

# The Lycoming Vet

Volume 16 Issue 3

July 2024

Happy  
4th  
of  
July



### 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

## July

July 4 - Independence Day

July 27 - Korean War Veterans Armistice Day

July 29 - Anniversary of the Army Chaplain Corps

## August

August 4 - Coast Guard Birthday

August 7 - Purple Heart Day

August 29 - Marine Forces Reserve Birthday

## September

September 2 - Labor Day

September 11 - Patriot Day

September 20 - POW/MIA Recognition Day

September 18 - Air Force Birthday

September 29 - Gold Star Mother's and Family's Day



September 20 , 2024  
POW/MIA  
Recognition Day

**The table is small,**

Symbolizing the helplessness of one person, alone against his oppressors.

**The table cloth is white,**

Symbolizing the purity of their intentions in responding to their Country's call to arms.

**The single red rose in the vase,**

Symbolizing the blood that many have shed in sacrifice to ensure the freedom of our beloved United States of America. This rose also reminds us of the family and friends of our missing comrades who keep the faith, while awaiting their return.

**The yellow ribbon,**

Represents the yellow ribbon worn on the lapels of thousands who bear witness to our Nations' unyielding determination to demand a proper accounting of our POW/MIAs.

**The Bible,**

Represents the strength gained through faith to sustain those lost from our Country. The United States was founded as "One Nation Under God".

**The candle,**

Represents the light of hope which lives in our hearts to illuminate their way home, out of the hands of their oppressors and into the arms of a grateful Nation.

**The slice of lemon,**

Reminds us of their bitter fate.

**The Salt,**

Reminds us of the countless fallen tears of those who wait.

**The glass is inverted,**

For they can not toast with us tonight.

**The chair is empty,**

For they are not here.

**Remember, we all called them comrades, brothers, sisters and friends.  
Do not let them be forgotten, for surely they have not forgotten us.**

## What can your local Veterans Affairs Office do for you?

Located at 33 West Third Street in Williamsport, three fully accredited Veterans Service Officers are available to help you navigate the Veterans Affairs system.

- All help is FREE of charge
- Wednesdays - walk in with your questions
- Call for a one-on-one appointment other days of the week 570-327-2365

Our office can help you with:

- Disability Compensation
- Pension/Survivor's Pension
- VA Healthcare
- Dependency & Indemnity Compensation

Additional Benefits we can help with:

- Veterans Headstones, markers and flags
- Burial Benefits and Grave Registry
- Veterans Emergency Assistance
- Hunting and Fishing Licenses for 60% - 100% disabled Veterans
- Real Estate Tax Exemption for 100% total and Permanent VA disabled wartime Veterans

Guidance for certain questions:

- Education and GI Bill information
- Discharge and Medal Replacements
- Lost discharge paperwork ( National Archive requests)



Our Mission is “to fulfill President Lincoln’s promise ‘To care for him who shall have borne the battle, and for his widow and his orphan’ by serving and honoring the men and women who are America’s Veterans”.



# Fishing and Hunting Licenses

**Are you a veteran  
with a disability rating between 60% - 100% ?**

**Call 570-327-2365  
for an appointment to apply for  
a reduced fee (60% to 90%)  
or free fishing or hunting license (100%)**

Please bring :

your tax abatement letter as proof of your VA disability rating.

DD214

PA ID (driver's license, photo ID)



Our Mission is “to fulfill President Lincoln’s promise ‘To care for him who shall have borne the battle, and for his widow and his orphan’ by serving and honoring the men and women who are America’s Veterans”.

## CAMP LEJEUNE WATER CONTAMINATION KNOW YOUR OPTIONS

VA

U.S. Department  
of Veterans Affairs

**I'm a Veteran who believes I was exposed to contaminated water at Camp Lejeune, what can VA do for me?**

Since 2012, Veterans who served on active duty in the Armed Forces at Camp Lejeune for 30 days or more between August 1, 1953, and December 31, 1987, have been eligible for hospital care and medical services for any of 15 illnesses or conditions identified in the Honoring America's Veterans and Caring for Camp Lejeune Families Act of 2012, as amended (codified at 38 U.S.C. § 1710(e)(1)(F)). Veterans are also eligible to enroll in VA health care for other services they may require.

Veterans, Reservists, and National Guard members who served at least 30 days at Camp Lejeune between August 1, 1953, and December 31, 1987, and later developed one of the following eight diseases: Adult leukemia, aplastic anemia and other myelodysplastic syndromes, bladder cancer, kidney cancer, liver cancer, multiple myeloma, non-Hodgkin's lymphoma, and Parkinson's disease, are eligible for disability compensation benefits.

For more specifics about VA benefits related to Camp Lejeune contaminated water, to include how to file a claim, visit [www.VA.gov/CampLejeune](http://www.VA.gov/CampLejeune) or call 1-800-MyVA411.

### LEARN MORE

[www.VA.gov/CampLejeune](http://www.VA.gov/CampLejeune)

### LET'S TALK



Speak to a VA benefits specialist by calling  
**1-800-MyVA411**  
(1-800-698-2411)

### LET'S MEET



Schedule a virtual or in-person appointment  
[vets.force.com/VAVERA](https://vets.force.com/VAVERA)



**What impact does the PACT Act have on Veterans and families who were exposed to contaminated water at Camp Lejeune?**

On August 10, 2022, the President signed into law the Honoring our PACT Act (Public Law 117-168). Section 804 of this law is the Camp Lejeune Justice Act of 2022 ("CLJA"), which allows new lawsuits for individuals exposed to contaminated water at Camp Lejeune.

Whether Veterans and family members decide to seek relief under the CLJA is entirely their decision and will not influence VA's decision to provide them benefits or health care based upon their exposure; it also will not affect the amount of benefits or health care VA can provide them.

It is important to know, however, that if a Veteran or family member is awarded relief by the court in a lawsuit brought under the CLJA, the award must be offset by the amount of any disability award, payment, or benefit VA provided to the Veteran, family member, or their legal representative relating to exposure to water at Camp Lejeune. This would reduce the amount of the award Veterans or family members receive from the court, but it would not affect their VA benefits.



**I'm seeing a lot of commercials about benefits I may be entitled to based on my time at Camp Lejeune. Are these ads connected to VA?**

Lawyers, firms, and others have engaged in extensive advertising offering to represent Veterans in CLJA actions. These entities are not connected with VA benefits or services. Be aware that these entities may charge you a fee for legal representation.



**Will seeking relief under the CLJA impact my VA benefits or health care?**

Your VA compensation benefits or health care services will not be impacted if you file a lawsuit. If you are awarded relief from a CLJA lawsuit, your VA benefits will not be reduced, and your eligibility for other VA benefits or services will not be affected.



**Will my court awarded relief (from filing a lawsuit) be impacted by VA benefits and services I already receive?**

Yes, potentially. If you already receive VA benefits or services (disability pay or health care services) for conditions related to the contaminated water at Camp Lejeune, the court awarded relief will be offset by the amount of any disability award, payment, or other benefit VA provided to you related to your exposure at Camp Lejeune.



**What if I file for VA disability AFTER I receive an award from my lawsuit brought under CLJA, will VA reduce my benefits as a result?**

No. Any action you take or award you receive under the CLJA will not influence VA's decision to provide you benefits or health care based upon your exposure or the amount of compensation you receive from VA.

## CAMP LEJEUNE WATER CONTAMINATION KNOW YOUR OPTIONS

VA

U.S. Department  
of Veterans Affairs



## VA



**CAMP LEJEUNE DISABILITY BENEFIT COVERAGE AREA**

This map illustrates the geographical extent of the Camp Lejeune Disability Benefit. The coverage area is shaded in light green and includes the following locations:

- CAMP LEJEUNE BRIGADE SENTRY RUN
- CAMP LEJEUNE
- CAMP JOHNSON / BOWEN SECTION
- THURGOOD THOMAS
- WOODRUM BOWEN LANE
- MAJOR POINT
- MAJOR CORPS AIR DETACHMENT NEW RIVER
- MAJOR POINT
- NEW RIVER
- CAMP LEJEUNE MILITARY RESERVATION
- DEAN RAY RIFLE RANGE
- OSCAR BLANCH

The map also shows the Atlantic Ocean to the southeast. A legend in the bottom right corner defines the symbols used:

- Benefit Coverage
- No Benefit Coverage
- Water
- Coverage Border
- Satellite Area

A scale bar indicates distances in miles (0 to 10) and kilometers (0 to 16). A north arrow is also present.

[vets.force.com/VAVERA](http://vets.force.com/VAVERA)

1-800-MYVA411 (1-800-698-2411)

## About Us

The mission of the Marine Corps League is to promote the interest and to preserve traditions of the United States Marine Corps; strengthen the fraternity of Marines and their families; serve Marines and FMF Navy Personnel who wear or who have worn the Eagle, Globe and Anchor; and foster the ideals of Americanism and patriotic volunteerism.

### Marine Corps League Williamsport Detachment #388

507 Cemetery Street  
Williamsport, PA 17701



### Color Guards

We conduct many color guards and honor guards throughout the community.



Colors, or flags, are often carried by both, color guards and honor guards. The primary purpose of the Color Guard is to present the National Colors at a presentation or ceremony. The Honor Guard

may present the Colors, but their main purpose is to present a contingent to bear honors at ceremonies or funerals.

We support the Toys for Tots efforts working with the Marine Corps Reserve and Toys for Tots Foundation to raise millions of dollars for the youth of America.



### Eagle Scout Program



We honor and recognize and help support youth programs which promote good citizenship and build moral character, like the Eagle Scouts program. We coordinate with the local council to provide certificates for newly appointed Eagle Scouts.

**Williamsport Detachment #388-Marine Corps League Hot  
Dog sale dates.**

**July 6, 2024 8:30am- 3pm**

Beiters , 560 Montgomery Pike, S. Williamsport

**July 20,2024 8:30am – 3pm**

Tractor Supply, 46 Eastern Mall Road, Muncy

**July 20, 2024 10am – 3pm**

Euro Optical, 1203 Lycoming Mall Circle, Muncy

Raffle Ticket Sales

**August 1,2, 3, & 4 2024 8am – 6pm**

Loyalsock Valley Antique Machinery Association Show, Trout Run

**August 17, 2024 8:30am – 3pm**

Tractor Supply, 46 Eastern Mall Road, Muncy

**August 31, 2024 8:30am- 3pm**

Beiters, 560 Montgomery Pike, S. Williamsport

**September 14, 2024 8:30am - 5pm**

Kaiser Brothers 3360 Route 405 Highway, Muncy

**October 19, 2024 8:30am – 3pm**

Tractor Supply, 46 Eastern Mall Road, Muncy

**November 2, 2024**

Woodward Township Volunteer Fire Company, 4147 US 220 Hwy, Linden  
(ticket needed for admission)

**November 23, 2024 8:30am – 3pm**

Tractor Supply, 46 Eastern Mall Road, Muncy

Raffle Ticket Sales



## Army Recipes

### August 15, 1944    War Department    TM 10 -412

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

#### NO. 15. TEA PUNCH

Yield: 8 gallons

Ingredients	100 servings	..... servings
Tea.....	6½ ounces (¾ mess kit cup) .....	.....
Water, fresh boiling.....	7¼ gallons (29 No. 56 dippers).....	.....
Sugar, granulated.....	3¼ pounds (1½ No. 56 dippers).....	.....
Lemon juice*.....	2½ quarts (2½ No. 56 dippers).....	.....
Fruit juice (grape, pineapple, or grapefruit).....	3 quarts (3 No. 56 dippers).....	.....

1. Tie tea loosely in a cloth bag.
2. Pour freshly boiling water over tea leaves; brew 4 to 6 minutes. Remove tea bag.
3. Add sugar; stir until sugar is dissolved. Chill; add fruit juices.
4. Serve very cold.

\*Use approximately 56 lemons.

NOTE. If ice is added to the punch, reduce water to 6 gallons (24 No. 56 dippers).

#### NO. 234. APPLESAUCE

Yield: 5½ gallons,  
100 servings, approximately  
¾ cup each.

Ingredients	100 servings	..... servings
Apples, fresh.....	35 pounds.....	.....
Water.....	8½ quarts (8½ No. 56 dippers).....	.....
Sugar, granulated.....	7½ pounds (3¾ No. 56 dippers).....	.....
Nutmeg or cinnamon.....	¾ ounce (3 mess kit spoons).....	.....

1. Wash apples; remove cores. Cut apples into quarters.
2. Add water. Heat to boiling point; reduce heat and simmer about 25 minutes or until soft.
3. Press through a sieve. Add sugar and nutmeg or cinnamon; mix well.

*Note.* Six sliced lemons may be added to the applesauce to improve the flavor.



# Banana, Beet, and Coconut Ice Cream



## INGREDIENTS

- 1 Beet (washed, peeled, diced in 1 inch pieces)
- 2 very ripe frozen bananas
- 2 oz blueberries (washed)
- 1 1/2 tbs. chia seeds
- 1 cup of milk of your choice
- 2 oz coconut flakes (unsweetened)

## DIRECTIONS

- I. place the first five ingredients,  
along with 1/2 of the coconut flakes into a very high-speed blender;  
blend until the mixture is smooth
2. divide into 4 bowls; sprinkle with remaining coconut on top.







## Huevos, Beans & Tortillas with Mole Sauce

### Ingredients:

- 14oz can of diced tomatoes with green chilies
- 4oz can of died green chilies (drained)
- 1/2 tsp garlic powder or 1 garlic clove
- 4– 8oz flour tortillas
- 1 cup refried beans
- 8 eggs
- 1/4 cup dark chocolate chips
- 1/4 cup chicken broth
- 1/4 tsp and another 1/4 tsp chili powder

### DIRECTIONS

Preheat oven to 350 degrees

Place cans of tomatoes, green chilies, garlic and 1/4 tsp. chili powder in a blender or food processor. Blend the mixture until it is slightly chunky.

Spray a baking sheet with non-stick cooking spray and then place 2 tortillas on it.

Top each tortilla with a spoonful of beans and then spread the beans evenly. Top the beans with another flour tortilla and then finish off with another layer of beans. bake 6-8 minutes or until the bottoms begin to crisp

While the tortillas are in the oven, heat a frying pan to medium high heat, and spray with non-stick cooking spray.

Quickly, crack 4 eggs into the pan (be careful not to break the yolks) and then quickly add 2 tbsp. of water and 2 tbsp. of the tomato mixture; cover the pan tightly to let the liquid steam the eggs. Cook until the whites are set and the yolks are still a little runny (for about 1 minute). Gently slide the eggs onto a plate. Repeat with 4 remaining eggs.

Warm the remaining tomato mixture, set aside.

In a small sauce pan, combine chocolate, broth, and chili powder. Cook on medium-low heat, stirring constantly until the chocolate is melted.

To serve, place 1 tortilla on a plate, topped with 1/2 cup of the tomato and green chilies sauce, and 2 eggs. Drizzle 1-2 tbsp. of the chocolate mole sauce on top of the eggs. Serve with a garden salad.



**pennsylvania**  
VETERANS' TRUST FUND



**AMERICAN  
RESCUE  
WORKERS**

# Veterans Transportation Program

*The Veterans Transportation Program offers round trips to the Wilkes-Barre and Altoona veterans facilities as well as the following destinations:*

- Grocery Stores
- Medical Facilities\*
- Pharmacies
- Housing Services
- Mental Health Counseling
- Legal Assistance
- Education & Libraries
- CareerLink & Job Interviews
- Court Dates, including Veterans Court
- Food Banks
- Banks
- Social Service Offices
- Veterans Offices
- Social Security Office
- Recreation
- DMV



*\*Medical facilities include Gelsinger and UPMC facilities throughout STEP's service area which includes: Lycoming, Clinton, Montour, Union, Northumberland, and Center Counties, as well as the veterans facilities in Wilkes-Barre and Altoona on select days of the week.*

*Services provided based on funding availability.*

**For more information please call:**  
STEP Transportation 570.323.7575  
**or email:** [trcenter@stepcorp.org](mailto:trcenter@stepcorp.org)

**Eligibility Requirements:**  
Must be able to document Veterans Status (ie DD-214)

*In addition to local funds provided by the American Rescue Workers, financial support is provided by a VTF grant from the Pennsylvania Department of Military and Veterans Affairs.*



For more information go to:

<https://www.va.gov/health-care/get-reimbursed-for-travel-pay/#eligibility-for-general-health>

## Eligibility for general health care travel reimbursement

As a Veteran, you may be eligible for reimbursement if you meet the requirements listed here.

### **This must be true:**

You're traveling for care at a VA health facility or for VA-approved care at a non-VA health facility in your community.

### **And at least one of these must also be true:**

- You have a VA disability rating of 30% or higher, **or**
- You're traveling for treatment of a service-connected condition, even if your VA disability rating is less than 30%, **or**
- You receive a VA pension, **or**
- You have an income that's below the maximum annual VA pension rate, **or**
- You can't afford to pay for your travel, as defined by our guidelines, **or**

You're traveling for one of these reasons: A scheduled VA claim exam (also called a compensation and pension, or C&P, exam), to get a service dog, or for VA-approved transplant care

# Purple Heart Monument Dedication

**Where:**

Lycoming County Veterans Memorial Park

**When:**

Saturday, August 10, 2024

**Time:**

11:00am



National Purple Heart Day  
August 7, 2024

The Purple Heart is awarded in the name of the President of the United States to any member of the Armed Forces of the United States who,  
while serving under competent authority in any capacity with one of the U.S. Armed Services after 5 April 1917, has been wounded or killed.

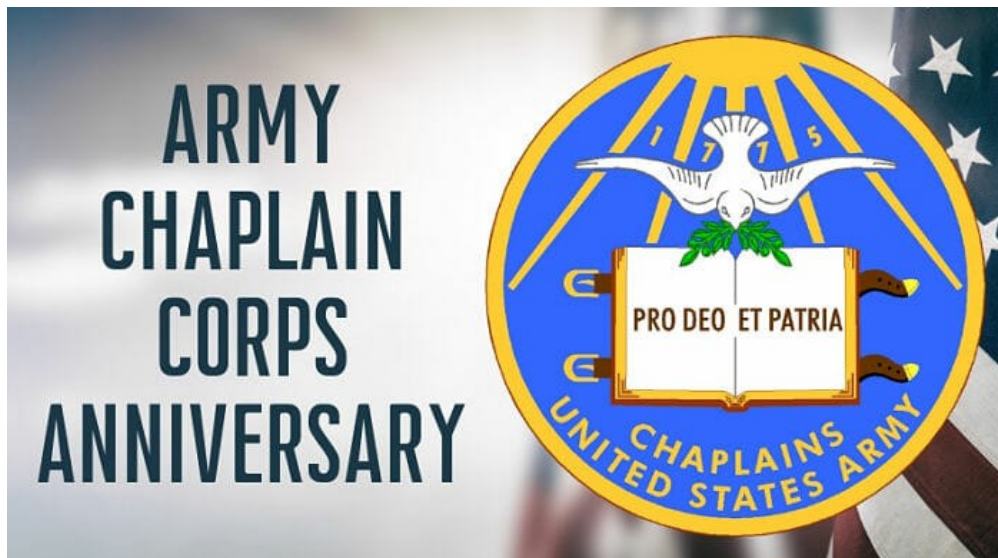


# Army Chaplain Corps Anniversary

Friday, July 29, 2023

**Pro Deo et Patria  
(For God and Country)**

**July 20, 1775,  
the Continental Congress authorized the creation of the Army Chaplain Corps.**



## **MISSION**

To build Army spiritual readiness to deploy, fight, and win our Nation's wars, by providing reliable and relevant world-class religious support, as a unique element of the Army that is fully engaged across the full spectrum of conflict.

## **VISION**

The Army Chaplain Corps of 2029 will be ready to build Army spiritual readiness by caring for Soldiers, their Families, and Army Civilians, across the full spectrum of conflict. The Chaplain Corps will do this by being a world-class, fully integrated network of mutually supportive Army religious support professionals, who are known for their integral and critical contributions to enhancing the readiness of Soldiers of all ranks.





*Please join us as we host*

# THE MOVING WALL

coming to Williamson High School at  
33 Jct. Cross Rd., Tioga, PA 16946



# JULY 10-15

## 2024



The Moving Wall is a half-size replica of the Vietnam Veterans Memorial in Washington, D.C. honoring service members of the U.S. armed forces who served in the Vietnam War (1955 -1975).

This powerful installation is an opportunity to remember and honor over 58,000 veterans who died in combat or are listed as missing in action (MIA) during the Vietnam War.

*Thank You*

*to all the Veterans & supporters that made this event possible!*

[TiogaCoMovingWall.com](http://TiogaCoMovingWall.com)





**JOIN US FOR OUR MONTHLY**

# *Veterans' Breakfast*

**1st Tuesday of every Month**

**8:30AM – 9:30AM**

**Please Call to RSVP**

**570-637-3950**





**HILLSIDE  
SENIOR LIVING**

**2725 Four Mile Drive, Montoursville, PA 17754**  
[www.HillsideSeniorLiving.com](http://www.HillsideSeniorLiving.com)  
**570-322-4436**







**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

# Embodied Yoga

Trauma Sensitive Yoga for Women

Gentle yoga series to empower and heal the nervous system

5 week series/\$50

Wednesdays at 12:15 pm

July 3rd-July 31st

906 Penn Street, Williamsport

Contact Jamie at 570-435-1194 or [jamie@rad-wellgroup.org](mailto:jamie@rad-wellgroup.org)

mats are provided or bring your own

Register is required: [www.radiance-wellness.org/events](http://www.radiance-wellness.org/events)



# Embodied Yoga

## Trauma Sensitive Yoga for Women

Gentle yoga series to empower and heal the nervous system

5 week series/\$50

Tuesdays at 5:15 pm

July 2nd-July 30th

906 Penn Street, Williamsport

Registration Required [www.radiance-wellness.org/events](http://www.radiance-wellness.org/events)

Questions: [jamie@rad-wellgroup.org](mailto:jamie@rad-wellgroup.org) or 570-435-1194

Mats are provided  
Chair options are available



<https://www.smithsonianmag.com/smithsonian-institution/hersheys-military-chocolate-troops-wwii-180983065/>

## When Hershey's Crafted a Special Treat for the Troops

In the run-up to World War II, the chocolate company was tasked with creating a nutritious snack that, by design, wouldn't taste good

**Kovie Biakolo**

**The Smithsonian Magazine**

November 2023



Two bars that Hershey's devised for the U.S. military: Ration D, and the tastier (and more enduring) Tropical Chocolate Bar, which soldiers received as late as 1991. Yasu Mizoi

When Captain Paul Logan of the United States Army Quartermaster General's office started concocting the tactically smartest chocolate to give to U.S. soldiers during operations, he issued an unusual directive: Don't make it too delicious.

It was 1935, still the Great Depression, and the military was working with a limited budget. As Logan collaborated with Hershey's to create these rations, he was firm that the product should "taste a little better than a boiled potato." Logan wanted a bar dense with the most essential nutrients, supplying carbohydrates, protein, fats and minerals to replenish troops in emergencies—but not so irresistible that the soldiers would eat any more than they needed. According to Frank A. Blazich Jr., a curator of military history at the Smithsonian National Museum of American History, Logan conducted up to 300 experiments, manipulating the ingredients many times over to find the right fusion. "He even tried kerosene at one point to deter palatability," Blazich says. In 1937, Logan and Hershey's settled on a mix of oat flour, skim milk powder, cocoa butter and chocolate liquor, but not a lot of sugar, leaving a dry, bitter aftertaste.



Besides an unpleasant taste, Logan had other stipulations for the chocolate: It had to weigh no more than four ounces, for portability in pockets; it needed to be a strong and efficient energy source; and it needed to remain solid at high temperatures so it wouldn't melt and go to waste.

Hershey's chief chemist Sam Hinkle tackled the job of producing this innovative candy (if something so bitter can be called candy). He devised a creation that was tantamount to a rock in texture and feel, and that soldiers would have to cut with a sharp knife, as it was almost impossible to bite into—and certainly not advisable, if you valued your teeth. The guide for eating the Ration D, as Hershey's called it, suggested nibbling on the bar over the course of half an hour, or else letting it dissolve in water as a drink. Each bar delivered a valuable 600 calories or more to armed consumers, who were directed only to eat them as a last resort, to prevent starvation in extraordinary circumstances. Hinkle also modified the recipe to incorporate vitamin B1 in the form of thiamine hydrochloride—useful in tropical climates, where troops might be susceptible to vitamin deficiencies and associated diseases, like beriberi. Astonishingly, given how many ration bars Hershey's produced, these wartime chocolates had to be molded by hand, as they were too dense and rich for the machines of the day to have any accuracy; Hershey's equipment required partially melted chocolate, and Ration D did not melt at any reasonable temperature.

Pleased with Hinkle's samples, Hershey's churned out 90,000 bars between April and June 1937—all made by hand.

The outcome suited the quartermaster's wishes and was tested in different environments from the Antarctic to the Philippines (though some soldiers found it inedible and refused to ingest the emergency ration during wartime). In one instance, Louis Zamperini, an Olympic distance runner turned Army Air Corps lieutenant, gave thanks for Ration D after his aircraft crashed over the Pacific in 1943, forcing him to drift on a lifeboat for 47 days with only a few chocolate bars and whatever fish he could procure at sea for sustenance. He was discovered and taken as a prisoner of war by the Japanese Navy for two years before his release, a story told in Laura Hillenbrand's 2010 book, *Unbroken: A World War II Story of Survival, Resilience and Redemption*.



Field Ration D. (Photo Credit: U.S. Army Center Of Military History / Wikimedia Commons / Public Domain)

### NO. 73. DEVIL'S FOOD CAKE

Yield: 15½ pounds mixture,  
100 servings, each 3⅓  
by 3⅓ by 1¼ inches.

Ingredients	100 servings	.... servings
Shortening.....	1½ pounds (¾ No. 56 dipper).....	.....
Sugar, granulated.....	4½ pounds (2¼ No. 56 dippers).....	.....
Eggs.....	17 eggs (¾ No. 56 dipper).....	.....
Flour, sifted.....	3½ pounds (3½ No. 56 dippers).....	.....
Baking powder.....	½ ounce (1½ mess kit spoons).....	.....
Baking soda.....	¼ ounce (1½ mess kit spoons).....	.....
Salt.....	½ ounce (1 mess kit spoon).....	.....
Cocoa.....	1½ pounds (1½ No. 56 dippers).....	.....
Vinegar.....	2 ounces (4 mess kit spoons).....	.....
Milk, evaporated.....	1—14½-ounce can.....	.....
Water (for milk).....	1 quart (1 No. 56 dipper).....	.....
Vanilla.....	1 ounce (2 mess kit spoons).....	.....

1. Stir shortening until soft and smooth.
2. Add sugar gradually; mix thoroughly.
3. Add unbeaten eggs a few at a time, beating after each addition until well mixed. Beat thoroughly at this stage to insure a light, tender cake.
4. Sift flour, baking powder, soda, salt, and cocoa together twice.
5. Combine vinegar, milk, water, and vanilla.
6. Add dry ingredients and liquid alternately to egg and sugar mixture, first adding about ⅓ dry ingredients, then ½ liquid, then another ⅓ dry ingredients and remaining milk and dry ingredients.
7. Mix thoroughly but avoid overmixing.
8. Place in greased sheet pans. Bake in moderate oven (350° F.) 30 to 35 minutes or until done.

*Note.* This recipe makes 2 sheet pans (18 by 26 by 1 inches) or 8 loaf pans (9¾ by 4¼ by 2¾ inches) or 200 individual cakes each 3 inches in diameter. Frost devil's food cake with butter cream, fudge, peanut butter, or marshmallow frostings (recipes Nos. 105, 113, 111, or 115) or cover before baking with coconut topping. (See recipe No. 120.)

# Army Recipes

## August 15, 1944   War Department   TM 10 -412

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

### NO. 113. FUDGE FROSTING NO. I

Yield: 6 pounds frosting

Ingredients	100 servings	..... servings
Gelatin, plain.....	1¾ ounces (5 mess kit spoons).....	.....
Water, cold.....	¾ pint (8 mess kit spoons).....	.....
Cocoa.....	10 ounces (1 mess kit cup).....	.....
Sugar, granulated.....	2 pounds (1 No. 56 dipper).....	.....
Salt.....	¼ ounce (½ mess kit spoon).....	.....
Butter.....	½ pound (¾ No. 56 dipper).....	.....
Water, boiling.....	¾ pint (½ mess kit cup).....	.....
Egg yolks, beaten.....	6 yolks (⅓ mess kit cup).....	.....
Vanilla.....	1 ounce (2 mess kit spoons).....	.....
Sugar, confectioners.....	2½ pounds (2 No. 56 dippers).....	.....

1. Soak gelatin in cold water 5 minutes.
2. Mix cocoa, sugar, and salt together; add butter and boiling water.
3. Heat to boiling; boil about 5 minutes, stirring constantly. Remove from heat.
4. Add gelatin; beat well.
5. Add a small amount of cocoa and gelatin mixture to beaten egg yolk; mix well.
6. Add remaining cocoa and gelatin mixture; mix well.
7. Add vanilla and confectioners sugar; beat until smooth.
8. Spread on cakes.

*Note.* This recipe makes frosting for 2 sheet cakes (18 by 26 by 1 inches) or for 200 individual cakes.

## **Tax Exemption Eligibility Changing**

**Governor Shapiro signed Act 27 of 2024 (formerly SB 126) into law June 17, 2024. This new law (51 Pa.C.S. Ch. 99), is a significant step towards supporting our veterans. It requires all Commonwealth departments and agencies to exclude federal and state veterans' benefits from the income assessment in need-based state programs, providing much-needed relief to our veterans.**

**The new law will take effect on **August 16, 2024**, meaning DMVA must continue to assess veterans' benefits as income until that date.**

**Are you Eligible? :**

- 1. Wartime service (approx. 1975– 1990)  
must have campaign medal or expeditionary medal on dd214**
- 2. 100% totally and permanently disabled  
Or Individual Unemployability**
- 3. Only the veteran's income is counted**
- 4. Income limit, \$108,046.00**
- 5. Must be a Lycoming County property**

**Please call for an appointment and a list of documents to bring with you.**

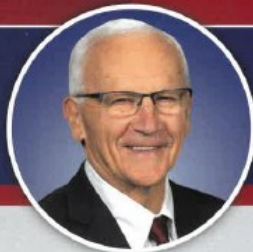
**570-327-2365  
to schedule an appointment**





State Senator Gene Yaw, Representative Joe Hamm  
and Representative Jamie Flick invite you to their

# State Services & Veteran Recognition Day



[SenatorGeneYaw.com](http://SenatorGeneYaw.com)



[RepJoeHamm.com](http://RepJoeHamm.com)



[RepFlick.com](http://RepFlick.com)

**Saturday, July 20, 2024**

**9:00 a.m. to 1:00 p.m.**

**Senator Yaw's Williamsport District Office (Rear Lot)**

175 Pine Street, Williamsport, PA 17701

The Pennsylvania Department of Military and Veterans Affairs will be on hand with their Mobile Veterans' Outreach Van to provide veterans services throughout the event. Please join us to learn more about existing services and benefits that are available to our veterans.

**Register today at [www.SenatorGeneYaw.com](http://www.SenatorGeneYaw.com) or 570-322-6457.**

**Walk-ins welcome.**



Featuring special guest State Treasurer Stacy Garrity,  
retired U.S. Army Reserve Colonel



# **First event - July 26th**

## **VETERANS OUTREACH DAYS WITH REPRESENTATIVE JAMIE FLICK**

**The fourth Friday of each month  
from 1pm to 3pm**

Visit Representative Jamie Flick  
and a Veterans Affairs representative  
for VA outreach days at:

1000 Commerce Park Drive,  
Suite 103  
Williamsport



A group of military veterans gathers at the Louisiana State Capitol on May 20, 2024, for an awards ceremony and to oppose a bill by Sen. Stewart Cathey that lawmakers passed. (Photo credit: Wes Muller/Louisiana Illuminator)

BY: **WESLEY MULLER** - JUNE 7, 2024 7:00 AM

## **Louisiana enacts law to let consultants profit off disabled veteran benefit claims**

Louisiana has quietly enacted a law that allows unregulated companies to profit off the benefit claims of disabled American veterans.

Republican Gov. Jeff Landry allowed Senate Bill 159, called the Preserving Lawful Utilization of Services for Veterans or “PLUS” Act, to become law by default by refusing to sign or veto it. He’s attempting to walk a political tightrope between the bill’s Trump-adjacent corporate sponsors and its many opponents, including the governor’s own Veterans Affairs secretary and a long list of federally-chartered veteran service organizations such as the American Legion, Veterans of Foreign Wars (VFW) and Disabled American Veterans (DAV).

As attorney general, Landry himself cracked down on the types of businesses the new law will help. It took effect Tuesday.

The proposal, sponsored by Sen. Stewart Cathey, R-Monroe, deals with the often misunderstood process of filing for military veteran disability benefits. Loopholes in federal law have created an unregulated industry that makes a windfall from “claims consulting,” a practice illegal under federal law but difficult to enforce.

Page 2 of article from the Louisiana Illuminator

BY: **WESLEY MULLER** - JUNE 7, 2024 7:00 AM

When military members leave the service, they might be entitled to a monthly cash benefit from the U.S. Department of Veterans Affairs (VA) for any service-connected disabilities. To receive them, they have to fill out forms and submit medical records and other related information to support their claim.

The VA offers accreditation to anyone who wants to assist veterans in filing their disability claims. Getting the accreditation involves a background check and a written exam to ensure the applicant can navigate the claims system and represent veterans in appeals.

Under federal law, it is illegal for anyone without VA accreditation to provide claims assistance to a veteran, and it is illegal to charge veterans for such assistance. About 40% of complaints to the VA's legal office in 2022 were about non-accredited claims consultants, according to an August 2023 report from Military.com.

A cursory internet search for "VA claims consulting" will generate virtually endless listings for non-accredited companies offering claims assistance for obtaining disability benefits or applying for an increase in benefits.

Cathey's bill contradicts federal law by permitting unaccredited consultants to charge up to \$12,500 for telling veterans how to fill out their disability forms.

Unbeknownst to many veterans, such services are free and available from numerous sources that have VA accreditation, including private claims agents, lawyers and groups such as the American Legion and VFW.

Cathey's legislation was derived from a federal proposal sponsored by U.S. Sen. John Kennedy, R-Louisiana, but congressional gridlock grounded the bill, prompting its backers to take versions of it to state legislatures. So far, Louisiana is the only state to have approved one.

The driving forces behind the legislation are two unaccredited claims companies, Veterans Guardian and Veteran Benefits Guide. They have joined forces under a lobbying group called National Association of Veterans Rights. NAVR's leader and chief lobbyist is Peter O'Rourke, the VA secretary from the Trump administration.

"This landmark law safeguards Louisiana's veterans from exploitation, ensures transparency in VA disability benefit assistance, upholds their autonomy while providing essential protections, and reinforces their right to choose," O'Rourke said in an email Thursday.

Page 3 of article from the Louisiana Illuminator

BY: **WESLEY MULLER** - JUNE 7, 2024 7:00 AM

Veterans Guardian and Veteran Benefits Guide spent approximately \$1.76 million and \$960,000, respectively, to lobby for this single issue at the federal level, according to [OpenSecrets.org](https://www.opensecrets.org). Those amounts do not include lobbying expenses at the state level.

Veteran service organizations have branded the companies as “claims sharks” and profiteers. A report in the *Texas Tribune* uncovered one scheme involving a consulting company that pushed veterans to claim medical conditions they didn’t actually have and paying referral fees to certain telemedicine providers that help with diagnostics. One client reported being charged \$10,000 for “coaching” services that amounted to being told to watch six hours of pre-recorded videos.

Still, some veterans have expressed gratitude for the unaccredited consultants, saying they were able to secure benefit increases that other claims agents couldn’t get or wouldn’t ask for, according to previous reporting in the *Illuminator*.

O’Rourke has distanced his companies from what he says are the bad actors in the industry. He refutes allegations of profiteering, saying his company helps ease the backlog of VA claims and provides veterans with the choice of paying for assistance.

According to the VA, the backlog of claims was around 270,000 as of June 1 and has been steadily declining after reaching over 400,000 last year. Backlogs include claims pending more than 125 days. The decade high occurred in 2013 reaching over 600,000 claims but fell by roughly a third within six months. The most recent spike came from a huge influx of applications following the passage of the 2022 PACT Act — the largest expansion of veteran benefits since World War II.

The notion that a veteran can pay a consultant, or anyone else for that matter, to somehow speed up a disability claim or avoid the bureaucratic logjam at the VA is false, according to veterans’ advocates and the Louisiana VA. All claims go through the same path at the VA regardless of who fills out the forms. The unaccredited consultants don’t have any special tools or elite access to move a veteran to the front of the line, they said.

Louisiana VA Secretary Charlton Meginley had lobbied fervently against Cathey’s legislation, saying the consultants have deliberately avoided seeking accreditation because doing so would subject them to the same set of rules as the accredited claims agents and private lawyers. Once a person becomes accredited, they can no longer charge high fees — or any fees — just for helping veterans fill out initial claims forms. They would instead have to work on appeals and more complicated matters in order to earn a commission.



Page 4 of article from the Louisiana Illuminator

BY: **WESLEY MULLER** - JUNE 7, 2024 7:00 AM

“Our mission is to serve those who served, connecting them to the benefits they have earned in service to our country,” Brandee Patrick, Meginley’s spokesperson, said in an email Thursday. “Louisiana veterans have access to numerous free services to take advantage of when applying for benefits, including LDVA’s federal VA-accredited veterans assistance counselors located in parish veterans service offices throughout our state.”

The governor’s decision to let the bill become law is a stark reversal of his previous stance on the issue. Prior to becoming governor, Landry investigated and shut down unaccredited claims consultants while serving as attorney general. He accused Baton Rouge-based VetAttend Professional Services of exploiting veterans by helping them fill out VA forms and then taking a cut of their benefits.

Landry was also one of 44 state attorneys general who signed a letter urging Congress to support the countermeasure to Kennedy’s bill and reinstate penalties to unaccredited claims consultants.

The governor’s office did not respond to a request for comment for this report..

## They represent you

- State Rep. Joe Hamm (R-84), 570-546-2084, or email: [jhamm@pahousegop.com](mailto:jhamm@pahousegop.com)
- State Rep. Jamie Flick (R-83), 570-321-1270, or email: [jflick@pahousegop.com](mailto:jflick@pahousegop.com)
- State Rep. Clint Owlett (R-68), 570-724-1390; email: [cowlett@pahousegop.com](mailto:cowlett@pahousegop.com)
- State Rep. Stephanie Borowicz (R-76), 570-748-5480; email: [sborowicz@pahousegop.com](mailto:sborowicz@pahousegop.com)
- State Sen. Eugene Yaw (R-23), 570-322-6457, or e-mail: [gyaw@pasen.gov](mailto:gyaw@pasen.gov)
- U.S. Rep. Dan Meuser (R), 330 Pine St., Williamsport PA 17701. Phone: 570-871-6370. Website: [meuser.house.gov](http://meuser.house.gov)
- U.S. Rep. Glenn Thompson (R), Suite 101, 3555 Benner Pike, Bellefonte, PA16823. Phone: 814-353-0215. Website: [thompson.house.gov](http://thompson.house.gov)



Drop off Location  
 Lycoming County Veterans Affairs Office  
 33 W. Third Street  
 Williamsport, PA 17701  
 Phone: 570-327-2365

Lycoming County Hometown Heroes, Inc.  
**Hometown Heroes**  
**2024 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, 2024**. Purchase deadline will be **September 6, 2024 (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 5, 2024, 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 18" wide and 36" high
- ★ Will be located on street lights in Williamsport
- ★ 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.*

- ★ **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.

### **2024 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 2024 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\*\***



Veterans  
Crisis Line  
988 then press 1

Confidential help for Veterans  
and their loved ones

Confidential chat at [VeteransCrisisLine.net](https://VeteransCrisisLine.net)  
Or  
Text to 838255



## 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

### Meetings:

#### 40/8

2408 West Southern Ave., South Williamsport, PA  
The second Wednesday of the month at 6pm.  
Bill Ashton - 570-494-8932

#### The Disabled American Veterans Ch 47

Post 1, American Legion, 10 E. Third Street, Williamsport, PA,  
6pm on the Second Tuesday of the month, on the third floor.  
No current number

#### The Williamsport Detachment of the Marine Corps League

507 Cemetery Street, Williamsport, PA  
Third Thursday of the month at 5pm.  
570-323-9900

## Events:

### 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

# 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 Grotto 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](mailto: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](mailto: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>**

<b>Agency</b>	<b>Address</b>	<b>What they do</b>	<b>Phone Number</b>
<b>Career Link</b>	329 Pine St, Williamsport		570 601-5465
<b>CHAMP VA helpline</b>			800-733-8387
<b>DD 214s</b>		National Archives online	314-801-0800
<b>DFAS</b>	This is for re- tired veterans or active duty (they retired from the Mili- tary)	Retirement pay probs Change of address Active duty pay problems W2s	1-800-321-1080
<b>DEERS/ Rapid ID Center</b>			910-598-6021- open, must call  570-615-7000
<b>Tobyhanna Direct Deposit</b>		To fix banking info	1-877-838-2778 1-800-827-1000
<b>Housing</b>		homeless	211 844-226-0368 717-818-0219
<b>Nursing Home Help Patient Advocate</b>			570-824-3521 Ext 27604
<b>TriCare</b>		Insurance for veter- ans that retired from the Military and their families	1-888-777-8343- over- seas service line  1-800-444-5445 – Tricare East
<b>VA # - main number for appt.</b>		VA issues Direct deposit too	1-800-827-1000
<b>Veteran's Center</b>	49 E. 4 <sup>th</sup> Street Suite 104 Williamsport	Counseling Services	570-327-5281
<b>Veteran's Clinic</b>	1705 Warren Ave # 304, Wil- liamsport,	Primary Care Doctors	570-322-4791 570-322-5321
<b>Veterans Affairs Office</b>	33 W. Third Street Williamsport	VA questions and help	570-327-2365
<b>Wilks Barre VA phone number</b>			570-824-3521



## FROM THE PENNSYLVANIA DEPT. OF VETERANS AFFAIRS:

**D**id 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% - 90% - ask about reduced hunting and fishing licenses.

## FROM THE LYCOMING COUNTY VA OFFICE:



**W**ould you like to have a VA Benefit Seminar at a Nursing Home, Legion, VFW, or other organization? Have Mike, Jeff 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.

## **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

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## **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.

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](mailto:tifrench@pa.gov)

Online: [pacareerlink.pa.gov](http://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-vet-education-benefits/veteran-rapid-retraining-assistance/>



## Lycoming County Office of Veterans Affairs

33 West Third Street, 2nd Floor  
Williamsport, PA 17701  
570-327-2365

Mailing Address:  
48 West Third Street  
Williamsport, PA 17701

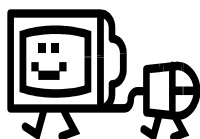
### County Commissioners

*Scott Metzger  
Mark Mussina  
Marc Sortman*

**Visit Our Web Site:**

**[Www.lyco.org/VA](http://www.lyco.org/VA)**

For up-to-date  
News and  
Information  
For Veterans



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Veterans Affairs  
in Lycoming County, PA*



**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

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### Office Hours

Scheduled Appointments on:  
Monday, Tuesday, Thursday and Friday 8:30 AM – 4:00 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:

Independence Day - Thursday, July 4, 2024

Labor Day - Monday, September 2, 2024

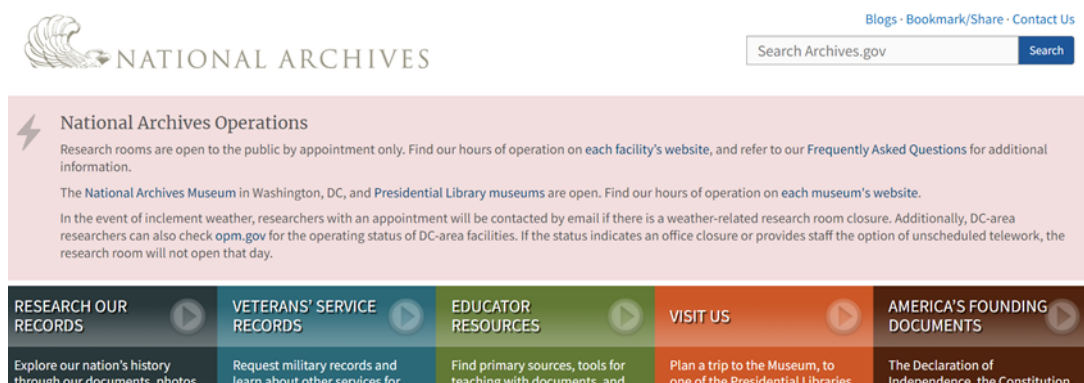
Veterans Day - Monday, November 11, 2024

Thanksgiving - Thursday and Friday, November 28 & 29, 2024

Christmas - Wednesday, December 25, 2024

# National Archives

## How to request a DD214 or other documents



1. Go to : [archives.gov](https://www.archives.gov)
2. Select : Veterans' Service Records (blue column)
3. Click on "Request Service Records Online, .."  
Click on this part of the sentence.  
"by Mail, or by Fax" will lead you to a printable application

### Request Military Service Records



- **Request Service Records Online, by Mail, or by Fax**
- More ways to get service records
- Request Medical and Health Records
- Check the Status of an Existing Request
- Recently separated veteran?
- Funeral Home Director Information Page

4. Or Scroll down to "Start Request online"

5. This will transfer you to eVetRec – an Online service records request tool  
Follow the steps  
Choose "Make a new request"  
At the end record or print out the number they give you on the confirmation page (you can track your request here also)

### Looking for records?

Start Request Online

- DD 214/ Separation Documents
- Official Military Personnel File (OMPF)
- Replacement Medals
- Medical and Health Records

eVetRecs  
**Request Veteran Records**

### Online service records requests

Using this tool you can make a new request for a Veteran's records or check the status of existing request.

Privacy Act of 1974 Compliance Information

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Paperwork Reduction Act Public Burden Statement

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Do you want to check the status of previous request, or make a new request?

Check status of existing request

Make a new request