

** AT EASE **



VIETNAM VETERANS OF AMERICA CENTRAL NEW YORK CHAPTER



JANUARY 2007

VVA INSTALLATION DINNER APRIL 7, 2007
WATCHFIRE MAY 27, 2007

VIETNAM VETERANS OF AMERICA CHAPTER #103
P.O. BOX 675, Liverpool, New York 13088
458-1323

2006

OFFICERS:

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1 st Vice President	Ronald Fairbank	(451-5986)
2 nd Vice President	Dick Madden	(635-2019)
Secretary	John Lamanna	(437-5890)
Treasurer	Charles Tipton	(451-1628)

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Cliff Canfield	(668-6372)
Steve VanCamp	(454-4792)
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Bryan Hedges	

ONONDAGA COUNTY
VETERANS COUNCIL

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Dave Holihan
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Dave Allen
John Lamanna

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By-Laws/Constitution	Don Benack	(884-9504)
Color Guard	Cliff Canfield	
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VVLP	Ron Fairbank	(451-5986)
Watchfire	Pete Bronstad	(636-8463)

Visit our website @www.cnyvva103.org
SYRACUSE VET CENTER 478-7127
BUFFALO VA REGIONAL OFFICE 1-800-827-1000

Our holiday season has come to a close and we start another year. I hope that you had a great holiday season.

This month there was a piece of legislation that was passed by the Onondaga County Legislature that would change the legal age to buy tobacco in Onondaga County from 18 (which is the New York State Law now) to 19 years old. County Executive Nick Pirro held a public hearing on this bill to hear why this bill should pass or be vetoed. This hearing is mandated by State Law. Myself and John Lamanna went to this hearing. There were only six people who wanted to speak to this issue. John and I were two of the six.

I felt that we needed to inform our County Executive that we wanted him to veto this bill and send it back to the legislature to exempt all military personnel from this bill. The thought about veterans and military people never crossed the county legislatures mind. At 18 years of age a kid can go off to serve their country and give everything they have or will ever have, including getting wounded, lose a limb, may be even more, like lose their sanity, lose their family, and all the sacrifices that we all know they will have to make in the name of our country. What is forgotten is that while they are in the service of our country, they are serving themselves, their families, their friends, their way of life, their community, their county, and mostly for the people they serve with. That is what makes them different. We laid it all on the line. And they will lay it all on the line as well. So I don't feel the county Legislature should tell these kids coming home or being assigned in this county or not, or just passing through, that they are not adult enough to buy a pack of cigarettes!!!! I don't know how you feel about this, but there is a lot more here then just smoking. It shows that the County Legislature is not in touch with the 35,000 veterans in this county. **ESPECIALLY IN TIME OF WAR.** There used to be a Veterans Committee on the county legislature, not anymore. Somewhere, somehow we need to get our voice back. This is as good a time as any to ask the county Legislature to start one again.

The County Executive agrees and he vetoed the bill and sent it back to the County Legislature to exempt military personnel and to find a way to fund the money for enforcement of this bill. Good for him.

We will be having our Installation and Awards dinner this year at the Elk's Lodge, located at the corner of Hayes Rd. and Rt. 370 just outside of Liverpool on April 7th, 2007. Please, if anyone wants to nominate someone, or a company call myself or someone on the BOD. Remember, over the last year many people and companies supported us so this is a chance to get them the recognition they deserve.

Remember that we will be holding our elections on March 8th, 2007. Come and use your right to vote for your future leaders. By the way, check out our web site, it has been updated thanks to Ron Fairbank. Thanks, Ron.

January Notes

Our Chapter television program is on Wednesday nights at 6 p.m. on public access channel 98. Our media effort is ably led by Ron Fairbank and his superlative staff in the quest to bring veterans issues to the public and inform our extensive veterans community.

The VVA Installation Dinner will be held at the Liverpool Elks Lodge on April 7, 2007. A cocktail hour will be from 6pm to 7pm, with dinner immediately following. Last year's dinner was a great success and everybody had a great time with very good menu selections. Dinner prices will be \$20 for members and \$25 for nonmembers. Tables of ten can be purchased for \$250. Send checks/money orders for the dinner to Richard Madden, 3683 Doyle Rd., Baldwinsville, NY 13027. The Lodge requires a headcount by March 30th, 2007, so reservations will have to be in by that date.

I know it's early to be mentioning this, but our annual Watchfire will be on May 27th at the New York State Fairgrounds in the upper parking lot next to Rt. 690. The parking lot where it always takes place was renamed Veterans Memorial Watchfire Park last year, complete with our own engraved sign on State Fair Boulevard at the entrance leading up to the Watchfire. We are now an integral part of the Memorial Day celebration in Central New York and are officially recognized as such. We had over 10,000 people last year and expect to add significantly to that this year - thanks to you!

The VA Consumer Council meeting will be held at the VA Hospital's auditorium on February 22 from 10am to 2pm to discuss issues of importance to all veterans. Parking will be in the VA garage.

The website of the New York State Council of Vietnam Veterans of America is www.nyvietnavets.org.

A reminder: Sue Doan, our State Veterans Counselor, has the following address:

Sue Doan
State Veteran Counselor
State Office Bldg 4th Floor
333 E. Washington St.
Syracuse, NY 13202

If any veteran has a question or problem that needs to be addressed, give Sue a call at 428-4046 at the State Office Building

Editor's note: the second Thursday of each month is the cutoff for articles/information to be submitted for inclusion in the newsletter. My phone number is 635-2019; my email address is maddog48@att.net. Comments, suggestions and criticisms are welcome.

VVA CHAPTER #103 AWARD NOMINATIONS

CITIZEN OF THE YEAR: An individual who has shown exceptional commitment and courage in making the local community a better place to live.

COMMUNITY SERVICE AWARD: A member who has worked for the good of the organization, in the organization, and in the local community.

CORPORATE SUPPORTER OF THE YEAR: A business entity that has demonstrated outstanding support for Chapter 103 through donations of time, manpower, money, goods or services.

GRUNT OF THE YEAR: A member of Chapter 103 who has exhibited workhorse efforts on behalf of the organization beyond the call of duty.

HUMANITARIAN OF THE YEAR: An individual or non-member who has contributed to Chapter 103 or the veterans' community in a manner that has enhanced the quality of life for veterans' and their loved ones.

INDIVIDUAL SUPPORTER OF THE YEAR: An individual or non-member who has contributed greatly to Chapter 103 in one form or another.

PAST PRESIDENT'S AWARD: Award given to the President of Chapter 103 in appreciation of his/her efforts during the past year.

PRESIDENT'S AWARD: An award given by the President of VVA Chapter 103 pursuant to the criteria established by the President.

VIETNAM VET OF THE YEAR: An In-country Veteran, who is a member, who has brought credit to and enhanced the image of the Vietnam Vet in the Chapter 103 geographic area.

VETERANS ADVOCACY AWARD: This award is presented to any governmental organization, governmental employee, political leader, or an elected official in the Federal, State or Local Level, who has shown demonstrable leadership in promoting veterans' needs, causes, or concerns.

Exemplary Service Award

This Award is presented to any individual, group or organization that has long shown outstanding, consistent service and exemplary sacrifice of both time, effort or talent in providing the means to aid Chapter 103 of the Vietnam Veteran's of America in reaching the noble goal of developing programs, activities or experiences that provide assistance in improving the lives and spirit of Veterans and their families.

Spine Shrinks Early in Diabetic Nerve Condition

NEW YORK (Reuters Health) - The size of the spinal cord is significantly diminished long before symptoms of nerve damage appear in adults with diabetes, British doctors report in the journal *Diabetes Care*.

Diabetes can lead to nerve damage or "diabetic neuropathy" - a painful condition that causes a range of symptoms from

a tingling sensation or numbness in the toes and fingers to paralysis.

Dr. Dinesh Selvarajah of Royal Hallamshire Hospital in Sheffield, UK, and colleagues studied 84 men with type 1 or insulin-dependent diabetes, 24 nondiabetic controls and eight subjects with an inherited neuropathy.

Nineteen of the diabetic subjects had no diabetic neuropathy, 23 had silent or "subclinical" neuropathy and 39 had clinically detectable neuropathy.

MRI (magnetic resonance imaging) of the spine showed that the spinal cord area, corrected for age, height and weight,

was 67.5 mm in diabetics without neuropathy, 62.4 mm in diabetics with subclinical neuropathy and 57.2 mm in diabetics

with overt neuropathy.

There were no significant differences in the spinal cord area of diabetics without neuropathy and nondiabetic controls.

The British investigators write that MRI assessment of the spinal cord may be helpful for detecting silent signs of spinal nerve damage in patients with diabetes.

SOURCE: *Diabetes Care* December 2006.

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Paul Sutton

"Dominus Fortissima Turn's"

IF YOU DON'T STAND BEHIND OUR TROOPS,

PLEASE, FEEL FREE TO STAND IN FRONT OF THEM

VA MEDICAL CENTER

(315) 425-4400

TEAM BLUE:

(315) 425-6515

TEAM RED:

(315) 425-4328

DEPARTMENT

EXTENSION

DAV Transportation	54352
Emergency Room	52894
Eye Clinic	53281
Mental Health Clinic	53463
Patient Representative	54345
Pharmacy	52119 or (315) 425 2491
Pharmacy Automated Refills	(315) 425-6505
Prosthetics	54660
Rehab Medicine	52684
Social Worker (Team Blue)	54333
Social Worker (Team Red)	54682
Specialty Clinic (2E)	52611
Specialty Clinic (2W)	52604
Specialty Clinic (4W)	52316
Telecare	1-888-838 7890
Veterans Service Center	54337/53217
Women's Health Clinic	54652

Team Blue Fax

(315) 425-2489

Team Red Fax

(315) 425-4827

VAMC Toll Free

1-800 221-2883

ANGIOGRAPHY B314 53696	MEMORY DISORDER 2W 52135
ANESTHESIA 4 WEST	MENTAL HEALTH 7 SOUTH 53463
AUDIOLOGY AG56511	MRI-CHECK IN 3 RD FLOOR
BACK CLINIC 2W 52604	NEUROLOGY CL 2 WEST 53474
BLOOD DRAW C100 52122	NUCLEAR MED 3 EAST 52267
BRONCHOSCOPY 4W	NUTRITION EDUCATION AG6 54374
CARDIOLOGY 5E 52935	OCCUPATIONAL 5 WEST 52684
CARDIO CLINIC 2E 52160	ONCOLOGY 2 EAST 53456
CAT SCAN (X-RAY) 3 52235	ORTHOPEDIC 2 WEST 52635
CDC 7 SOUTH 52718	OUTPATIENT PROC 4 WEST
COLONOSCOPY 4W 52324	OPT SOCIAL WORKER C168 54333
COMP & PEN B200 52207	PAIN BLOCK 4 WEST
COUMADIN 2E 52615	PHARMACY C107 56505
DAV TRANSPORT A168 54352	PHYSICAL THERAPY C503 52684
DENTAL B135 52090	PODIATRY 2 EAST 52160
DERMATOLOGY 2 EAST 52160	PROSTHETICS A 506 54695
DIABETES AG9 52432	PSYCHIATRY 7 SOUTH 53463
DIALYSIS B442 52328	PULMONARY (PFT) 2E 54383
DIET CLINIC X261 52431	REHAB CLINIC C503 52684
EEG/EMG 5 EAST 52934	RENAL CLINIC 2 EAST 52160
EKG 5 EAST 52935	RESPIRATORY THERAPY CG19 52830
ECHOCARDIO 5E 52511	RHEUMATOLOGY 2E 52160
EMERGENCY 1S 52894	SLEEP STUDY 2SOUTH 53290
ENDOCRINE 2E 52160	SENIOR SOCIAL WORK C109 54829
ENDOSCOPY B426 52332	SPECIALTY CL 2 WEST 52611
ENT 2 WEST 52601	STRESS TEST 5 EAST 52240
ENVIRONMENT A170 54822	STROKE CLINIC AC9 54320
EYE CLINIC C210 53281	SURGICAL 2 WEST 52601
GI 2 EAST 52160	TEAM RED 1 SOUTH 54828
GU 2 WEST 52601	TEAM BLUE 1 EAST 56515
GERIATRIC 2 EAST 52160	THORACIC SURGERY 2 WEST 52601
HEADACHE 2 WEST 52135	ULTRASOUND 3 EAST 52234
HEM/ONC 2 EAST 53456	UNNA BOOT 2 WEST 52601
HOLTER MONITOR 5 EAST	UROLOGY 2 WEST 52601
HBPC B904 54302	VASCULAR SURGERY 2 WEST 52601
INFECT DIS 2 EAST 52160	VIST C234 54381
IMAGING (X-RAY) 3W 52232	WHEELCHAIR-CL C506 52684
INFUSION 4 WEST 52330	WOMEN CL 2 EAST 54652
LOW CHOLESTEROL AC9 52431	

WARM THEIR HEARTS

Warm Their Hearts is a program designed to help Veterans with gently used, handmade, and donated items such as:

Lap Blankets

Walker Totes

Wheelchair Totes

Stoma (Trach) Bibs

Colostomy Bag Covers

Winter Hats

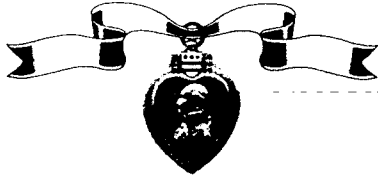
Baseball Caps

New Tee Shirts

12-18" Throw Pillows

Our goal is to gain the support of volunteers in helping to make or donate these items for Veterans. We are appealing to schools, knitting/crocheting groups, senior citizen groups, public service organizations and anyone who would like to lend a hand. This is a great project for Family & Consumer Sciences classes to be involved in. Any of these items can be gently used, crocheted, knitted or sewn. All items will be donated to the Vets currently in the VA Medical Center, families of Veterans as well as homeless Vets located throughout the area.

For more information, patterns, or to have donations picked up, please call Barbara Maestri at (315) 484-9948, 558-2915 or email me at: Warmtheirhearts@yahoo.com.



MILITARY ORDER OF THE PURPLE HEART
CHARTERED BY U.S. CONGRESS
COMBAT WOUNDED VETERANS

FROM: JOHN DESPIRITO III
COMMANDER, MILITARY ORDER OF PURPLE HEART
CHAPTER 406

FREE ENROLLMENT IN THE NATIONAL PURPLE HEART HALL OF FAME

WE ARE COUNTING ON YOUR HELP TO REGISTER ALL PURPLE HEART RECIPIENTS ON THE ROLL OF HONOR, AN INTERACTING COMPUTER DATA BANK OF ALL RECIPIENTS OF THE PURPLE HEART. IN ADDITION IF YOU HAVE OBJECTS THAT HELP TELL THE PERSONAL STORIES OF EACH RECIPIENT WHICH WOULD BE APPROPRIATE FOR EXHIBIT IN THE NATIONAL PURPLE HEART HALL OF HONOR. TO BEGIN YOUR REGISTRATION, PLEASE MAIL OR E-MAIL US THE FOLLOWING INFORMATION. **NYSARKS.COM** CLICK ON THE PURPLE HEART

1. THE NAME ADDRESS AND CONTACT INFORMATION OF THE PERSON WHO WILL BE PROVIDING INFORMATION ON A RECIPIENT OR RECIPIENTS.
2. THE NAME OF THE PURPLE HEART RECIPIENT AND AS MUCH INFORMATION AS YOU CAN PROVIDE, THE TIME OF SERVICE, RANK(S), MILITARY UNIT, DATE AND THE LOCATION OF BIRTH, INFORMATION THAT WILL HELP TELL THE STORY TO VISITORS, PERHAPS INCLUDING FUTURE GENERATIONS OF YOUR OWN FAMILY. IF YOU ARE A PURPLE HEART RECIPIENT SUBMITTING YOUR OWN INFORMATION, PLEASE INCLUDE THE INFORMATION SO WE CAN CONTACT YOU.
3. DOCUMENT OF RECEIPT OF THE PURPLE HEART . COPIES OF THE DD-214, WD OR EQUIVALENT DISCHARGE PAPERWORK. CERTIFICATES OR OTHER PROOF OF RECEIPT OF THE PURPLE HEART.
4. COPIES OF PHOTOGRAPHS, TELEGRAMS, NEWSPAPER, MAGAZINE OR ON LINE ARTICLES ABOUT THE RECIPIENT OR OTHER MATERIAL THAT HELP TELL THE STORY.

MATERIAL CAN BE MAILED TO
ATTN: KAREN PENA
NATIONAL PURPLE HEART HALL OF HONOR
PO BOX 207
VAILS GATE, N.Y. 12584

The care of many of our veterans is co-managed. This means that you have a private provider in the community as well as a provider at the VA. **It is important that you, the veteran, take the responsibility to keep both of your providers informed of any change in medication or treatment.** If your non-VA provider changes your treatment or your medication, you need to let your VA provider know. This form was created to assist you in the process.

TO OBTAIN MEDICATION FROM THE VA

Your VA provider must be informed as to why a current medication is changed or a new medication ordered by your non-VA provider. If your VA provider is not informed, he/she may choose not to re-write these prescriptions until appropriate information is provided. (i.e., lab results, cultures, x-ray results, physical findings).

This form is to be completed by your non-VA provider when medications or treatments are changed.

Patient Name _____ Social Security Number _____

This information is provided by Dr. _____ Phone # (____) _____

Address _____ Date _____

1. Medication(s) ordered or dosage(s) changed _____

2. Diagnosis and justification (Please include or medication will not be approved) _____

3. Were any medications discontinued? If yes, please list _____

4. If follow-up tests, such as blood work, x-rays, cultures, etc., are needed, procedures will be done at:

_____ VA _____ Privately

5. The VA does not carry all medications, and some are restricted. (see the VA Formulary Web site at <http://www.va.gov/visns/visn02/network/formulary.html>. Please contact the VA Pharmacy at (315) 425-4400 ext. 52026 for formulary related questions). Can another medication be substituted? If so, what? (some restricted medications may require additional information)

Non-VA Provider Signature: _____

Please Print Non-VA Provider Name: _____

This form may be faxed or hand carried to your VA Primary Care Team

Team Blue Fax: (315) 425-2489

Team Red Fax: (315) 425-4827

INSTRUCTIONS FOR FILLING NON-VA PRESCRIPTIONS

The VA will copy the prescription and return the original to you to fill at your local pharmacy. Copies of all office notes, test results and the reason why you are taking the prescription **must** accompany each prescription.

Plan on filling the prescription at your local pharmacy for a minimum of two weeks. This will allow the VA time to review your doctor's notes, process and send the prescription to you.

PLEASE NOTE: The VA will fill the prescription only if the VA Clinician agrees with the diagnosis and method of treatment being prescribed.

INSTRUCTIONS FOR VA REFILLS

To process your prescription requests more efficiently, we will require that all patients give us 48 hour notice for renewals. Requests may be called for during regular working hours of **8:00 a.m.** to **4:00 p.m.** Monday thru Friday. Prescriptions will not be renewed after 4 p.m. weeknights, on weekends or Holidays.

When you receive your meds you can call 315-425-6505 and request your meds for the next time. If you need a new prescription, the system will tell you and then call the clinic 315-425-4328 for a refill for the next time. **By following this procedure, you will not run out of your medicine.**

**VIETNAM VETERANS OF AMERICA
CENTRAL NEW YORK CHAPTER #103
P.O. BOX 675
LIVERPOOL, NY 13088**

MEMBERSHIP APPLICATION

Veterans must provide evidence of service (DD214 or Equivalent)

Name _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

Veteran (Y) _____ (N) _____

Are you a Vietnam-Era Vet? (Y) _____ (N) _____

In-Country Vet? (Y) _____ (N) _____

ANNUAL DUES for Veterans is \$20.00/year. We accept checks, credit cards or money orders.
Please do not send cash.

Type of Membership: ()New ()Renewal Amount Enclosed \$ _____

When you need help....
Medical Problems? Medical Concerns? Eligibility Questions?
Call VA Telecare
24 hours a day, 7 days a week
1-888-838-7890 (toll free)

VA Medical Professionals are as close as your telephone.
VA Telecare, a service of the Syracuse VA Medical Center.

"Putting Veterans First"

To purchase hats, T-shirts, stickers, pins, etc. Go to:
Westvale Gardens
2400 West Genesee Street
Syracuse, NY 13209

And say "Hi" to Bill Martin!

Vietnam Veterans of America
Central New York Chapter 103
P.O. Box 675
Liverpool, NY 13088

**NON PROFIT ORG.
US POSTAGE PAID
LIVERPOOL NY
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ADDRESS SERVICE REQUESTED



VVA Chapter 103 holds its meetings at American Legion Post 188,
205 Cypress St, Liverpool, NY on the 3rd Thursday of each month
at 7:00 p.m.

Directions: From Heids Corner, follow signs to Rt 370 (2nd Street).
Take first left past Washington Park. The post is on your right side,
across from the park.