

LYCOMING COUNTY OFFICE OF VETERANS AFFAIRS

The Lycoming Vet

Volume 15, Issue 1

January 2023

Happy New Year!!!

Plan a trip this year to see a
Pennsylvania Military Museum



Did you know?

If you were unable to get to your VA Hospital because of an emergency: please contact the VA within **72 hours** of your emergency, so you are better aware of what services VA may or may not cover.
Call: 844-724-7842

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MILITARY DATES OF REMEMBRANCE

January

1 January: New Year's Day

16 January: Martin Luther King Jr. Day

February

3 February: Four Chaplains Day

14 February: Valentine's Day

20 February: President's Day / Coast Guard Reserve Birthday

March

3 March: Navy Reserve Birthday

5 March: Seabee Birthday

13 March: National K9 Veterans Day

17 March: St Patrick's Day

25 March: National Medal of Honor Day

29 March: Vietnam Veterans Day

ACES VETERANS MUSEUM

*Every Day is Veterans Day*

The ACES Veterans Museum is all about honoring our past and nurturing the future. The ACES Veterans Museum is a non-profit organization committed to preserving and celebrating the history, culture, and contributions of America's minority veterans.

The name "ACES" is derived from the nickname, Spades which was given to Blacks in the 1940s. The ACES name was inspired by a child's statement, "If you had to be a Spade, I know you were the ACE!".

ACES Veterans Museum was certified as a Veterans Service Organization (VSO) by the City of Philadelphia in 2009. Ever since then ACES Veterans Museum continued to be dedicated to preserving minority veteran's history and providing support for all members of this community.

In 2015 we were awarded the 800 pound Vietnam Memorial Plaque by the Philadelphia Inquirer, to protect and honor it at the historic ACES Museum site.

ACES Veterans Museum**Monday - Thursday****and 2nd Saturdays****10am - 4pm****We also do group tours by request.****5801-3 Germantown Ave, Philadelphia, PA****<https://acesveteransmuseum.com/home>**



Pennsylvania Military Museum

The Pennsylvania Military Museum is located adjacent to Atherton Street and Boalsburg Pike - just off of Route 322 - and a short distance from the Pennsylvania State University campus.

The Museum is comprised of a gallery, grounds (featuring a pavilion and paved 1/2 mile path), exterior displays, and the 28th Division Shrine & Monuments.

Other than during special events, there is no fee to park and explore the exterior grounds and displays, though there are fees associated with touring the gallery and to attend various events.

GPS Address, Main Parking Lot: 51 Boalsburg Ave., Boalsburg, PA 16827

<https://www.pamilmuseum.org/>

Normal Hours of Operation, and Scheduled Closings

Thursday, Friday, and Saturday: 10AM to 3PM

Sunday: 12PM to 3PM

Closed Monday through Wednesday

Closed Easter Sunday, Labor Day, Thanksgiving, Black Friday, Christmas Eve, Christmas Day, New Year's Eve & New Year's Day



Thomas T. Taber Museum

Established in 1907, the Lycoming County Historical Society is located in the heart of Williamsport's Millionaires' Row. The Society possesses the most comprehensive collection of documents, photographs and artifacts relating to the pre-history, history and culture of northcentral Pennsylvania.

Voices from Home, Voices from the Field

Throughout America's history, there have been many military conflicts that have all affected the residents of Lycoming County in some way. Through words and objects, our Military Gallery portrays the experiences of both those who served in the military and those who remained at home. The focus here is on the way Lycoming County residents responded to the war efforts, both locally and in the larger scale events that took place.

Visit:

<https://tabermuseum.org/explore-museum/military-history>

<https://tabermuseum.org/explore-museum/Military-History-Photos>

Address:

858 West Fourth Street
Williamsport, PA 17701

Phone: (570) 326-3326

Hours

Tue - Fri: 9:30 am - 4:00 pm

Sat: 11:00 am - 4:00 pm

Sun, May-Oct: 1:00 pm - 4:00 pm

Closed Monday



Gettysburg National Military Park **Museum and Visitor Center**

Plan Your Visit

From the signature film, cyclorama and museum experience to battlefield tours and National Park Service historic sites, your official Gettysburg visit starts here. Plan your visit, purchase tickets and get information on free events for a memorable and historic Gettysburg visit.

<https://www.gettysburgfoundation.org>

Gettysburg Foundation
1195 Baltimore Pike
Gettysburg PA 17325

Museum and Visitor Center Hours
Open daily
Dec.– Feb. 9am to 4pm
March - Nov. - 8am to 5pm



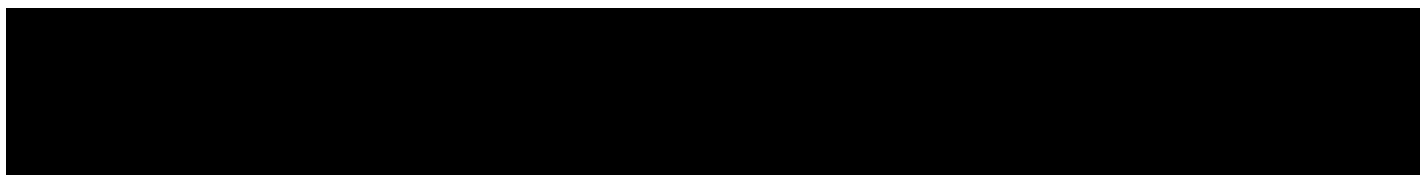
Endless Mountains War Memorial Museum

Main Street
Sonestown Pa 17758

Jack Craft, Owner
570-482-22610

Please call for hours and to make an appointment.

Preserving Military History for Tomorrow





**Saturday, January 7 through Saturday January 14,
2023**

Harrisburg, Pa

**Service Members, Veterans and Thier Families Day -
Thursday , January 12**

<https://www.farmshow.pa.gov/pafarmshow/Pages/Schedule-of-Events-.aspx>

2023 MILITARY VETERANS & FAMILIES DAY

Thursday, January 12

Veterans –
the 1% who protect us

Farmers –
the 1% who feed us



Thursday at PA Farm Show is dedicated to honoring U.S. military veterans and their families for their service to our country. The wildly popular Army-Navy Cookoff anchors the day, starring military chefs battling it out for culinary supremacy on the PA Preferred® Culinary Connection stage at 1:00 p.m. Chefs from all service branches plus farmer-veterans are featured all day.

**All day Thursday, veterans and active duty military –
show your military ID for these special offers*.**

- A&S Dog Treats – 20% off; service dogs receive a small bag of treats
- Centre Boot Company – 10% off
- Casalingo Foods – 15% off
- Floyd's Wooden Animals – 20% off (also firefighters, EMTs, law enforcement)

- Leather 4U – 10% off
- Miller's Gourmet Foods – \$1 off
- PA Cable Network & PCNTV – 25% off PCN Select Annual Subscription
- The Rustic Horse – 10% off
- Unique Jewelry by Fay – 10% off

**Valid Thursday, January 12 only*





Drop off Location
Lycoming County Veterans Affairs Office
330 Pine Street, Suite 401
Williamsport, PA 17701
Phone: 570-327-2365

Lycoming County Hometown Heroes, Inc.
Hometown Heroes
2023 Streetlight Banner Program

The Lycoming County Hometown Heroes, Inc. (LCHH) program serves as a tribute to recognize service men and women from the Lycoming County area who have served or are serving our country in a branch of the military.

Reserve your space starting on **January 1, 2023**. Purchase deadline will be **September 1, 2023 (Cost \$210.00)**.

Each individual banner will include the veteran's name, picture, branch of service, era of service and sponsor's name.

The program is non-political and non-partisan.

- ★ **Early Bird Special: Purchase Banner by April 7, 2023, and receive 15% off (Cost \$178.50).**
- ★ **Special Offer- With the purchase of this year's banner we are offering a garden flag for \$40.00.**
The garden flag will have the Veteran's name, branch of service, era of service and picture. This flag will fit on a normal garden flag holder.

The Hometown Heroes Banners:

- ★ Will be on display for **one** year
- ★ Will be located on street lights in Williamsport
- ★ Will be 18" wide and 36" high
- ★ Will include the sponsor's name prominently displayed at the bottom of the banner

Ways to Sponsor a Banner

- ★ Family members and loved ones of veterans may purchase a banner themselves or obtain sponsorship by a local business.
 - LCHH is not responsible for finding sponsorship for banners purchased by individuals, family members or loved ones.
- ★ Should a family wish to purchase a banner; the family name will appear on the banner in place of the business sponsorship name.
- ★ Businesses may sponsor a banner for a particular veteran by contacting Lycoming County Home Town Heroes Inc.
- ★ Cost of sponsorship for families, individuals and civic organizations and businesses is **\$210.00**.
- ★ **Please make checks Payable to LCHH (Lycoming County Hometown Heroes).**

Sponsorships Benefits include:

- ★ Sponsor's name listed on each banner purchased
- ★ Participation in the Lycoming County Hometown Hero Ceremony
- ★ Listing in the Lycoming County Hometown Hero Ceremony Program Booklet

Lycoming County Hometown Heroes, Inc. is a not for profit, organization whose mission is to recognize the contributions of our veterans who served, promote role models for our youth, and provide assistance to veterans and their families in need.

All sponsorships are tax deductible to the extent allowed by the law.

- ★ **Not looking to Sponsor a Banner, Donations also accepted all year round.**

Lycoming County Hometown Heroes, Inc. will make a good faith effort to hang banners on light poles in areas desirable to your business; **however, final placement is at LCHH's discretion.**

The banners will be provided to the sponsor of the banner at the end of the display year.

*If the specific veteran is being honored, the sponsor must complete the sponsorship form. This helps to ensure that LCHH has the most accurate and correct information. Sponsorship forms CANNOT be completed by LCHH, or over the telephone. ***Forms MUST be fully completed to be accepted for sponsorship.**

***Please include the Veteran/ Family of Veteran's personal information so we are able to send the LCHH Ceremony information directly to them.**

2023 Hometown Heroes Banner Program

Hometown Hero Information (Please print) Submit an ORIGINAL PHOTO- it will be returned

Name of Veteran in Photo *(as it should appear on banner)*: _____

Is the Veteran? **ALIVE** _____ **DECEASED** _____ **KIA** _____ **POW/MIA** _____

Era of Service (WWI, WWII, etc.)** _____ Branch of Military: _____

Is this a Renewal? **Yes** _____ **No** _____ If so, are you using the same Picture? **Yes** _____ **No** _____

Sponsor's Name *(as it should appear on banner)*: _____

Name of person submitting photo: _____ Relationship to Veteran: _____

Veteran/ Family of Veteran's Information:

Name: _____ Phone Number: _____

Address: _____

PHOTO RELEASE

I hereby grant Lycoming County Hometown Heroes, Inc., permission to use the attached photo (which includes a likeness of me or of my relative) in the 2023 Williamsport Hometown Heroes Program without payment or other consideration.

(Signature)

(Date)

(Printed name)

.....
SPECIAL OFFER- \$40.00 Garden Flag

____ **Yes** I want to include a garden flag for \$40.00 along with my Large Banner Purchase

____ **No** I do not wish to purchase a garden flag

BUSINESS SPONSOR (Please fill in this section also – please print)

Sponsor Name *(as it should appear on banner)*: _____

Contact Name: _____

Phone Number: _____

Address: _____

____ Yes, I will make a contribution to the Hometown Hero Celebration

____ Yes, I will sponsor a Banner

PLEASE MARK ONE - If sponsoring a banner but do not have a veteran

____ The Business would like the banner

____ The veteran/ family of veteran may have the banner

.....
****Era of Service - Official Department of Defense Dates ****

Global War on Terror (GWOT): September 11, 2001 - to present

Cold War: September 2, 1945 – December 26, 1991

Korean Conflict Era: June 27, 1950 - January 31, 1955

WW I Era: April 6, 1917 - November 11, 1918

Persian Gulf: August 2, 1990 - August 31, 1991

Vietnam Era: November 1, 1955 - May 7, 1975

WW II Era: December 7, 1941 - December 31, 1946

****IF YOU HAVE ANY QUESTIONS PLEASE CONTACT US AT 570-327-2365****

Don't forget your Commissary



Expanded commissary shopping privileges in the U.S. effective 1 January 2020 as part of the Purple Heart and Disabled Veterans Equal Access Act of 2018, included in the John S. McCain National Defense Authorization Act for Fiscal Year 2019. This expansion adds to the existing authorized shopper list.

Access was expanded to include:

- Veterans with any service-connected disability
- Purple Heart recipients
- Former Prisoners of war, and
- Individuals approved and designated as the primary family caregivers of eligible Veterans under the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers

Cheesy Grits, Greens and Black-Eyed Peas

Serves 4

- 1 cup of Quick Grits
- 4 cups of water
- 1 15 oz. can of Black-eyed peas, rinsed and drained
- 4 oz. low sodium turkey bacon
- ½ cup low sodium canned stewed tomatoes
- 1 medium onion, diced
- 12 oz. frozen greens (collard or turnip)
- ½ tsp. garlic power
- 1 tsp. onion powder
- 2 dashes of salt
- 1 tablespoon unsalted butter
- Hot sauce (optional)
- 2-3 dashes red pepper flakes (optional)
- 4 oz. shredded cheddar cheese

1 Directions

1. In a medium sized skillet over medium heat melt the butter, add the diced onions salt and cooking, stirring often until translucent.
2. On a microwave safe plate, place 4 slices of the bacon on a single layer and cover with a paper towel. Microwave for 3 minutes until crispy. May need to microwave in additional 30 second increments, until desired layer of crispy. Set aside, and repeat with an additional 4 slices. (Be careful, the plate will be hot, so handle with care. Set cooked bacon aside.
3. Once onions are tender, add the frozen greens and diced tomatoes and 1-2 tbsp of additional water. Cover and cook for 4-6 minutes until the greens start becoming tender. Add the drained black-eyed peas, onion powder and other optional spices. Cover and continue cooking over medium heat. Stir occasionally until the greens are the desired level of tender. Add additional water 1-2 tbsps. at time throughout cooking to prevent burning or sticking.
4. Meanwhile, in a sauce pan, begin cooking the grits according to package directions. Once cooked, remove from heat and add the garlic powder, cheese and hot sauce (if using), stir and cover to melt the cheese.

Serve by placing 1/4 of the grits on a plate, topped with one 1/4 of the greens and beans and slice of the bacon crumbled over the top.

**Pennsylvania
Commissary Locations**

Carlisle Barracks * Pittsburgh Area * Tobyhanna

Army Recipes
August 15, 1944 War Department TM 10 -412

<https://archive.org/details/TM10-412/page/n215/mode/2up?view=theater>

NO. 655. VEGETABLE STEW

Yield: 100 servings, approximately 1/2 cup each.

Ingredients	100 servings	... servings
Carrots, cooked, diced.....	3 3/4 pounds (2 3/4 No. 56 dippers).....
Potatoes, cooked, diced.....	3 3/4 pounds (2 3/4 No. 56 dippers).....
Celery, cooked, diced.....	3 pounds (3 No. 56 dippers).....
Beans, wax.....	1 No. 10 can.....
Peas.....	1 No. 10 can.....
Flour, sifted.....	6 ounces (1/2 mess kit cup).....
Sugar, granulated.....	3 ounces (6 mess kit spoons).....
Salt.....	1 1/2 ounces (3 mess kit spoons).....
Pepper.....	(1/4 mess kit spoon).....
Tomatoes.....	1 No. 10 can.....
Butter or bacon fat.....	12 ounces (1/2 mess kit cup).....

- 1. Drain cooked carrots, potatoes and celery.
- 2. Mix beans and peas; heat. Drain.
- 3. Combine flour, sugar, salt, pepper and tomatoes; mix well. Heat.
- 4. Combine all vegetables; add butter or bacon fat. Heat thoroughly.

NOTE. Use vegetable liquids in soups.



Army Recipes
August 15, 1944 War Department TM 10 -412

<https://archive.org/details/TM10-412/page/n215/mode/2up?view=theater>

NO. 83. BROWNIES

Yield: 17 pounds mixture
218 cookies, each 2
inches square.

Ingredients	100 servings	servings
Flour, sifted	2½ pounds (2½ No. 56 dippers)	
Baking powder	¼ ounce (2 mess kit spoons)	
Salt	½ ounce (1 mess kit spoon)	
Cocoa	1 pound (1¼ No. 56 dippers)	
Raisins, seedless	3 pounds (3 mess kit cups)	
Shortening	2½ pounds (1¼ No. 56 dippers)	
Sugar, granulated	5½ pounds (2½ No. 56 dippers)	
Eggs, beaten	26 eggs (1¼ No. 56 dippers)	
Vanilla	2 ounce (4 mess kit spoons)	

1. Sift flour, baking powder, salt, and cocoa together. Add raisins; mix well.
2. Mix shortening and sugar; stir until light and fluffy.
3. Add beaten egg gradually, mixing well after each addition; add vanilla.
4. Add flour mixture and mix only enough to dampen flour.
5. Spread mixture about ¾ inch thick in well greased baking pans. Bake in slow oven (325° F.) 35 minutes.
6. Cut into 2-inch squares at once. Turn out onto rack to cool.

BEETLE BAILEY



Warm Up Shop



In need of a warm jacket or other necessity?

Come on in for a visit,
no appointment needed!

Items available vary!!



Donations Welcomed!!!

We are looking for gently used or new jackets, scarves, gloves or other necessities.

Other items may include:

- Blankets
- Walkers
- Canes
- Clothes for interviews
- Hats
- Etc.



Thank you!!!!



EVERY CHILD DESERVES A LITTLE CHRISTMAS

♥ *We collected 50 beautiful toys for local children!*
Thank you so much to everyone that helped us!!!! ♥



VA will begin processing PACT Act benefits claims for all Veterans and survivors on Jan. 1

WASHINGTON — On Jan. 1, 2023, the Department of Veterans Affairs will begin processing PACT Act benefit claims for all Veterans and their survivors.

The PACT Act is the most significant expansion of Veteran benefits and care in more than three decades, empowering VA to help millions of toxic exposed Veterans and their survivors. Since President Biden signed the PACT Act into law Aug. 10, more than 213,000 PACT Act-related claims for benefits have been submitted. Additionally, more than 959,000 Veterans have received VA's new toxic exposure screenings, with nearly 39% reporting a concern of exposure.

"The PACT Act is the least we can do for the countless men and women...who suffered toxic exposure while serving their country," said **President Biden** during the PACT Act bill signing ceremony. "It means access to life insurance, home loan insurance, tuition benefits, and help with healthcare. It means new facilities, improved care, more research, and increased hiring and retention of healthcare workers treating Veterans."

From the moment the PACT Act was signed into law, VA's priority has been getting Veterans the benefits they deserve as quickly as possible. VA sped up the timeline for many Veterans to get their PACT Act benefits by several years by deciding not to phase in PACT Act benefits through 2026, as written into the legislation, and instead make all new PACT Act presumptions of exposure and service connection applicable Aug. 10. January 1 is the earliest date that VA will have both the authorities and capabilities necessary to fully process all PACT Act claims.

"We at VA are ready to process these claims and deliver PACT Act-related care and benefits to toxic exposed Veterans and their survivors," said **VA Secretary Denis McDonough**. "To all Veterans and survivors: don't wait, apply now – we will get you the care and benefits you deserve."

"Right now, VA is delivering more benefits, more quickly, to more Veterans than ever before – and we are ready to deliver PACT Act benefits to all Veterans starting January 1," said **Josh Jacobs, senior advisor for policy, who is currently performing the delegable duties of the Under Secretary for Benefits**.

To prepare for the influx of PACT Act claims, the Veterans Benefits Administration has been aggressively hiring and training Veterans service representatives, rating Veterans service representatives and legal administrative specialists around the nation. Over the past two years, VA has hired more than 2700 individuals to help process Veteran claims. As a result of these efforts, VA is processing Veteran benefits claims at the fastest rate in VA history: in 2022, VA completed more than 1.7 million VA disability and pension claims for Veterans, an all-time VA record that broke the previous year's record by 12%.

While VA did not have the capabilities to begin fully processing PACT Act claims for all Veterans until Jan. 1, 2023, VA was able to expedite processing for terminally ill Veterans beginning Dec. 12. VA continues to prioritize processing claims for terminally ill Veterans, Veterans with toxic exposure-related cancers, Veterans experiencing homelessness, Veterans older than 85 years old, Veterans experiencing financial hardship, and Medal of Honor and Purple Heart recipients. In most cases, if a Veteran files a claim within the first year after the President signed the bill, the effective date for benefits will be Aug. 10, 2022.

VA is currently executing the largest Veteran outreach campaign in its history to inform Veterans, their families and survivors about the PACT Act and encourage them to apply for the health care and benefits they have earned. As a part of that effort, VA hosted a PACT Act Week of Action between Dec. 10 and Dec. 17, during which the Department hosted more than 120 events across all 50 states, the District of Columbia and Puerto Rico.

VA launches largest ever liver cancer screening study

WASHINGTON — In 2023, the Department of Veterans Affairs will embark on a study to determine the most effective screening technique for liver cancer, a deadly cancer that can be cured if caught early. This is the largest clinical trial in history related to liver cancer screening.

The study will determine whether detecting liver cancer earlier with abbreviated MRI can make a difference for patients' risk of death. Better known as PREMIUM — **PRE**venting Liver Cancer **M**ortality through Imaging with **U**ltrasound vs. **M**RI — the trial's objective is to determine whether screening with abbreviated magnetic resonance imaging is better than ultrasound, the current standard of care in reducing liver cancer deaths in Veterans.

"This type of large, multicenter trial could only be conducted in VA ? the largest integrated health care system in the country," said **Assistant Under Secretary of Health for Discovery, Education and Affiliate Networks Carolyn M. Clancy, M.D.** "VA has a high prevalence of patients with advanced liver disease who could benefit from screening for liver cancer. The study has the potential to change clinical practice for tens of thousands of Veterans and non-Veterans alike, and it could answer key questions about liver cancer screening that have been debated for more than three decades."

This effort is a part of the Biden-Harris Administration's [Cancer Moonshot](#) to care for those with cancer and end cancer as we know it. Liver cancer is the sixth leading cause of cancer-related death in the U.S. The PREMIUM trial will recruit 4,700 Veterans with cirrhosis (liver scarring caused by several different conditions) from 47 VA medical centers.

VA's Veterans Health Administration is the largest health care provider in the U.S. for patients with cirrhosis, a leading risk factor for liver cancer. Enrollment will begin in 2023 and follow participants over an 8-year period. This is the first clinical trial to compare the two screening methods (ultrasound and MRI) for effect on patient death. Ultrasound has long been the standard of care for liver cancer screening. However, its quality can vary significantly depending on the person doing the procedure and the body type of the patient. MRI is the gold standard for detecting liver cancer once a mass is detected on ultrasound. Abbreviated MRI, a much shorter procedure than standard MRI, has shown promise in detecting liver cancer at early stages.

The trial is led by co-chairs Dr. George Ioannou of the VA Puget Sound Healthcare System and Dr. Tamar Taddei of the VA Connecticut Healthcare System, sponsored by the VA Cooperative Studies Program and coordinated by the West Haven CSP Coordinating Center.

For more information, visit the [PREMIUM clinical trial site](#).

VA creates scholarship program to help aspiring VA mental health professionals

WASHINGTON — Today, the Department of Veterans Affairs announced that it will establish a Vet Center (Readjustment Counseling Service) Scholarship Program to assist individuals pursuing graduate degrees in psychology, social work, marriage and family therapy, or mental health counseling.

VA expects to award scholarships in the summer of 2023, providing funding to cover up to two years of graduate studies for individuals pursuing these degrees. Upon completion of their degrees, these mental health professionals will then serve full time for a period of six years at one of VA's 300 Vet Centers across the country, specifically, in underserved areas that need additional mental health professionals and in states with a per-capita population of more than 5% Veterans.

"In 300 communities across the country, Vet Centers provide Veterans, service members, and their families with quick and easy access to the mental health care they need and deserve," said **VA Secretary Denis McDonough**. "These scholarships will help VA ensure all Veterans and service members — including those in historically underserved areas — have access to Vet Centers with highly-qualified, trained and compassionate staff."

Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible Veterans, service members, including National Guard and Reserve components and their families. Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma. In Fiscal Year 2022, 286,907 Veterans, service members (including members of the National Guard and Reserves) and their families received counseling at VA's 300 Vet Centers, totaling nearly 1.34 million visits and outreach contacts.

Today, VA posted a final rule for public inspection in the Federal Register 86 FR 81094 to create this scholarship program. The rule originates from the Commander John Scott Hannon Veterans Mental Health Care Improvement Act of 2019 which created the scholarship program as an incentive to train more individuals in psychology, social work, marriage and family therapy or mental health counseling. It is also a part of the Biden-Harris administration's broader efforts to support Veterans and improve mental health care access for all.

VA will launch new life insurance program in January, making life insurance available to more Veterans than ever before

WASHINGTON — On Jan. 1, 2023, the Department of Veterans Affairs will open enrollment for Veterans Affairs Life Insurance — the first new VA life insurance program for Veterans in more than 50 years — extending VALife access to millions of Veterans.

VALife will provide up to \$40,000 of whole life insurance for all Veterans, age 80 or under, with service-connected disabilities rated from 0-100%. Acceptance in the program is guaranteed, and no medical underwriting is required.

It will also allow Veterans to complete their application online, receive instant decisions, and perform self-service functions — including electronic payments and beneficiary updates.

“All Veterans deserve to know that their families will have financial support when they pass away,” said **VA Secretary Denis McDonough**. “VALife is a critical step toward making that goal a reality, helping VA provide more life insurance to more Veterans than ever before in our nation’s history.”

VALife will increase Veteran access to life insurance in several ways:

There is no time limit to apply: VA’s existing life insurance program for service-disabled Veterans, [Service-Disabled Veterans Insurance](#), required most Veterans to apply for insurance within 2 years of receiving their disability rating. VALife has no such time constraint for Veterans aged 80 and under.

- **There is no health requirement to apply:** Under S-DVI, Veterans had to be in good health except for service-connected conditions. VALife has no medical evaluation tied to it.

- **Veterans are eligible for more coverage than before:** Under S-DVI, most Veterans could only receive up to \$10,000 of coverage. Under VALife, all Veterans are eligible for up to \$40,000 of coverage.

VALife premium rates are competitive with, or better than, similar coverage available in the private sector, and \$40,000 of coverage is more coverage than other like products offered. The policy will build cash value after the first two years of coverage when the face value goes into effect. If a Veteran passes away during this two-year waiting period, the named beneficiary will receive all premiums paid plus interest. Unlike S-DVI, Veterans will *not* be able to get a waiver for their premiums.

VA currently serves nearly 6 million Veterans, service members and their families with more than \$1.2 trillion of insurance. Veterans currently enrolled in S-DVI will have the option to keep their current coverage or switch to VALife. These Veterans can apply for VALife at any time after Jan. 1, 2023; however, if they apply between Jan. 1, 2023, and Dec. 31, 2025, they can also retain coverage under S-DVI during the two-year waiting period for the VALife death benefit to go into effect.

Veterans will no longer be able to apply for S-DVI after VALife launches Jan. 1, 2023. However, eligible Veterans still have the opportunity to [apply](#) for the program between now and Dec. 31, 2022.

To learn more, visit [VALife](#). Information can also be found in the [final rule](#).

Valentines for Vets Call for Valentines!!!!

Hello,

Once again I am asking for your help to donate Valentines for Vets! This is my 25th year and I'd like to make it as big as ever in donations. Those of you who craft/crochet/knit, if you are interested in providing lap blankets/hats, I would love to deliver those as well. ☺

This year the National Salute to Veteran Patients (Valentines for Vets) week is February 12-18, 2023. The purpose of the National Salute to Veteran Patients Program is to pay tribute and express appreciation to Veterans, increase community awareness of the role of the VA Medical Center and to encourage citizens to correspond with hospitalized Veterans and to let them know they are not forgotten! The week of February 14 each year is an opportunity to say THANK YOU to this special group of men and women as more than 98,000 Veterans of the US Armed Services are cared for every day in the Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliaries and nursing homes.

This is a great community service project for classrooms, day cares, church and scout groups or ANYONE who would like to show our hospitalized Veterans they are NOT forgotten. This is a project near and dear to me, but I need YOUR help to keep it going! Your Valentine can be handmade or store bought (even the ones that kids disburse in school) and addressed with any salutation you prefer, such as 'A Hero' or 'A Veteran'. You can sign the cards with your name or leave them blank (I've been told they enjoy seeing at least a first name- brings a smile!).

The Valentines are sent to Walter Reed Army Hospital, I take them to the Wilkes Barre VA and local hospitals that house Veterans (Manor Care, Muncy Valley Skilled Nursing/Muncy Place and Wolf Run Assisted Living. Please have all Valentines to me by February 9, 2023 so that I can make sure that they are delivered in a timely fashion.

For those of you that are curious due to recent regulations about sending 'anonymous' mail to these facilities, please be assured that I have specific contacts who assist and make sure the Valentines get to the right people!

Thank you!

Sue A Clayton
Deputy Director, Lycoming County Domestic Relations
Please email for arraignments to pick up valentines:
sueclayton2426@gmail.com





Veterans
Crisis Line
1-800-273-8255 press 1

Confidential help for Veterans
and their families

Confidential chat at VeteransCrisisLine.net
Or
Text to 838255

VAMC Wilkes-Barre Toll Free: 1-877-928-2621

Commercial : 570-824-3521
Utilization Management - EXT. 27258

24 hr/7 days a week
Health Benefits Advisor, Administrative Officer On Duty - EXT. 27140

The Lycoming County
Veterans Affairs Office Museum

Stop in to look around and say “Hello”

Hats donated by
Tom Marino

United States Representative

In office
January 3, 2011 – January 23, 2019



LYCOMING COUNTY VETERANS MEMORIAL PARK
WILLIAMSPORT, PA

Honor or memorialize a Veteran with a personalized brick permanently placed within the renovated walkways of the Lycoming County Veterans Memorial Park, located at West Fourth Street and Wahoo Drive, Williamsport, PA.

Select a size:

_____ 4" x 8" Up to 3 lines of text, gray brick
\$50 Maximum of 15 characters per line, including letters, numbers, spaces, and symbols.

_____ 12" x 12" Up to 6 lines of text, gray brick
\$200 Maximum of 15 characters per line, including letters, numbers, spaces, and symbols.



Please fill out 1 order form per brick. **PRINT** clearly with 1 character per block.

Ordered by: Name: _____

Address: _____

Phone: _____

Email: _____

Please submit your order forms, along with payment to:

Streets and Parks Department
ATTN: Veterans Memorial Park
1550 West Third Street
Williamsport, PA 17701

Make checks payable to: **Lycoming County Veterans Memorial Park**

VETERANS MEMORIAL PARK OF PICTURE ROCKS

A 501 © (3) Non-Profit Corporation

PERSONALIZED VETERAN BRICK ORDER FORM

Honor or memorialize a Veteran with a personalized brick permanently placed within the walkways of the newly constructed Veterans Memorial Park of Picture Rocks. ALL Veterans, not just those from Picture Rocks, are eligible to have a brick.

The park is located on South Main Street (US Route 220) in Pictures Rocks, Pennsylvania.

Bricks may be engraved with three (3) lines of text. Each line can accommodated a maximum of eighteen (18) characters (which includes letters, punctuation and spaces.)

The \$50.00 price includes the cost of one brick with three lines of engraving and a tax deductible donation of \$32.00.

The following contact information is requested of the person placing the brick order:

Name: _____
Mailing Address: _____
City, State & Zip: _____
Telephone: _____
Email Address: _____

Using the blocks provided below, please PRINT clearly the information you wish to have engraved on the brick.

Please submit your completed brick order form, along with a check for the amount of \$50.00, to the following address:

Veterans Memorial Park of Picture Rocks, Inc
P.O. Box 410
Picture Rocks, Pa 17762-0410

Checks are payable to the Veterans Memorial Park of Picture Rocks, Inc.

Events:

Veterans Breakfasts

Grim’s Diner
5849 Warrensville Road
8:00 a.m.
2nd Monday of every month
\$8.00

Hillside Assisted Living Community
2725 Four Mile Drive
8:30 - 9:30 a.m.
1st Tuesday of every month
Free

Events:

Disabled American Veterans (DAV)

The second Tuesday of the month
6:00 p.m.
Location: Post 1, American Legion , 10 East Third Street, Williamsport
Susquehanna Valley Chapter 47 of The Disabled American Veterans
P.O. Box 3372, Williamsport, PA 17701
Phone: 570-244-6649

Horses Healing Heroes

When: 22nd of every month
Where: Elysian Fields Equestrian Center
1345 Tallman Hollow Road, Montoursville
570-975-4991
Free, call for more information

Marine Corp. League

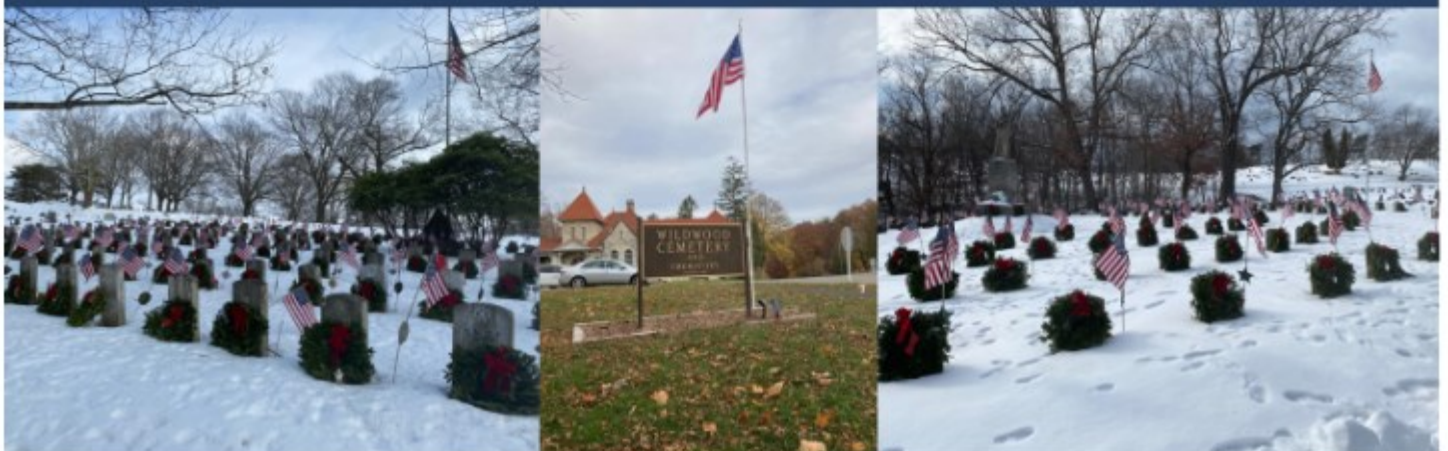
3rd Saturday of the Month
August September October November
Tractor Supply
Hot dog and Hamburger sale



Wildwood Cemetery

REMEMBERS AND
HONORS OUR VETERANS

That's why we will now offer a
10% discount on all burial property purchases
for veterans with proof of service. Because of
your bravery we are able to pay it forward.



AMERICAN LEGIONS, VFW's & OTHER COUNTY VETERAN ORGANIZATIONS



American Legion Post 1-

Garrett Cochran
10 E. 3rd St., Williamsport, PA 17701
Phone: 570-323-9409

American Legion Post 35-

Glenn Sharrow
76 N. Main St., Hughesville, PA 17737
Phone: 570-584-2123

American Legion Post 36 -

George Webster Pepperman
P.O. Box 211, Jersey Shore, PA 17740
Phone: 570-398-4174

American Legion Post 104 -

Eugene Grafius
1312 Broad St., Montoursville, PA 17754
Phone: 570-368-9000

American Legion Post 251 -

Bower Decker
185 Broad St., Montgomery, PA 17752
Phone: 570-547-2039

American Legion Post 268 -

Roland Ritter
515 Legion Rd., Muncy, PA 17756
Phone: 570-546-5210

American Legion Post 617 -

Royal P. Steinbacher
901 Market Street, South Williamsport, PA 17702
Phone: 570-327-0255

United States Submarine Veterans Inc.-

Williamsport Base
Mailing: 160 North Broad St, Hughesville, PA 17737
Meeting Location: Zafar Gorotto Club
381 E. 2nd St, S. Williamsport, PA 17702
Phone: 570-244-1351

VFW Post 3428-

Edward J. Smith Post
12 N Market St., Muncy, PA 17756
Phone: 570-546-3820

VFW Post 5859-

Billy O. Brandt Post
201 N. Lincoln Ave., Jersey Shore, PA 17740
Phone: 570-8656216

VFW Post 7863-

Le Roy O. Buck Post
150 Shaffer St., South Williamsport, PA 17702
Phone: 570-323-1579

Susquehanna Valley Chapter 47 of The Disabled American Veterans

P.O. Box 3372, Williamsport, PA 17701
Phone: 570-244-6649

Williamsport Detachment 388 Marine Corp League Inc.

507 Cemetery Street, Williamsport, PA 17701
Phone: 570-323-9900

Korean War Veterans of Lycoming County, Inc.

P. O. Box 3232, Williamsport, PA 17701
Phone: 570-745-3775

Lycoming County Veterans Council Inc.

C/O 2310 Newberry Street
Williamsport, PA 17701
570-220-8156

Blue Star Mothers of America Inc. -

Chapter 12
P.O. Box 851
Williamsport, PA 17703
Phone: 570-772-4638

Your Reps in Washington & Harrisburg



U.S. Representative Dan Meuser — 9th Congressional District

350 Cannon House Office Building
Washington, DC 20003

Washington, DC Office
202-225-6511

Market Street Plaza
1000 Market Street Suite 39
Bloomsburg, PA 17815
570-871-6370



PA State Senator Gene Yaw — Senate District 23

175 Pine Street, Suite 105
Williamsport, PA 17701
Phone: 570-322-6457
Fax: 570-327-3703
Toll-free: 1-800-443-5772

362 Main Capitol
Senate Box 203023
Harrisburg, Pa 17120-3023
Phone: 717-787-3280
Fax: 717-772-0575

Website: <http://senatorgeneyaw.com/>

TTY: 800-364-1581

Email: gyaw@pasen.gov



PA State Representative Joe Hamm — 84th Legislative District

274 Broad Street
Montoursville, Pa 17754

Tiadaghton Valley Mall
Room 105

Phone: 570-546-2084
Fax: 570-368-5668

Jersey Shore, PA 17740
Phone: 570-398-4476
Fax: 570-398-5963

Website: <http://www.repjoehamm.com/>

Email: jhamm@pahousegop.com



PA State Representative Jamie Flick — 83rd Legislative District

Water Tower Square Suite 104
Williamsport, PA 17701
Phone: 570-337-7638

155A East Wing
P.O. Box 202083
Harrisburg, PA 17120-2083
Phone: 717-787-2885
Fax: 717-782-2948

Not sure who your representative is? Find out at:
<http://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/countylist.cfm?CNTYLIST=LYCOMING>

FROM THE PENNSYLVANIA DEPT. OF VETERANS AFFAIRS:

Did you serve during a period of war and currently have a 100% total and permanent disability rating with the VA or do you have war time service and Individual Unemployability?

Then you may be eligible for real estate tax exemption and free hunting and fishing licenses.

Call 570-327-2365 for more information.

60% - 99% - ask about reduced hunting and fishing licenses.

FROM THE LYCOMING COUNTY VA OFFICE:



Would you like to have a VA Benefit Seminar at a Nursing Home, Legion, VFW, or other organization?

Have Mike, Jim or Natalie come and speak to the Veterans and Widows about what they could be eligible for through the VA.

Call our office at
570-327-2365
to set up a time.



Home Loans? Contact Bob Brown, VA Loan Officer at Best American Mortgage Company.

Phone: 484-494-6593

Web: www.BESTPALOAN.COM

Licensed by the PA Dept. of Banking

*call for information on eligibility

*call for COEs

*call even if you've had bankruptcy or been denied

ID Card Office Online

Are you active duty or retired from active duty or a dependent of an active duty/active duty retiree,
or do you have a 100% total and permanent VA disability rating?

Do you need an ID card?

Go to : <https://idco.dmdc.osd.mil/idco/>

This is for the RAPIDS ID Card Office Online (IDCO) home page.

It is the access point to all IDCO functions.

From this page you can access the ID Card Office Locator, CAC Maintenance, Family/Sponsor update, and My Profile functionality.

The IDCO home page is publicly accessible.

Accessing certain functions from the Home page will require CAC or DS Logon.

Contact them for additional assistance or to report problems, please call:

Toll Free: 800-538-9522 Commercial: 505-335-9980

Community Care

<https://www.va.gov/COMMUNITYCARE/programs/veterans/index.asp/>

Contact for Wilkes-Barre VA is : 570-824-3521; ask for Care in the Community

Overview

VA provides health care for Veterans from providers in your local community outside of VA. Veterans may be eligible to receive care from a community provider when VA cannot provide the care needed.

This care is provided on behalf of and paid for by VA.

Community care is available to Veterans based on certain conditions and eligibility requirements, and in consideration of a Veteran's specific needs and circumstances.

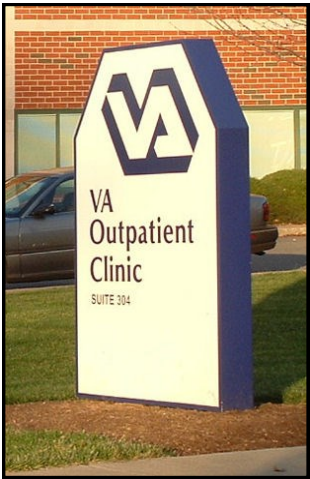
Community care must be first authorized by VA before a Veteran can receive care from a community provider.

VA Outpatient Clinic

The VA Outpatient Clinic was established July 1997 on the Campus of Divine Providence Hospital in the Wenner Building,
1705 Warren Avenue, Suite 304, Williamsport, PA
Phone: 570-322-4791
Fax: 570-322-5170
Open: Monday—Friday 9:00 a.m. to 5:00 p.m. Scheduled appointments only

Services Include: Primary Care, Enrollment/Eligibility forms, Psychiatry, Post Traumatic Stress Disorder (PTSD) Social Services, Counseling, Lab, Nutrition services, and Immunizations.

The VA Clinic has a social worker at the clinic on Tuesday and Thursday. Please call the clinic at (570) 322-4791 to schedule an appointment.



Vet Center

The Vet Center is located at Suite 104, 49 East Fourth Street, Williamsport.
Next to the James V. Brown Library.
Phone 570-327-5281.

All services provided by the Vet Center are FREE OF CHARGE.
These include readjustment counseling and outreach services to all veterans who served in any combat zone.
Services are also available for their family members.

These include:

- individual and group counseling: women, spouses, WWII, Korean, Vietnam, OEF/OIF, and other combat veterans.
- group counseling
- marital and family counseling
- bereavement counseling
- substance abuse information and referral
- referral in applying for VA Benefits, job counseling and educational VA benefits
- referral for homeless vets
- military sexual trauma (male and female) counseling & referral
- outreach and community education



The Lycoming County CareerLink office is located at:
329 Pine Street in Williamsport

Hours :

Monday, Tuesday, Thursday and Friday - 8:30 a.m. to 4:30 p.m.
Wednesday - 9:00 a.m. to 4:30 p.m.

Phone: 570-601-5465

For a dedicated professional to help veterans find job opportunities:

Contact: Timothy French
Phone: 570-601-5934
E-mail: tifrench@pa.gov
Online: pacareerlink.pa.gov

Do you know about VRRAP?
Veteran Rapid Retraining Assistance Program
(VRRAP)

The Veteran Rapid Retraining Assistance Program (VRRAP) offers education and training for high-demand jobs to Veterans who are unemployed because of the COVID-19 pandemic.

Go online or visit Pennsylvania Career Link to learn more!

<https://www.va.gov/education/other-v-a-education-benefits/veteran-rapid-retraining-assistance/>

Lycoming County Office of
Veterans Affairs

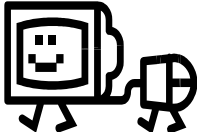
330 Pine Street
Williamsport, PA 17701
Suite 401
Executive Plaza Building

Mailing Address:
48 West Third Street
Williamsport, PA 17701
570-327-2365


County Commissioners
Scott Metzger,
Chairman
Tony R. Mussare,
Vice Chairman
Richard Mirabito,
Secretary

Visit Our Web Site:
www.lyco.org/VA

For up-to-date
News and
Information
For Veterans



The Lycoming Vet
is published
by the Office of



**We are here to help you,
please call 570-327-2365 to schedule an appointment.**

Fully accredited as a Veterans Service Officers by the Pennsylvania
Department of Military and Veterans Affairs

W. Michael McMunn
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wmcmunn@lyco.org

- US Army

Natalie S. Steppe
Assistant Director of Veterans Affairs
nsteppe@lyco.org

James Mitchley
Assistant of Veterans Affairs
jmitchley@lyco.org

- US Army

Keely J. Hitchens
Secretary
kjhitchens@lyco.org

Office Hours

Scheduled Appointments on:
Monday, Tuesday, Thursday and Friday 8:30 AM – 5:00 PM

Walk-Ins Welcomed on Wednesday
No Comp. or Pension Claims.
No Appointment needed
Information ONLY
9:00 a.m. - 4:00 p.m.

Closed weekends and major holidays.

The Lycoming County VA Office Will Be Closed:

Martin Luther King Day - January 16, 2023
Presidents Day - February 20, 2023
Good Friday - April 7, 2023
Memorial Day - May 29, 2023