



**COUNTY OF ROCKLAND
VETERANS SERVICE
AGENCY NEWSLETTER**

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CUBAN MISSILE CRISIS – OCTOBER 1962

During the Cuban Missile Crisis, leaders of the U.S. and the Soviet Union engaged in a tense, 13-day political and military standoff in October 1962 over the installation of nuclear-armed Soviet missiles on Cuba, just 90 miles from U.S. shores. In a TV address on October 22, 1962, President John Kennedy (1917-63) notified Americans about the presence of the missiles, explained his decision to enact a naval blockade around Cuba and made it clear the U.S. was prepared to use military force if necessary to neutralize this perceived threat to national security. Following this news, many people feared the world was on the brink of nuclear war. However, disaster was avoided when the U.S. agreed to Soviet leader Nikita Khrushchev's (1894-1971) offer to remove the Cuban missiles in exchange for the U.S. promising not to invade Cuba. Kennedy also secretly agreed to remove U.S. missiles from Turkey.

Discovering the Missiles

After seizing power in the Caribbean island nation of Cuba in 1959, leftist revolutionary leader Fidel Castro (1926-) aligned himself with the Soviet Union. Under Castro, Cuba grew dependent on the Soviets for military and economic aid. During this time, the U.S. and the Soviets (and their respective allies) were engaged in the Cold War (1945-91), an ongoing series of largely political and economic clashes. To read more click on this link:

<http://www.history.com/topics/cuban-missile-crisis>

View Video

Youtube video of President John F. Kennedy's speech on the Cuban Missile Crisis on October 22nd, 1962. This video shows the first 8 minutes of the speech. <http://www.youtube.com/watch?v=WYVPx3x3oCg>

Beginning October 3rd, any New York resident and DMV patron who was a member of the armed forces and was honorably discharged may request to have the word "veteran" printed on the upper left-hand side of their photo license, permit or non-driver identification document. For further information, contact Senator David Carlucci at 845-623-3627 or via e-mail: Carlucci@nysenate.gov. Also visit DMV website: www.dmv.ny.gov.

VA FIELD GUIDE TO GOVERNMENT SHUT- DOWN

How veterans will be impacted by a government shut-down:

http://www.va.gov/opa/docs/Field_Guide_20130927.pdf

WHAT A GOVERNMENT SHUT-DOWN MEANS TO VETERANS -FROM IAVA

From Iraq and Afghanistan Veterans (IAVA.org) blog by Kate O'Gorman. Information will be updated as we learn more.

What's Protected:

One thing is protected - VA healthcare. In 2011, the veterans' community banded together to call on Congress to fund the VA one year in advance. This allows the VA healthcare to plan ahead and ensures that VA healthcare is funded for an additional year beyond the government shut down. This is invaluable to veterans, and why IAVA supports the HR. 813 to extend advanced funding to the whole VA. To readfull story:

<http://iava.org/blog/government-shutdown-faq?org=403&lvl=100&ite=7810&lea=2477741&ctr=0&par=1>

VA HEALTH CARE MEETS AFFORDABLE CARE ACT COVERAGE REQUIREMENTS

The Affordable Care Act, also known as the health care law, was created to expand access to coverage, control health care costs and improve health care quality and care coordination. The health care law does not change VA health benefits or Veterans' out-of-pocket costs.

Three things that Veterans should know:

VA wants all Veterans to receive health care that improves their health and well-being. If you are enrolled in VA health care, you don't need to take additional steps to meet the health care law coverage standards. If you are not enrolled in VA health care, you can apply at any time.

VA has launched a new website, www.va.gov/aca, to let Veterans know what the Affordable Care Act means for them and their families. Veterans receiving health care from the Department of Veterans Affairs will see no change in their benefits or out-of-pocket costs when portions of the Affordable Care Act take effect next year.

VA wants all Veterans to receive health care that improves their health and well-being. If Veterans are enrolled in VA health care, no additional steps are necessary to meet the health care law coverage standards. If Veterans are not enrolled in VA health care, they can apply at any time.

To enroll in VA's health care system and receive world-class care:

Visit your local health care facility.

Call 1-877-222-VETS (8387).

Visit www.va.gov/healthbenefits/enroll

Full details on eligibility are available at www.va.gov/opa/publications/benefits_book

VA's health care system has no enrollment fee, no monthly premiums and no deductibles. Most Veterans also have no out-of-pocket costs, though some may have small copayments for some health care or prescription drugs.

For information about VA health care and the Affordable Care Act, Veterans and family members should visit www.va.gov/aca, or call 1-877-222-VETS (8387), Monday through Friday from 8 a.m. to 10 p.m. or Saturdays from 11a.m. to 3 p.m., Eastern Time. The website includes a Health Benefits Explorer, where Veterans can learn about the benefits they can receive if they enroll in VA care.

HORATIO ALGER SCHOLARSHIP DEADLINE OCTOBER 25TH

The Horatio Alger Association offers scholarships to qualified high school students who will graduate in 2014. The scholarship application deadline is October 25, 2013. Visit this link for further information and an application. <https://www.horatioalger.org/scholarships/index.cfm>

ARMY STARRS STUDY BUSTING MYTHS ON SUICIDE

"There are a lot of reasons to expect that the experience during deployment of Air Force and Navy personnel is really substantially different from Army and Marine [personnel]," Schoenbaum said. Troops in combat jobs have a higher propensity to commit suicide, the Army study found, and that may help explain some differences in conclusions. "We've identified some MOS (military occupational specialty) categories that are associated with elevated suicide risk," Schoenbaum said. Those military occupational specialties include artillery and infantry.

Read the complete article here:

http://www.army.mil/article/111451/Army_STARRS_study_busting_myths_on_suicide/

POST TRAUMATIC STRESS COACH ON-LINE

Learn to manage symptoms of post traumatic stress via this on-line coach. These 17 tools can build coping skills. To read further, use this link:

<http://www.ptsd.va.gov/public/pages/fslist-self-help-cope.asp>

To view specific tools – information and videos, also use this link:

http://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm

POST TRAUMATIC STRESS COACH MOBILE APP

Access help for post traumatic stress using this mobile app:

<http://www.ptsd.va.gov/public/pages/PTSDcoach.asp>

COMBATting THE ENEMY MANY VETERANS BRING HOME: POST TRAUMATIC STRESS DISORDER

In Shakespeare's Hamlet, the Prince of Denmark complains about his troubled mind, wishing for a restful sleep with these words: "To be, or not to be, that is the question: Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous Fortune, or to take arms against a sea of troubles, and by opposing end them: to die, to sleep no more; and by a sleep, to say we end the heart-ache and the thousand natural shocks that flesh is heir to?" Sadly, restful sleep is as elusive to many returning veterans as it was for Hamlet, who kept reliving the horrific vision of his mother murdering the King, his father, in order to marry his uncle. According to the Mayo Clinic, post-traumatic stress disorder (PTSD) is a mental health condition that is triggered by a terrifying event. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Our returning warriors comprise the largest group of PTSD patients, but they are not alone. Civilian PTSD can be triggered by serious accidents, disasters, terrorist attacks, violent personal assaults, sexual abuse, emotional losses and ICU stays. What more can be done to help "end the heartache and the thousand natural shocks that flesh is heir to" for those suffering, and assure them not just a more restful sleep, but a restorative night's sleep?

Read more: <http://www.veteransresources.org/2013/09/combattling-enemy-many-veterans-bring-home-post-traumatic-stress-disorder/#.UkoQ9SS887A>

PEER SUPPORT GROUPS

Peer support groups are a place where you can discuss day-to-day problems with other people who have been through trauma. Support groups have not been shown to reduce PTSD symptoms, but they can help you feel better in other ways. Because they can give you a sense of connection to other people, a peer support group could be a great addition to your treatment, or something you do after you finish an [evidence-based treatment](#) (PDF) for PTSD. Support groups can also help family members or friends who are caring for someone with PTSD. Read more at this link:

http://www.ptsd.va.gov/public/pages/peer_support_groups.asp

INTERMENT ABOARD THE U.S.S. ARIZONA MEMORIAL

When the time comes for survivors of the attack on Pearl Harbor on December 7th, 1941, they can be interred aboard the USS Arizona Memorial in Hawaii. This youtube video tells the story: http://www.youtube.com/watch?v=MgE2KiPd3xg&feature=youtu.be_gdata_player

PTSD AND OUR REPTILIAN BRAIN

BY LOANA HOYLMAN - VVA
Veteran September/October 2013
www.vvaveteran.org

We all have reptilian brains as part of the whole brain system. It is in the reptilian brain that PTSD lives. There is no intellect here. There is no language, no critical thinking.

Our ancestors had to have a system for recognizing danger, or they could not have survived. When danger comes, there is no time to think things out, to reason, to postulate. Action has to be immediate. In this oldest part of our brains, certain defenses come into play: avoidance, hypervigilance, appeasement, aggression, and escape. We can fight or we can take flight. We can also freeze and play dead.

Read more:

http://vvaveteran.org/33-5/33-5_reidlyon.html

VIETNAM MEMORIAL - VIRTUAL WALL LINK

The link below is a virtual wall of all those lost during the Vietnam war with their names, biography, and other information on our lost heroes. View link here:

<http://www.virtualwall.org/iStates.htm>

HANDS-ONLY CPR VIDEO

Official American Heart Association youtube video on Hands-Only CPR 1:09 minutes
<http://www.youtube.com/watch?v=zSgmledxFe8>

HORSES HELPING VETERANS OVERCOME PTSD

The numbers of veterans struggling to rebuild their lives, while facing the effects sustained from military trauma, continue to grow daily. Returning home often presents many challenges for veterans, from learning to rebuild relationships and communication skills to overcoming feelings of anger, grief and loss, and staving off increased substance use.

Equine Assisted Learning (EAL) is a growing practice that offers veterans an effective hands-on approach to relearn skills and heal through ground activities with horses. Participants learn by participating in an active way, which is familiar and often more comfortable for veterans than traditional treatments or talk therapies.

Through funding provided by the Wounded Warrior Project, veterans are eligible to receive up to 10 individual or group EAL sessions at Pony Power Therapies, located in Mahwah, NJ. Through solution-oriented ground activities led by our licensed clinical social worker and equine specialist, the horses become a mirror and a living canvas for veterans to experience life from a fresh perspective. Interacting with the horses provides in-the-moment opportunities to enable and integrate new skills, behaviors and healing.

Nestled in the foothills of the Ramapo Mountains, Pony Power Therapies provides therapeutic horseback riding and other equine-assisted activities to individuals facing a range of special needs and challenges. All sessions are held in one of our private outdoor or indoor arenas.

Contact Pony Power Therapies at 201-934-1001 or visit us at Ponypowernj.org for more information.

JEWISH WAR VETERANS BREAKFAST – OCTOBER 27TH

On October 27th, 2013 at 9:45 a.m. the Jewish War Veterans will hold their 67th Annual Membership Breakfast. This year, they are honoring County Executive C. Scott Vanderhoef, and Howard Goldin, Commander of the Military Order of the Purple Heart. The event will be held at Congregation Shaarey Israel, 18 Montebello Road, Suffern, NY. For further information, contact Shelly Ohren at 352-4985, Al Zeilberger at 354-8789, or Bill Farber at 845-357-2990... via e-mail: billfarber@aol.com.

For specifics about the October 27th event, please view this link: <http://jewishwarveteransny.org/images/131027.pdf>

“WOMEN IN THE MILITARY” EXHIBIT OPENS NOVEMBER 2ND

“Women in the Military” exhibit is scheduled to open on Saturday, November 2nd, 2013 at 2:00 p.m. the Haverstraw King’s Daughters Public Library, Route 202 in Garnerville, New York. Further information will follow.

CAMP SHANKS – FIRST STOP ON THE ROAD TO VICTORY IN EUROPE, WORLD WAR II

Camp Shanks – First Stop on the Road to Victory in Europe, World War II. On October 16th and 17th, the John Scott Armchair Walking Tours, will present a program on Camp Shanks. Jerry Donnellan, Director of the Veterans Service Agency and Curator of the Camp Shanks Museum, will be the guest speaker. The program will be on Wednesday, October 16th, 2013 – 7:00 p.m. at the Nyack Library, 59 South Broadway, Nyack, NY and on Thursday, October 17th, at 2:00 p.m. at the Valley Cottage Library, 110 Route 303 in Valley Cottage, NY. Seating is limited and attendees should pre-register by calling or going online: Nyack Library - 845-358-3370, <http://www.nyacklibrary.org> or Valley Cottage Library – 845-268-7700 or <http://www.vclib.org>. Walking Tours are sponsored by the Historical Society of the Nyacks and Friends of the Nyacks.

SENTINELS OF THE TOMB OF THE UNKNOWNNS



The Tomb of the Unknowns (also known as the Tomb of the Unknown Soldier) is guarded 24 hours a day, 365 days a year, and in any weather by Tomb Guard sentinels. Sentinels, all volunteers, are considered to be the best of the elite 3rd U.S. Infantry Regiment (The Old Guard), headquartered at Fort Myer, Va. After members of the 3rd U.S. Infantry Regiment become ceremonially qualified, they are eligible to volunteer for duty as sentinels at the Tomb. If accepted, they are assigned to Company E of The Old Guard. Each soldier must be in superb physical condition, possess an unblemished military record and be between 5 feet, 10 inches and 6 feet, 4 inches tall, with a proportionate weight and build. An interview and a two-week trial to determine a volunteer's capability to train as a tomb guard is required.

Learn more at this link:

<http://www.arlingtoncemetery.mil/visitorinformation/ChangingofTheGuard.aspx>

G.I. EDUCATION BENEFITS

There's a lot of information on the GI Bill and Veterans education out there and much of it is incomplete and inaccurate. Only trust information from <http://www.gibill.va.gov/> or your local veterans' counselor.

The Department of Veteran Affairs administers a variety of educational benefit programs. Many Veterans and active duty personnel can qualify for more than one benefit program. Visit the GI Bill website to see if you qualify for [educational benefits](#), [choose a school](#), [apply online](#) and [read success stories from other veterans](#).

[Road Map for Success Apply Online](#)

<http://www.visn11.va.gov/news/VeteransStudents.asp>

"DEFEND FREEDOM" TOUR

A group of decorated military veterans will embark on a 25-day bus tour beginning October 4, traveling from coast to coast on the 'Defend Freedom' Tour. The tour, spanning most of the month of October, will provide a platform for veterans to tell their stories, honor service and explore ways to continue fighting for freedom here at home. The bus tour includes dozens of stops in Nevada, California, Arizona, New Mexico, Louisiana, Florida, Georgia, Ohio, Kentucky, Virginia and North Carolina. Over 750 people (and growing) have already RSVP'd for the October 4 kick-off event in Las Vegas. The tour, sponsored by Concerned Veterans for America (CVA) — a national, non-profit organization of veterans, military family members, and patriotic Americans — will take messages of service, freedom and the American dream from coast to coast. A high-profile list of decorated veterans have joined the tour; read more about tour participants, and the tour, at www.DefendFreedomTour.com.

To read more:

<http://www.veteransresources.org/2013/09/defend-freedom-veterans-tour-october-2013/#.UkxsMyS887A>

THE VA AND NAVY YARD SHOOTER – EDITORIAL BY JERRY

Let's take a break and step back. The VA is taking heat from Washington in the wake of the Navy Yard shooting. In defense of the VA, we don't know why the shooter went to the VA in the first place. It could have been for a sore throat. I find it a little difficult to believe someone who felt that he was being controlled by ELF (Extreme Low Frequency,) a U.S. Navy device, would turn to the U.S. Government for help in that regard. If in fact, he asked for psychiatric help, how much did he ask for? How much did he share? Or did he simply say he was having trouble sleeping, or felt a little down? Something that wouldn't have raised flags in any case.

If Washington is concerned about veterans with issues, there is a fast and inexpensive way to get more help. It starts with the Department of Defense. If, when someone is released from the military, the DoD would immediately share their information/records with the Department of Veterans Affairs, the VA could then share at least the discharge and contact information with County and State Veterans' Offices from where that new veteran called home. By doing that they would enlist nearly 15,000 trained and already compensated veteran professionals. This in military terms, is known as a "force multiplier." Then people like myself could contact the new veterans with a veteran-to-veteran approach, and encourage the veteran to take advantage of benefits available to them. With the technology we have today, this shouldn't be difficult if there is a will to do it. However, getting this information from the DoD is difficult at best. By the time we manage to get it, it's usually a year to two years out of date.

There is no perfect solution to this problem, but putting 15,000 more people on the job couldn't hurt.

MARINE CORPS 238TH BIRTHDAY COMING IN NOVEMBER

On November 10th, 2013 the Marine Corps will celebrate their 238th birthday. From their debut in 1775 when the Second Continental Congress passed a resolution creating "two Battalions of Marines be raised," to the mountains of Afghanistan, the United States Marine Corps has earned the world's respect as an elite and reliable fighting unit wherever put into combat. Please join us in wishing the Corps a Happy Birthday. To view a Marine Corps birthday tribute slideshow, please view this link:

<http://www.military.com/marine-corps-birthday-slideshow/2012/>

We also thank the Rockland County Marine Corps League for their continued support and sponsorship of the RockVets radio show on WRCR 1300 AM dial. The show airs on the first Friday of each month just after the 10:00 a.m. newsbreak. The call-in number is 845-362-1300. The next show is on Friday, October 4th, 2013. Available also online at www.wrcr.com.

CHANGES TO FEDERAL BENEFITS AFTER THE SUPREME COURT'S RULING ON THE DEFENSE OF MARRIAGE ACT

On June 26, 2013, the U.S. Supreme Court issued an opinion on the case [United States v. Windsor](#) (PDF). They ruled that Section 3 of the [Defense of Marriage Act](#) (PDF), which said "marriage" and "spouse" only applied to heterosexual unions, was unconstitutional. A number of federal agencies have released information about changes to federal programs and benefits as a result of the Supreme Court's decision:

[Social Security Benefits](#) - The Social Security Administration now recognizes same-sex marriages for purposes of determining benefits.

[Benefits for Uniformed Servicemembers](#) - The

Department of Defense will extend benefits to same-sex spouses of uniformed service members and civilian employees. For the most up-to-date information on other government programs that will change as a result of the ruling, please visit the [agency website](#). If you don't know the agency, you can [browse by program](#).

To read further:

<http://blog.usa.gov/post/61597227689/changes-to-federal-benefits-after-the-supreme-courts>

DISABLED AMERICAN VETERANS NON-PROFIT CHARITY EXECS PAID AS MUCH AS THE PRESIDENT

[Donnie La Curan](#) in [Veteran News](#)

As President Barack Obama addressed the attendees of the Disabled American Veterans ([DAV](#)) annual convention last month at the posh [Hilton Orlando](#) resort, nearly 200,000 veterans were living on the streets of America, homeless and hungry, according to [Veterans for DAV Reform](#). What Obama was most likely unaware of was that the National Officers of the DAV have presidential incomes.

While the President of the United States is paid \$400,000 annually, certain highly-compensated DAV employees have incomes rivaling and in some cases exceeding, that of the Commander-in-Chief.

The DAV, founded in 1920 for disabled veterans of the U.S. armed forces returning from World War I, is headquartered in Cold Springs, Kentucky, with 1,248,150 members for the 2012-2013 year, which makes it the largest charity of its kind. Interestingly, the DAV's membership rolls have been dropping precipitously since 2007-2008, when 1,444,866 disabled vets were members, an almost 14% decline in five years. Read full story:

http://www.veteransresources.org/2013/09/disabled-american-veterans-non-profit-charity-execs-paid-much-president/#at_pco=tcB-1.0&at_tot=5&at_ab=-&at_pos=0

HIRING AMERICA – FOR VETERANS

Veterans' News – September 2013

The first-ever national television show dedicated to jobs and career direction for returning U.S. military veterans is now being aired across the nation. Hosted by television news reporter Gigi Stone (Good Morning America, ABC News), HIRING AMERICA can be seen on the global "Pentagon Channel" as well as 32 local market television network and independent stations. The local listings can be [viewed here](#). To see video announcement and read more, use this link:

<http://www.veteransresources.org/2013/09/first-ever-national-television-show-connects-u-s-combat-veterans-potential-jobemployers/#.UkoKuiS887A>

VETS' REP IN ROCKLAND

Our Department of Labor Veterans' Representative is Natalie Hernandez. If you are in the market for employment possibilities or a career change, contact Natalie at 845-356-5429, e-mail: Natalie.Hernandez@labor.ny.gov or on twitter at NatDOLVetRep.

JOB OPPORTUNITIES

Mamais Construction

(www.mamais.com) has jobs available for carpenter, painter, and tile setter. Mamaise Construction is located at 256 West 124th Street in New York. For further information contact them at info@mamais.com or call 212-865-1666. Their fax number is 212-316-3921.

Con Edison has openings for a number of engineering positions. Interested candidates should send resumes to:

Opportunities@coned.com. For further information, view their website at: www.coned.com.

New York Mets has a position available as Ticket Sales Representative. For further information contact New York Mets Human Resource Department, Citi Field, Flushing, NY 11368 or via email: HR@NYMETS.com.

New York State Department of Civil Service. This is a link to available employment opportunities. Scheduled exams are open to all qualified individuals. Some of the jobs have a filing deadline of October 23rd so if you're interested, check it out now. <http://www.cs.ny.gov/examannouncements/types/oc/>
You can also apply to receive these updates directly, or contact Natalie Hernandez for information – 845-356-5429.



WWW.ROCKVETS.COM

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We would like to keep you up-to-date on events and matters of interest to veterans and will be sending these newsletters regularly. If at any time you no longer wish to receive them, please send a note to info@rockvets.com. Your e-mail address will immediately be deleted from our newsletter mailing list. If you find any of this information useful, please pass it along to others.

ROCKVETS - ON THE INTERNET AND AIRWAVES

You can find information, useful links, and view our webpage at www.rockvets.com. Previous copies of our newsletters are also available on our website at: www.rockvets.com/newsletters. You can e-mail us at: info@rockvets.com or on our facebook page: www.facebook.com/rockvets.

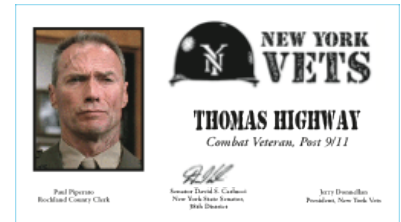
On the first Friday of each month, just after the 10:00 a.m. news-break, RockVets has a live call-in talk show on Rockland County's local radio station – WRCR 1300 AM. We encourage you to call-in and ask any questions you may have relating to veterans or the military. This is also a good opportunity to promote any upcoming events for your organization that would be of interest to the veteran/military community. The call-in number is 845.362.0013. The show is also live on the internet at: www.wrccr.com. So please listen in, and call if you have questions or information to share.

The next radio broadcast will be on Friday, October 4th, 2013 right after the 10:00 a.m. newsbreak. This month's show is sponsored by the Marine Corps League - Rockland County Detachment and we appreciate their support.

So that we can keep you up to date on as much information as possible, we have included links to many articles so you may read further about those items. At the time the newsletter is sent to you, the links are all working well. If the links do not work for you, just cut and paste the address into your browser and that should bring you to the correct article, or you can do a search for the article on the web. Providing the information in this newsletter does not necessarily constitute our endorsement or opinion.

If you have information that can benefit the military and veteran community, or would like the community to know about an event your group is hosting, please send it to us so we can publish it in the next newsletter:
info@rockvets.com.

Coming soon....NY Vets ID Card for Post 9/11 Combat Veterans



For information, contact Jerry at 845-638-5244 or e-mail: jerry@rockvets.com

**VETERANS SERVICE
AGENCY OF ROCKLAND**

If you plan to come to the Veterans Service Agency office, please call to make an appointment so we can give you the time you need - 845.638.5244.

**Jerry Donnellan, Director,
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Rockland, 20 Squadron Blvd.,
Suite 480, New City, NY 10956 -
Phone: 845.638.5244 - E-mail:
jerry@rockvets.com.**



**WE ARE HERE TO CARE FOR YOU
WHO HAVE WORN THE
UNIFORM – NO MATTER WHERE
OR WHEN YOU SERVED. THANK
YOU FOR YOUR SERVICE.**