



Nam Express

The Official Newsletter of
VIETNAM VETERANS of AMERICA CHAPTER 377
2272 Dryden Road, Dryden, New York 13053
(607)539-7696 pthollingsworth@aol.com



January – February 2009



VETERANS SUPPORTING VETERANS

DEWITT RESTORATION REPORT

► **Name Omitted from Vietnam Memorial**

SFC Harold R. Voorheis, US Army Special Forces

The DeWitt Park Restoration Committee has recently learned that SFC Voorheis' name was inadvertently omitted from the Tompkins County Vietnam Memorial and from the American Legion Memorial which is located at Post 770 in Trumansburg. SFC Voorheis' home of record is Trumansburg. He was born on February 18, 1939. He died of wounds on August 23, 1968. **His name will be added to the Vietnam Monument in time for the Rededication of the Memorial Courtyard.**

Thanks to Les Grifford of McLean for the heads-up on this. Les' specialty is researching the history of people who are listed on monuments around the county. Thanks, also, to George Apgar for additional research.

If anyone who knew SFC Voorheis would like to share information about him, please contact Holly Hollingsworth at 539-7696 or at pthollingsworth@aol.com. Voorheis' MOS was 76Y45. We would like to know what his job title was.

A new question comes to mind: Was anyone else inadvertently left off the monument? If other names should be added, now would be the perfect time to do it.

Would someone from **Chapter 377** like to do further research so that we can be sure we haven't missed anyone, once and for all?

The restoration committee has made arrangements to have a pancake breakfast at the Moose Club on the Elmira Road in Ithaca. Menu: Eggs any way you want 'em, home fries, toast, juice, coffee, French toast, pancakes. **Proceeds from this event will go to restoration work, including the important addition of SFC Voorheis' name on the Vietnam Monument.**

COST: \$5

Chapter 377's help could be counted as part of our chapter's contribution to the cost of monument repair and rededication. The cost of adding SFC Voorheis' name was not in the original budget proposal since we only recently learned of Voorheis' omission. **It is our duty to ensure that he is remembered.**

We will need 6 to 9 people to set up, wait on tables, clean up, and be cashier at the breakfast. There is a possibility that we can run a 50/50 which will get much-needed cash for the park project. If you can spare only an hour or two, that would be appreciated. Set up will start between 7 and 7:15. **Please call Holly at 539-7696 if you can help – or just show up! Thanks!**

ALL YOU CAN EAT BREAKFAST

Saturday, February 21 Serving 7:30 -11:00 AM
MOOSE CLUB 367 ELMIRA ROAD ITHACA

- SPREAD THE WORD!
- EACH BREAKFAST SOLD GETS US CLOSER TO SUCCESS!



Tompkins County Vietnam Veterans' Memorial
Located in DeWitt Park, Ithaca, New York

► **Chapter Help Needed at Fund-Raiser**

CHAPTER INFORMATION

President	Tony Evangelista	749-7479
Vice-President	Fran Moore	756-4482
Treasurer	Harvey Baker	898-3507
Secretary	Ron Pluck	273-2806
Directors	Art Denman, Larry Housel, Mike Moran, Paul Pagliaro, George Pierro, Dan Rose, Rene Sylvester	
CHAPTER CALENDAR		
February 2	7:30	General Meeting
March 2	7:30	General Meeting
MEETINGS ARE HELD AT DVMH on DRYDEN RD.		

DVMH CALENDAR

February 2	7:00 PM	American Legion Meeting
February 8	1:00 PM	VFW Meeting
February 21	7-11:00 PM	Auxiliary Dance
February 23	7:00 PM	DVMH Board Meeting



The DVMH is now serving breakfast on weekends from 7 to 11 AM. Wednesday nights are wing nights: \$4 a dozen, served from 4 to 8 PM. Thursday nights are prime rib nights: \$12 Queen or \$16 King which include baked potato and salad bar, served from 4-8 PM. Friday nights are fish nights: \$10 includes salad bar and choice of baked potato or macaroni and cheese, served from 4-8 PM. Bar food is available Tuesday through Saturday until 9:00 PM.

FROM CHAPTER 377 PRESIDENT

Elections are coming up in April. Think about being an officer. The parade's in May in Dryden. There'll be information in the newsletter about dates and times. We have to see if we have a vet picnic someplace this year.

Our next meeting is on Feb. 2 to see what we can come up with for the events already listed.

---Tony Evangelista, President

FROM CHAPTER 377 SECRETARY

V.V.A. Chapter 377 meeting, January 5, 2009, was called to order at 7:37 with the pledge to the flag. The meeting was dedicated to Charles Snow, Jr., US Navy. We talked about the newsletter. It's a burden on the chapter's checking account. With the cost of everything- printing, stamps, envelopes- it's close to \$100 a month. We talked about not having a newsletter or about having one on alternate months when there wasn't much going on. March was about the only month when that is the case. If we skipped March in the future, we could send postcards reminding people of the elections in April. Holly talked briefly about the monuments in DeWitt Park and the rededication of the Memorial Courtyard coming up in October of this year. Meeting adjourned at 8:37 PM.

--Ron Pluck, Secretary

THIS 'N' THAT

--BELL-RINGIN' SUCCESS

Just want to thank all the members that called to help with the Salvation Army bell ringing. I want to especially thank Pat for all the great advertising. It made my job a lot easier. Volunteers included Ron Pluck, Rene Sylvester, Charlie Pearson, Jim Jones, George Strednak, Doug & Sue Caveney, Danny Baker, Ned Hickey, and Pat and Holly. Hope you all had a good time.



Hopefully we made a little difference. The hour went quick. By the end, we had to stuff in the bills, and the pot was heavy. Thanks again. Hope to do it again next year.

--Art Denman

--FACTS ABOUT THOSE WHO SERVED

From a speech that General Westmoreland made in 1986 at the Air Force Academy

Two thirds of the men who served in Vietnam were volunteers while two thirds of the men who served in WWII were drafted.

Eighty six percent of the men killed in Vietnam were Caucasian. Twelve and a half percent were Black, and one and two tenths percent were of other races.

The average age of an infantry man in Vietnam was 22, but in WWII the average age of an infantry man was 26.

The average infantry man in the South Pacific during WWII saw 40 days of actual combat in 4 years while the average infantry man in Vietnam saw 240 days of combat, thanks mostly to the mobility of helicopters.

--Provided by Harvey Baker

--DD-214 NOW AVAILABLE ONLINE

The National Personnel Records Center has provided the following Web site for veterans to gain access to their DD-214 online: www.vetreecs.archives.gov This may be particularly helpful when a veteran needs a copy of his or her DD-214 for situations that require the proof of military service. Veterans and the next of kin of deceased veterans may now use the new online military personnel records system to request documents.

The new Web-based application was designed to provide better service on these requests by eliminating the records center's mailroom processing time and timely reply's of documentation.

(Taken from New York Overseas Veteran Newsletter)

►► IF YOU'D ENJOY READING THE
NEWSLETTER ONLINE, LET ME
KNOW AT pthollingsworth@aol.com.
THANKS! --Pat



QUOTES OF THE MONTH

- “Walking is the best possible exercise. Habituate yourself to walk very far.” ---Thomas Jefferson
- “If your dog is fat, you’re not getting enough exercise.” ---Unknown
- “The really tough thing about true humility is you can’t brag about it.” ---Gene Brown
- “The error of youth is to believe that intelligence is a substitute for experience while the error of age is to believe that experience is a substitute for intelligence.” ---Lyman Bryson

NATIONAL NEWS

VA to OFFER HEALTH CARE For PREVIOUSLY INELIGIBLE VETERANS

“The Department of Veteran’ Affairs announced today (January 8, 2009) plans to re-open enrollment in its health care system by July 2009 to about 265,000 veterans whose incomes exceed current limits....

“VA originally suspended enrollment for Priority 8 veterans because it was unable to provide all enrolled veterans with timely access to its health care due to a tremendous growth in the number of veterans then seeking enrollment. VA now plans to reopen enrollment for a portion of these veterans without compromising the Departments’ ability to provide high quality health care services to all enrolled veterans who are eligible for care.

“VA’s computer systems are being modified to accommodate the changes, and the Department is preparing communication and education materials to ensure that Congress, veterans’ service organizations, and the public are aware of the coming changes.

“ ‘The rule will take effect by June 30, 2009, if the regulatory process proceeds smoothly,’ (Secretary of Veterans’ Affairs) James B. Peake said. ‘We look forward to welcoming these newly-eligible veterans into the VA system. VA will continue to monitor wait times to ensure the quality of care is not adversely affected.’ “

More information is available at goldstarmoms@Yahoo.com. ---Provided by **Linda Pierro**

WEBSITE IDEA

Harry Edwards, Secretary of the Vietnam Veterans of America, Chapter 803, in Elmira sent along the following link: vietnamdogtags.com. At the main page of that site, you will find: “This site was created to honor the veterans of the Vietnam War and the sacrifices you made. You are not forgotten, whether home...or still missing. Please visit Dog Tags A-Z link to view the dog tags recovered in Vietnam. It is my hope to return as many tags as possible to their rightful owners – the veterans themselves or their families. Please help me in this quest.” I haven’t checked this site’s reliability, but it’s worth a look-see. ---Pat H.



LOCAL NEWS

108TH HOMECOMING

Delta Company, 108TH Infantry New York National Guard is mostly back. They have leave time and will resume drill in a month or two.

At that time, a WELCOME HOME ceremony will be held.

We will keep you posted so that this chapter will follow through with “NEVER AGAIN WILL ONE GENERATION of VETERANS ABANDON ANOTHER.”

--Operation We Care

Total packages shipped to date is 684. If you’ve been keeping track, you can see by that number that we need more people to ship to. There are lots of folks in Iraq and Afghanistan that would appreciate a “thank you” in the form of a package.

Look around. There are service men and women in your neighborhood or family. Get those names and addresses (which are always kept confidential) to Holly at 539-7696 or send them to pthollingsworth@aol.com.

Here’s a note recently received:

Thank you for your support throughout this deployment. I have lost track of how many packages you have sent over this last year. We leave at the end of January. It is going to feel good coming home even if it is below zero and 5 feet of snow. God bless.

Jeremiah O’Connor CPT TC Commanding



FLAG FACTS

Flag Glossary

♦**Color** In the military service, a national flag carried by unmounted units is called a color. The expression ‘the colors’ is used quite generally in referring to a flag.

♦**Standard** A national flag when carried in military service by mounted or motorized units

♦**Ensign** In its navy, a nation’s flag is usually called an ensign. Often naval ensigns are variations on a national flag. (Copied from *Stars and Stripes Forever – The History of Our Flag*, John Winthrop Adams, ed., p. 76.)

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TO YOUR HEALTH

--The Shingles Vaccine

Zostavax is now recommended by the American College of Physicians for adults 60 or older. The shot has been available since 2006, and a large study has shown it can significantly reduce the occurrence and pain from the disease of shingles. The study looked at about 38,000 people over 60; those who got the shot were half as likely as others to get shingles. A decrease in immunity can release the dormant chicken pox virus and cause shingles. Even those who got shingles despite the vaccine received some benefit. They had 66 percent less overall pain associated with the illness. Provided by **Harvey Baker**

–From [Consumer Reports.org](http://ConsumerReports.org)



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TRANSITIONS

Condolences to the families and friends of...

James L. Beaumont, 63, Summerhill, NY. Served in the Navy during Vietnam War.

Larry W. Brown, 56. Served USMC 1970-1974.

Franklyn P. Cism, III. U. S. Air Force. Staff Sergeant. Served 1968-72.

William H. Clapp, 65. Graduate Ithaca High School. US Navy. Served in Vietnam. Cause of death, ALS, which was caused by agent orange. Spear-headed effort for compensation for Vietnam veterans with ALS.

John Wakeman Grove, 66, Major USAF Retired. Helicopter Pilot Special Operations

John Kent Humphreys, 63, Ithaca High School class of 1963. US Navy. Served on the USS Henry Clay.

Happy Birthday to...

Pat Hollingsworth	February 6
Gerry Stern	February 8
Paul Pagliaro	February 14
Dick Sacchi	February 19
Michael Glass	February 24
Ann Muckey	February 25
Yann Sylvester	February 28

Sick Call...

John Simson His health has reached a point where he needs additional care and will be living in a home in Fayetteville, NY. Keep him in your thoughts and prayers.



SPECIAL EVENTS of the PAST

January 17, 1991	Desert Storm Air War Began
January 28, 1915	U.S. Coast Guard Established
January 28, 1973	Peace in Vietnam Announced
January 30, 1968	Vietcong Launch Tet Offensive

February 1, 1958	First U. S. Satellite Launch
February 19, 1945	Battle of Iwo Jima Began
February 23, 1991	Desert Storm Ground War Began
February 27, 1991	Desert Ground War Ended



Happy Birthday, US Coast Guard
January 28, 1915 Semper Paratus

WRITERS' FORUM

Law of the Garbage Truck

"One day I hopped in a taxi, and we took off for the airport. We were driving in the right lane when suddenly a car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean he was really friendly. So I asked, 'Why did you just do that? That guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.'

"He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

"The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so...love the people who treat you right. Pray for the ones who don't.

"Life is ten percent what you make it and ninety percent how you take it! Have a garbage-free day!"

--Provided by **Denny Grange**

If you've read or written *something you'd like to share* in the Nam Express, please send it to pthollingsworth@aol.com or to 245 Burns Road, Brooktondale, NY, 14817.

Diana Blodgett

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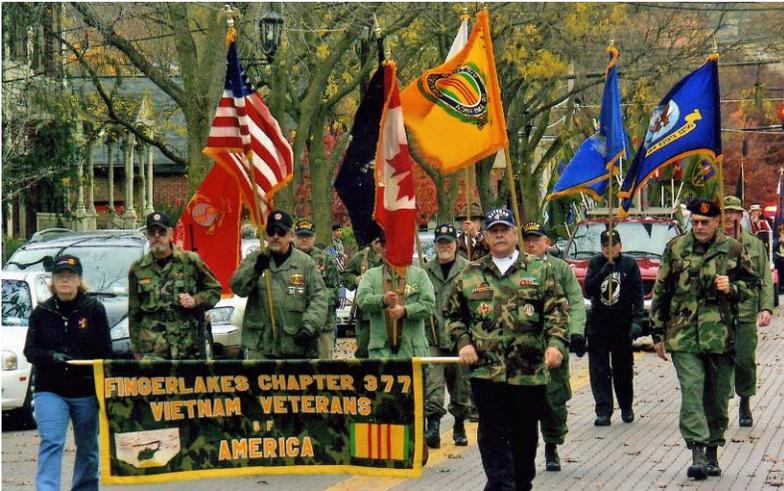
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LIGHTER SIDE: Words Worth Remembering? Here are some winners from the Washington Post's yearly contest in which readers are asked to supply alternate meanings for common words.

1. Coffee -(n) - the person upon whom one coughs
2. Flabbergasted -(adj) - appalled by discovering how much weight one has gained
3. Negligent -(adj) - absentmindedly answering the door when wearing only a nightgown
4. Lymph -(v) - to walk with a lisp
5. Flatulence -(n) - emergency vehicle that picks up someone who has been run over by a steamroller
6. Balderdash - (n) - a rapidly receding hairline
7. Oyster -(n) - a person who sprinkles his conversations with Yiddishisms

--From Barb D'Alleva



Veterans' Day Parade 2008 in Ithaca

From left to right: Nancy Pagliaro and Danny Baker, Chapter 377 banner; Dan Rose, Rifle; Harvey Baker, US Flag; Rene Sylvester, Canadian Flag; Art Denman, V.V.A. Flag; John Gillis, Rifle; Ron Pluck, POW/MIA Flag; Dave Young, USMC Flag; Roger Christian, US Army Flag; Holly Hollingsworth, USAF Flag; Mike Moran, US Navy Flag.

---Photo courtesy Charles Harrington



SFC Jim Rolfe from Delta Company 108TH Infantry serving at FOB Walton in Shouz, Afghanistan

---Photo courtesy Margaret Rolfe



Left to Right: Mike Moran, Rene Sylvester, Holly Hollingsworth, Ralph Moss, Mike Thuesen, Don Hover, Dave Young, Frank Proto, Butch Pell, Caryl Arsenault, Danny Wheeler.

Veterans' Day Ceremony 2008 in Dewitt Park

---Photo courtesy Charles Harrington