteran to have a Military honors team attend the graveside service, to present the Flag at no charge to the family.

Honors Teams are sent out, at the expense of the US Government.

In January 2000, Congress passed legislation guaranteeing Veterans the right to at least two uniformed servicemen, a flag ceremony, and the playing of TAPS at their funeral. Unfortunately, there are not enough buglers to play TAPS, so the historic melody has been played on a CD player at many Veterans' last ceremony, or more currently on a bugle that plays Taps using an electronic insert. The volunteer organization "Bugles Across America" (a.k.a. BAA) was created to honor the service of veterans by providing Taps live by a bugler using a real instrument (such as a bugle, trumpet, cornet, or flugelhorn) at funerals or any other ceremony requiring a bugler. There are

currently over 7500 volunteer buglers nationwide in all 50 states, and some overseas who stand ready to serve. BAA volunteers perform Taps as a free service.

As a Vietnam era veteran member of VVA Chapter 1002 and a BAA volunteer bugler, I am available to play for anyone who needs a bugler for Taps (or other appropriate bugle calls) for any honorable discharged veteran or related military ceremony. In the event I cannot play because of a scheduling conflict, I can generally still provide a substitute bugler so please contact me - Bob Caggiano, USAF Veteran, (973) 222-7591 (cell) or FinalTaps@gmail.com.



Editors Corner:

By Linda Skellenger (AVVA)

Please have information to be included in the January newsletter to me by Sunday, January 15th (email skelle@ptd.net) or by snail-mail to:

Linda Skellenger
174 Lewisburg Rd.
Sussex, N.J. 07461