



MEMORIAL DAY 2010



I was listening to local radio a few days ago and it was announced that the Memorial Day parade in Yonkers, N.Y. had been cancelled. In these days of fiscal concern, my first thought was that it concerned lack of funding. It didn't, it was being cancelled due, not because of lack of funds, but rather because of lack of interest. Few people attended. I think that maybe its time to get the kids involved and try and get the younger veterans involved in the activities.

Most people think that Memorial Day is an excuse for a long weekend or the day that the pool opens? Many children do not know that Memorial Day is a national holiday to honor and remember those military personnel who have died in service to the country.

A Gallup Poll in the late 1990s revealed that only 28 percent of Americans knew the meaning of the Memorial Day Holiday, organizations, military and veterans groups have been working on ways to educate people about the real meaning of the holiday. There are many ways of remembering those who have died on this holiday. Here are some suggestions with easy ways to celebrate the real reason behind the Memorial Day Holiday with your child or children.

- READ A STORY ABOUT MEMORIAL DAY. There are many Memorial Day Stories available on line or at your library. You could also have children make thank you cards to take to veterans at your local veteran's hospital
THANK A VETERAN OR MILITARY PERSONNEL. If you know someone in the military or the family of someone who has served in the military, be sure to thank them for their service. You can give a card or flowers on

Memorial Day. Family members who have lost loved ones in military service will be touched that someone remembered their loved one and their sacrifice.

- WATCH THE MEMORIAL DAY CONCERT. An uplifting event, the National Memorial Day Concert features musical performances, documentary footage and dramatic readings to honor all those Americans who have served in the military and especially to remember those who made the ultimate sacrifice.

- OBSERVE NATIONAL MOMENT OF REMEMBRANCE. An uplifting event, the National Memorial Day Concert features musical performances, documentary footage and dramatic readings to honor all those Americans who have served in the military and especially to remember those who made the ultimate sacrifice. The National Moment of Remembrance was created in 2000 by the White House Commission on Remembrance.

- ATTEND A MEMORIAL DAY PARADE OR EVENT. Check your local newspaper or check with your local veterans organization to find out the celebrations planned for Memorial Day.

- BRING FLOWERS AND VISIT A VETERANS CEMETERY.

Celebrating the real reason for Memorial Day can be pretty simple, just remember the 8 suggestions for ways that you can help your child, tween or teen learn about the real reason for the holiday.

Taking a moment to remember the real reason for the three or four day holiday is a way to pay tribute and to say thanks for those who made the ultimate sacrifice.

We knew we had to participate, this is a key initiative for auto body shops that we felt would be important to our community “.”

LOCAL DISABLED VET GIVEN “RECYCLED RIDE”.

Monsey, NY, May 5, 2010 — The National Auto Body Council™ (NABC) is proud to announce that Nanuet Collision Centers is participating in its Recycled Rides™ project with a gifting to local disabled United States veteran.

Recycled Rides is a community awareness project whereby members of the NABC repair and donate refurbished vehicles to families and service organizations in need throughout the United States. A “green” program, ‘Recycled Rides’ recruit’s auto body shops, insurers, paint suppliers, and parts vendors to contribute in their own specific ways. The program has gifted over 300 vehicles since its inception in 2009.

“We knew we had to participate, this is a key initiative for auto body shops that we felt would be important to our community.” stated Kevin Muir President of Nanuet Collision Centers. “Our whole staff is involved, our Team has been great and is excited to be part of the gifting ceremony.”

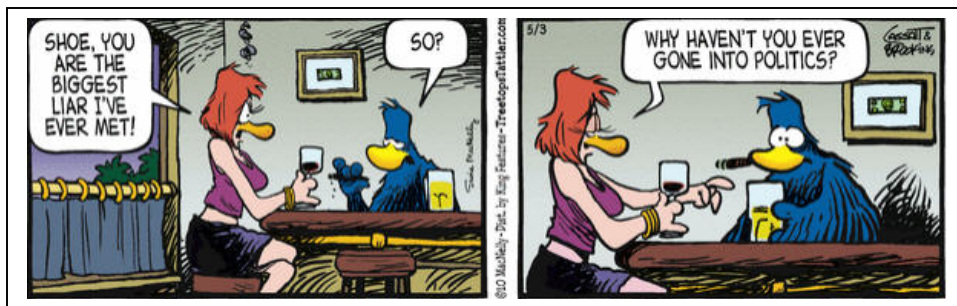
Daniyel Baron and his family are the recipients of this years gifting by Nanuet Collision Centers. Daniyel served his country in the United States Marines and is

a member of the VFW. “Having a good working vehicle will help me and my family toward a more normal life.” Daniyel has numerous family obligations and having a vehicle will provide a sense of relief that transportation will not be an obstacle.

The Recycled Rides gifting event will take place at Nanuet Collision Centers, 417 Route 59, Monsey on Thursday May 27th at 1 p.m. The public is welcome to attend and several local leaders and clubs are expected as well.

VFW Post 9215 of Upper Nyack, N.Y. Commander, Guy Gebbia, stated. “Having a local business like Nanuet Collision step up and help one who served our country honorably is a tremendous commitment. The shop’s staff is putting a lot of effort and pride into refurbishing this vehicle.”

Esurance Insurance Company donated this particular vehicle and has been a strong supporter of Recycled Rides nationwide. Claims manager, Donald Finley of Esurance added: “We are proud to participate in Recycled Rides and are specifically proud to be helping one of our disabled veterans.”



VIETNAM VET, THE HERO OF TIMES SQUARE



Most of you know by now the story of the planted bomb in Times Square. You have also heard that the one they are calling a hero is Dwayne Jackson, a street vendor. Dwayne is also the President of Chapter 817 of the Vietnam Veterans of America, which they have always referred to as the “vendors chapter”.

VA PHONE SCAM

The Department of Veterans Affairs is warning veterans not to give credit card numbers, bank routing information or any personal and financial information over the phone to callers claiming to update, confirm, or verify VA-related information. VA does not call veterans and ask them to disclose personal financial information over the phone. A veteran targeted by scammers alerted VA, saying that someone called claiming to be with the VA pharmacy and asking a lot of questions. The caller ID indicated that the incoming call was from (888) 555-1234. There are a number of scams associated with this number, and it's been reported that the callers will call repeatedly and become aggressive. They will claim to be a VA employee and say a medical card has expired and that the veteran must send a check for a certain dollar amount for a renewal. In other versions, the caller says that a bank account is listed on a public computer, and in order to get it removed, the caller needs to verify the veteran's bank information. Be leery of any calls originating

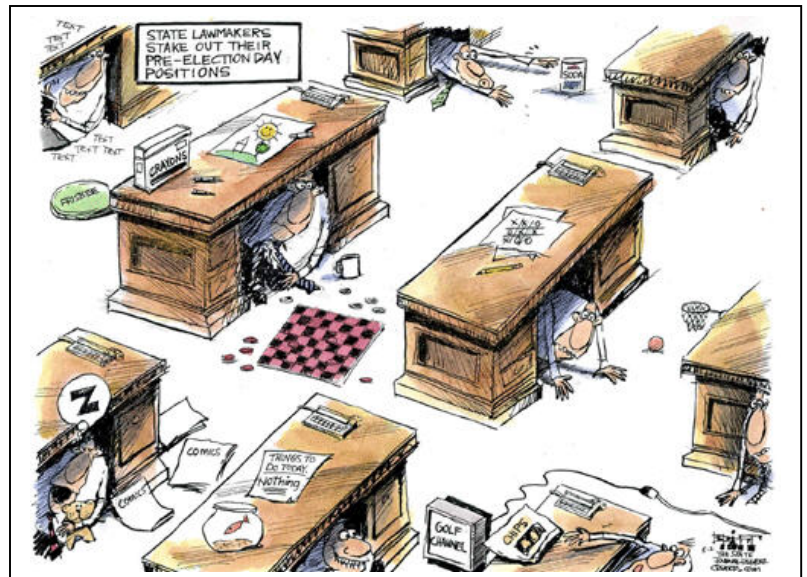


PTSD IS REAL

PTSD is an undeniably real sickness whose symptoms - flashbacks, vivid nightmares, intrusive thoughts, exaggerated startle response, emotional numbness - can be debilitating. As of Fiscal Year 2009, nearly 390,000 veterans were receiving benefits for PTSD, making it the fourth-most prevalent service-connected disability, according to the VA.

Authorities have tried to brace the public for a tidal wave of psychically damaged veterans from the current wars. Of the roughly 1.6 million troops who have served in the war zones of Afghanistan and Iraq, more than 134,000 had been seen at VA health care facilities for "potential PTSD" as of late last year, according to a government report. Researchers suggest the numbers of actual sufferers are much higher.

Moved by a huge tide of troops returning from Iraq and Afghanistan with post-traumatic stress, Congress has pressured the Department of Veterans Affairs to settle their disability claims - quickly, humanely, and mostly in the vets' favor. The problem: The system is dysfunctional, an open invitation to fraud. And the VA has proposed changes that could make deception even easier.



PTSD's real but invisible scars can mark clerks and cooks just as easily as they can infantrymen fighting a faceless enemy in these wars without front lines. The VA is seeking to ease the burden of proof to ensure that their claims are processed swiftly. retired.

Last year, U.S. Rep. John J. Hall, D-N.Y., introduced legislation to streamline the VA claims process, especially for veterans in traditionally noncombat roles. Arguing that the system failed to recognize the changing face of war, Hall said the claims process had become an obstacle to healing, "inflicting upon the most noble of our citizens a process that feels accusatory and doubtful of their service."

VA Secretary Eric K. Shinseki responded last summer with a proposed rule change. Until now, the agency has required independent proof that a traumatizing event - or "stressor" - occurred. Under the proposed changes, a veteran's "lay testimony" about what happened to him would suffice, as long as it "is related to the veteran's fear of hostile military or terrorist activity" and is "consistent with the places, types, and circumstances of the veteran's service."



VA REFUSES TO TESTIFY AT HOUSE HEARING ON VETERANS' SUICIDES

WASHINGTON – Late last week, U.S. Rep. Harry Mitchell, Chairman of the Oversight and Investigations Subcommittee for the House Veterans Affairs Committee, announced the postponement of a hearing to examine VA outreach efforts to veterans at risk for suicide due to an emerging pattern of delays and non-compliance with subcommittee requests for witnesses and information by the Department of Veterans Affairs (VA).

"Many of our returning veterans and those who served in past generations bear wounds that can't be seen and are difficult to diagnose," said Mitchell. "We can't wait for them to come to the VA. The VA needs to go to them, be held accountable for their action or inaction and be transparent with the progress of their efforts." The hearing, "Examining the Progress of Suicide Prevention Outreach Efforts at the U.S. Department of Veterans Affairs," was scheduled for April 28, 2010. The hearing was to examine the progress of suicide prevention outreach efforts to veterans – many of whom are not being treated by the VA – who have committed or attempted suicide. The subcommittee had requested Undersecretary for Health, Dr. Robert Petzel, and Assistant Secretary for Public and Intergovernmental Affairs, L. Tammy Duckworth appear to testify, but the VA refused to produce them. A new hearing date has not yet been set. On Friday, Mitchell's subcommittee notified the VA that the hearing would be postponed due to ongoing VA delays and non-compliance. Mitchell also wrote to VA Secretary Eric Shinseki urging the Secretary to comply with requests made by Mitchell's Subcommittee and other members of Congress on issues critically important to veterans. "Unfortunately this is not the first time I've expressed my concerns regarding requests going unanswered or unreasonably delayed. Additionally, as Chairman, I have received complaints from other Members of Congress that

their requests for information from the Department are going unanswered or unreasonably delayed. Based on our Subcommittee's recent experience with the Department, I am hardly in a position to dispute them," Mitchell wrote.

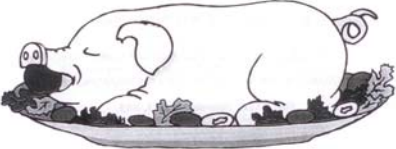
As Chairman of the Veterans Affairs' Subcommittee on Oversight and Investigations, Mitchell has repeatedly called upon the VA to increase outreach to veterans who need mental health services and are at risk of suicide. Out of an estimated veteran population of 25 million veterans, only about 8 million veterans are enrolled for health care services through the VA.

[Source: [U.S. Census Bureau](#), October 16, 2008; [Department of Veterans Affairs](#), April 17, 2009]

In the wake of an alarming epidemic of veterans committing suicide and months of pressure from Mitchell, he convinced the VA to reverse its long-standing self-imposed ban on television advertising and launch a nationwide public awareness campaign to inform veterans and their families about where they can turn for help. The first public service announcement, promoting a 1-800 telephone suicide prevention hotline, featured current CSI: New York and former Forrest Gump star Gary Sinise. [Source: [CNN](#), May 12, 2009] Mitchell has previously held numerous hearings on veteran suicides and mental health care, as well as suicide prevention and outreach. His efforts resulted in the VA's reversal of its earlier policy prohibiting the use television media to reach out to service men and women who suffer from mental health disorders when returning from war. [Source: "VA to Test Public Service Ads," [CBS News](#), July 14, 2008] The nationwide expansion of the VA's public campaign has demonstrated success in saving lives. The hotline received over 160,000 calls since its inception in 2007. Overall, more than 16,135 veterans were referred to VA medical facilities for care.



PIG ROAST 2010
SAT. JUNE 5TH 12 PM - 6 PM



HOSTED BY
VIETNAM VETERANS Chapter 333

At: American Legion	\$25.00 Member's
Station Rd	\$15.00 Under 14
Pomona, NY	Under 4 FREE

For Further Info call:
 Rocky Graziano 623-3568
 Gae Lombardi 735-9090

Annual Memorial Day Ceremony
Frederich Locher Cemetery
Noon, Sunday May 30th

WATCHFIRES 2010

The Watchfires are lit at Midnight, Saturday the 29th and run the 24 hrs until Midnight the 30th. Cannon will fire the salute at Eugene Levy Park. The fires will be located at:

- _ Piermont Pier
- _ Clausland Mountain
- _ Eugene Levy Park
- _ Bowline Park

Memorial Day Parades
 Check with the individual municipalities for the day and start times.

Military Discounts

- Restaurants*
- Arby's ▫ A&W ▫ Back Yard Burgers ▫ Burger King ▫ Captain D's ▫ Chick-Fil-A ▫ Cotton Patch
 - Denny's ▫ Dunkin' Donuts ▫ Farmers Boy ▫ IHOP (20 percent discount with military identification)
 - Java Café ▫ KFC ▫ Long John Silver ▫ Pancho's Mexican Buffet ▫ Pizza Hut ▫ Quizno's ▫ Sizzler
 - Sonic ▫ Taco Bell ▫ Whataburger
- Services*
- AT&T ▫ California Cryobank ▫ Geico ▫ Jiffy Lube ▫ Meineke ▫ Sears Portrait Studio
- Travel and Leisure*
- Blockbuster ▫ Movie theaters ▫ Ripley's attractions and museums ▫ Professional Sports teams
- Products*
- Apple Computers ▫ AutoZone ▫ Barnhill's ▫ Bass Pro Shop ▫ Bath and Body Works
 - Big 10 Tires ▫ The Buckle ▫ Champs Sports ▫ Copeland's Sports ▫ Dell
 - The Discovery Channel Store ▫ Dress Barn ▫ The Finish Line ▫ Foot Action ▫ Footlocker
 - Gadzooks ▫ GNC ▫ Goody's ▫ Great Party ▫ Happy Harry's ▫ Home Depot ▫ Hot Topic
 - Jockey ▫ Lerner ▫ Lowe's ▫ Michael's ▫ NAPA Auto Parts ▫ New York & Company ▫ Pac Sun
 - Payless Shoes ▫ Play It Again Sports ▫ Pure Beauty ▫ Sally Beauty Supply ▫ Spencer's Gifts
 - Suncoast ▫ Timberland Outlets ▫ Wilson's Leather
- Cell Phone Service Discount - All Federal employees are able to get a 15% discount on their personal cell phones by calling their carrier and mentioning the "Federal Telecommunications Act of 1996 - Discount to Federal Employees Past and Present." You will need to know the military member's supervisor's name, phone number, and full address, so that his/her military status can be verified. Use the following contact numbers:
- Cingular - 800-319-6393
 - Sprint - 877-812-1223
 - T-Mobile - 866-646-4688
 - Nextel - 800-639-6111
- Verizon - 800-865-1825

Two fish swim into a concrete wall. One turns to the other and says "Dam!"



HONOR THE FALLEN