

The Lycoming Vet

Volume 17 Issue 3

July 2025

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

INSIDE THIS ISSUE:

Military Dates of Remembrance	3
What can the local VA Office do for you?	4
Korean War	5-8
250 Years of the US Army	9
National Archives - dd214 and ID.me	10-15
National Cemetery Information	16-18
Airman Accounted For From WWII	19-20
Flags in Lycoming County	21
VA exam	22
POW/MIA	23-25
Local Veteran - Robert Cressman	26
PACT Act Presumptive Conditions List - 2025 update	27-36
The Wall That Heals	37
PTSD Awareness Day and Agent Orange Awareness Day - The Wall	38
Local Author - Letters From Long Binh Vietnam, Harry Joseph Grafius	39
Community Corner - Sun Gazette	40
VFW Riders and Hometown Heroes	41
Buy a Brick application - Veterans Memorial Park, Williamsport	43
Senator Yaw - Bill 626	45
Hometown Hero Banner Application	54-55
Coffee with a VSO	56
Events, Meetings, Phone numbers	58-60
New Patch Board	61

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 1 - Labor Day

September 19 - Patriot Day

September 19 - POW/MIA Recognition Day

September 18 - Air Force Birthday

September 28 - Gold Star Mother's and Family's Day

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”.

Korean War Veterans Armistice Day

July 27

KOREAN WAR FACTS & FIGURES

Dates

June 27, 1950 – July 27, 1953

Location

Korean Peninsula

Missing as of 1973*

8157

Accounted For**

727

Unaccounted For

7430



For more information:

<https://dpaa-mil.sites.crmforce.mil/dpaaFamWebKorean>

Join Us as We Pay Tribute
to Our Korean War Veterans

HEROES REMEMBERED

59th Anniversary of the Korean War Armistice

July 27, 2012 - 9:00am to 10:30am

Arlington National Cemetery Amphitheater

Join the Department of Defense 60th Anniversary of the
Korean War Commemoration Committee
for this very special ceremony observing
the 59th anniversary of the Korean War Armistice.

The event is open to the public and includes
a wreath laying ceremony and
keynote address by the Secretary of Defense.

TO RSVP please visit <http://koreanwar.defense.gov/july27/rsvp.html>
email koreanwar@conus.army.mil or call (703) 545-2636



Korean War Veterans of Lycoming County Honor Guard

**Looking for
Veterans to honor
Veterans with
graveside military
honors**

“We Still Serve”

**Contact:
Honor Guard Commander
Howard Wilt (570) 745-3775**



Korean War

1950 ~ 2025

Commoration

Saturday ~ July 26, 2025

\$30.00 per person

The Historic Genetti Hotel
200 West Fourth Street
Williamsport, PA



Program

1700 – Reception & Hors D' Oeuvres

Cash Bar

1815 – Buffet Style Banquet

Program

~~~~~

***This event is open to veterans and civilians.***

**Please complete this reservation form & return w/check to:**

**Frank Hartzel, 2328 Warrensville Rd, Montoursville, PA 17754**

***Make Checks payable to Korean War Veterans of Lyc County***

**Questions – Contact Frank – 570-220-4806 – fhartzel2328@comcast.net**

**Attendee Name/s:** \_\_\_\_\_

**Contact Info: Phone:** \_\_\_\_\_ **email:** \_\_\_\_\_

**No. Attending** \_\_\_\_\_ **x \$30 =** \_\_\_\_\_ **Check No.:** \_\_\_\_\_

**Dietary Restrictions:** \_\_\_\_\_

***Reservation Deadline—July 12, 2025***



# Celebrating 250 Years of the U.S. Army

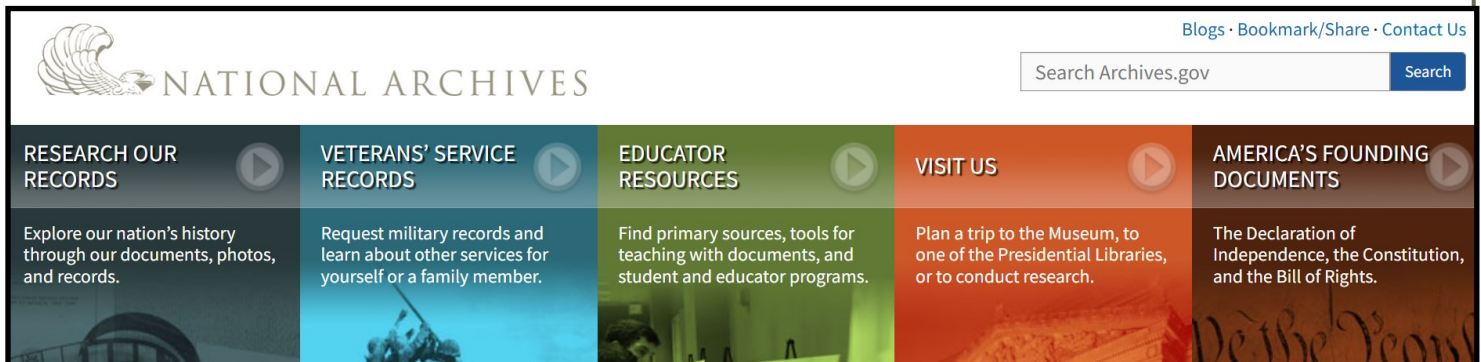


Since its official establishment, June 14, 1775—more than a year before the Declaration of Independence—the U.S. Army has played a vital role in the growth and development of the American nation. Drawing on both long-standing militia traditions and recently introduced professional standards it won the new republic's independence in an arduous eight-year struggle against Great Britain. At times, the Army provided the lone symbol of nationhood around which patriots rallied.



# 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

Or continue with the IDme identity verification.

### Request Military Service Records



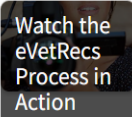
- **Request Service Records Online, by Mail, or by Fax**
- More ways to get service records
- Request Medical and Health Records
- Check the Status of an Existing Request
- Recently separated veteran?
- Funeral Home Director Information Page

### Looking for records or replacement medals?

[Start Request Online](#)

**Important Note:** Users are required to verify their identity through the third party service, **ID.me** when submitting new requests and retrieving electronic responses. Clicking on Start Request Online will initiate that process.

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



Watch the eVetRecs Process in Action

To request information by mail use form SF 180, download from the [archives.gov](https://www.archives.gov) website (click on the 'by mail')



**INSTRUCTION AND INFORMATION SHEET FOR SF 180, REQUEST PERTAINING TO MILITARY RECORDS**

- 1. General Information.** The Standard Form 180, Request Pertaining to Military Records (SF 180), is used to request information from military records. Certain identifying information is necessary to determine the location of an individual's record of military service. Please try to answer each item on the SF180. If you do not have and cannot obtain the information for an item, show "NA," meaning the information is "not available". Include as much of the requested information as you can. Incomplete information may delay response time. To determine where to mail this request, see Page 2 of the SF 180 for record locations and facility addresses. Medical information may be withheld from a patient if determined that the information would be detrimental to the patient's physical or mental health or would likely cause the patient to harm himself/herself/themselves or someone else.
- 2. Personnel Records/Military Human Resource Records/Official Military Personnel File (OMPF) and Medical Records/Service Treatment Records (STR).** Personnel records of military members who were discharged, retired, or died in service **LESS THAN 62 YEARS AGO** and medical records are in the legal custody of the military service department and are administered in accordance with rules issued by the Department of Defense and the Department of Homeland Security (DHS, Coast Guard). STRs of persons on active duty are generally kept at the local servicing clinic. After the last day of active duty, STRs should be requested from the appropriate address on page 2 of the SF 180 (See item 3, Archival Records, if the military member was discharged, retired or died in service more than 62 years ago).
  - a. Release of information: Release of information is subject to restrictions imposed by the military services consistent with Department of Defense regulations, the provisions of the Freedom of Information Act (FOIA) and the Privacy Act of 1974. The service member (either past or present) or the member's authorized legal recipient has access to almost any information contained in that member's own record. The authorization signature of the service member or the member's authorized legal recipient is needed in Section III of the SF 180. Others requesting information from military personnel records and/or STRs must have the release authorization in Section III of the SF 180 signed by the member or authorized legal recipient. If the appropriate signature cannot be obtained, only limited types of information can be provided (DoD 6025.18-R C8). If the former member is deceased, the surviving next-of-kin (NOK) may be entitled to greater access to a deceased veteran's records than a member of the general public (DoD 6025.18-R C6.2.1.2). The NOK may be any of the following: unmarried/surviving spouse, father, mother, son, daughter, sister, or brother. **Requesters MUST provide proof of death, such as a copy of a death certificate, newspaper article (obituary) or death notice, coroner's report of death, funeral director's signed statement of death, verdict of coroner's jury, or DD Form 1300 – Casualty Report.**
  - b. Fees for records: There is no charge for most services provided to service members or next-of-kin of deceased veterans. A nominal fee is charged for certain types of service. In most instances, service fees cannot be determined in advance. If your request involves a service fee, you will receive an invoice with your records.
- 3. Archival Records.** Personnel records of military members who were discharged, retired, or died in service **62 OR MORE YEARS AGO** have been transferred to the legal custody of NARA and are referred to as "archival records".
  - a. Release of Information: Archival records are open to the public. The Privacy Act of 1974 does not apply to archival records, therefore, written authorization from the veteran or next-of-kin is not required. In order to protect the privacy of the veteran, their family, and third parties named in the records, the personal privacy exemption of the Freedom of Information Act (5 U.S.C. 552 (b) (6)) may still apply and may preclude the release of some information.
  - b. Fees for Archival Records: Access to archival records is granted by offering copies of the records for a fee (44 U.S.C. 2116 (c)). If a fee applies to the copies of documents in the requested record, you will receive an invoice. Copies will be sent after payment is made. For more information, see <https://www.archives.gov/st-louis/archival-programs/military-personnel-archival/ompf-archival-requests.html>.
- 4. Where reply may be sent.** The reply may be sent to the service member or any other address designated by the service member or other authorized requester. If the designated address is NOT registered to the addressee by the U.S. Postal Service (USPS), provide BOTH the addressee's name AND "in care of" (c/o) the name of the person to whom the address is registered on the NAME line in Section III, item 3, on page 1 of the SF 180. The COMPLETE address must be provided, INCLUDING any apartment/suite/unit/lot/space/etc. number. NOTE: If a veteran/dependent desires to send his/her/their medical record(s) to a third party, he/she/they must fill out a DD Form 2870 authorizing the releasing agency to release the record(s) and the time frame of the authorization. The form may be downloaded using most commercial web search tools by entering "DD Form 2870" as a search term.
- 5. Definitions and abbreviations.** DISCHARGED - the individual has no current military status; SERVICE TREATMENT RECORD (STR) - the chronology of medical, mental health, and dental care received by service members during their military career (does not include records of treatment while hospitalized); TDRL – Temporary Disability Retired List.
- 6. Service completed before World War I.** National Archives Trust Fund (NATF) forms must be used to request these records. Obtain the forms by email from [inquire@nara.gov](mailto:inquire@nara.gov) or write to the Code 6 address on page 2 of the SF 180.

**PRIVACY ACT OF 1974 COMPLIANCE INFORMATION**

The following information is provided in accordance with 5 U.S.C. 552a(e)(3) and applies to this form. Authority for collection of the information is 44 U.S.C. 2907, 3101, and 3103, and Public Law 104-134 (April 26, 1996), as amended in title 31, section 7701. Disclosure of the information is voluntary. If the requested information is not provided, it may delay servicing your inquiry because the facility servicing the service member's record may not have all the information needed to locate it. The purpose of the information on this form is to assist the facility servicing the records (see the address list) in locating the correct military service record(s) or information to answer your inquiry. This form is then retained as a record of disclosure. The form may also be disclosed to Department of Defense components, the Department of Veterans Affairs, the Department of Homeland Security (DHS, U.S. Coast Guard), or the National Archives and Records Administration when the original custodian of the military health and personnel records transfers all or part of those records to that agency. If the service member was a member of the National Guard, the form may also be disclosed to the Adjutant General of the appropriate state, District of Columbia, or Puerto Rico, where he/she/they served.

**PAPERWORK REDUCTION ACT PUBLIC BURDEN STATEMENT**

Public burden reporting for this collection of information is estimated to be five minutes per request, including time for reviewing instructions and completing and reviewing the collection of information. Send comments regarding the burden estimate or any other aspect of the collection of information, including suggestions for reducing this burden, to National Archives and Records Administration (MP), 8601 Adelphi Road, College Park, MD 20740-6001. **DO NOT SEND COMPLETED FORMS TO THIS ADDRESS. SEND COMPLETED FORMS TO THE APPROPRIATE ADDRESS LISTED ON PAGE 2 OF THE SF 180.**

## REQUEST PERTAINING TO MILITARY RECORDS

Requests can be submitted online using eVetRecs at <https://www.archives.gov/veterans/military-service-records>

To ensure the best possible service, please thoroughly review the accompanying instructions before filling out this form. PLEASE PRINT LEGIBLY OR TYPE BELOW.

### SECTION I - INFORMATION NEEDED TO LOCATE RECORDS (Furnish as much information as possible.)

|                                                        |                      |                  |                   |
|--------------------------------------------------------|----------------------|------------------|-------------------|
| 1. NAME USED DURING SERVICE (last, first, full middle) | 2. SOCIAL SECURITY # | 3. DATE OF BIRTH | 4. PLACE OF BIRTH |
|--------------------------------------------------------|----------------------|------------------|-------------------|

### 5. SERVICE, PAST AND PRESENT (For an effective records search, it is important that ALL service be shown below.)

| COMPONENT         | BRANCH OF SERVICE | DATE ENTERED | DATE RELEASED | OFFICER                  | ENLISTED                 | SERVICE #                     | DOD ID / EDIPI # |
|-------------------|-------------------|--------------|---------------|--------------------------|--------------------------|-------------------------------|------------------|
|                   |                   |              |               |                          |                          | (If unknown, write "unknown") |                  |
| a. ACTIVE         |                   |              |               | <input type="checkbox"/> | <input type="checkbox"/> |                               |                  |
| b. RESERVE        |                   |              |               | <input type="checkbox"/> | <input type="checkbox"/> |                               |                  |
| c. NATIONAL GUARD |                   |              |               | <input type="checkbox"/> | <input type="checkbox"/> |                               |                  |

### 6. PLEASE LIST LAST DUTY STATION(S)

7. IS THIS PERSON DECEASED? ☐ NO ☐ YES - MUST provide date of death if veteran is deceased: \_\_\_\_\_

8. DID THIS PERSON RETIRE FROM MILITARY SERVICE? ☐ NO ☐ YES

9. HAS THIS PERSON FILED A CLAIM WITH THE VA? ☐ NO ☐ YES - if known, please provide VA Claim/File # \_\_\_\_\_

### SECTION II - INFORMATION AND/OR DOCUMENTS REQUESTED

#### 1. CHECK THE ITEM(S) YOU ARE REQUESTING:

- ☐ **DD Form 214 or equivalent:** Year(s) in which form(s) issued to veteran (Date of Separation): \_\_\_\_\_  
This form contains information used to verify military service. An UNDELETED DD Form 214 is ordinarily required to determine eligibility for benefits. If you request a DELETED copy, the following items will be blacked out: authority for separation, reason for separation, reenlistment eligibility code, separation (SPD/SPN) code, and, for separations after June 30, 1979, character of separation and dates of time lost. Please note - recent veterans may be able to request a DD Form 214 through milConnect by visiting: <https://www.va.gov/records/get-military-service-records>  
An UNDELETED copy will be sent UNLESS YOU SPECIFY A DELETED COPY by checking this box: ☐ I want a DELETED copy.
- ☐ **Official Military Personnel File (OMPF):** The OMPF may include duty stations and assignments, training and qualifications, awards and decorations received, disciplinary actions, administrative remarks, enlistment and/or discharge information (including DD Form 214, Report of Separation, or equivalent), and other personnel actions. Detailed information about the veteran's participation in battles and their military engagements is NOT contained in the record.
- ☐ **Medical Records:** Includes health (outpatient), extended ambulatory, and dental records. If inpatient/hospitalization records are requested, please specify below.  
☐ I request inpatient/hospitalization records from \_\_\_\_\_ (facility), last treated in \_\_\_\_\_ (year). (NOTE: Fields are required)  
If available, you may receive copies of inpatient narrative summaries, operative reports, discharge summaries, etc. contained in the record.
- ☐ **Dental Records:** Please check this box if ONLY dental records are needed from the medical record.
- ☐ **Other (Please Specify):** \_\_\_\_\_

2. **PURPOSE:** (Required unless the request is from the veteran, government agencies under routine use, or for information releasable under FOIA. In all cases, it may help to provide the best possible response and ensure a faster reply.)

☐ Benefits (explain) ☐ Employment ☐ VA Loan Programs ☐ Medical ☐ Genealogy ☐ Correction ☐ Personal ☐ Other (explain)

Explain here: \_\_\_\_\_

### SECTION III - RETURN ADDRESS AND SIGNATURE

1. **REQUESTER NAME:** \_\_\_\_\_

2. **RELATIONSHIP TO VETERAN:** \_\_\_\_\_

3. ☐ I am the MILITARY SERVICE MEMBER OR VETERAN identified in Section 1, above.  
☐ I am the DECEASED VETERAN'S NEXT-OF-KIN (MUST submit Proof of Death. See item 2a on instruction sheet.)

☐ I am the VETERAN'S LEGAL GUARDIAN (MUST submit copy of Court Appointment) or AUTHORIZED REPRESENTATIVE (MUST submit copy of Authorization Letter or Power of Attorney)

☐ OTHER (Specify): \_\_\_\_\_

4. **SEND INFORMATION/DOCUMENTS TO:**  
(Please print or type. See item 4 on accompanying instructions.)

5. **AUTHORIZATION SIGNATURE:** I declare (or certify, verify, or state) under penalty of perjury under the laws of the United States of America that the information in this Section 3 is true and correct and that I authorize the release of the requested information. (See items 2a or 3a on the accompanying instructions sheet. Without the Authorization Signature of the veteran, next-of-kin of deceased veteran, veteran's legal guardian, authorized government agent, or other authorized representative, only limited information can be released unless the request is archival. No signature is required if the request is for archival records.)

Name \_\_\_\_\_  
Street Address \_\_\_\_\_ Apt. # \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_  
Daytime Phone \_\_\_\_\_ Fax Number \_\_\_\_\_  
Email Address \_\_\_\_\_

Signature Required - Do not print

Date \_\_\_\_\_

\* This form is available at <https://www.archives.gov/veterans/military-service-records/standard-form-180.html> on the National Archives and Records Administration (NARA) website. \*

The various categories of military service records are described in the chart below. For each category there is a code number which indicates the address at the bottom of the page to which this request should be sent. Please refer to the Instruction and Information Sheet accompanying this form as needed.

| BRANCH       | CURRENT STATUS OF SERVICE MEMBER                                                                                                                                                   | Personnel Record | Medical or Service Treatment Record |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-------------------------------------|
| AIR FORCE    | Discharged, deceased, or retired before 5/1/1994                                                                                                                                   | 14               | 14                                  |
|              | Discharged, deceased, or retired 5/1/1994 – 9/30/2004                                                                                                                              | 14               | 11                                  |
|              | Discharged, deceased, or retired 10/1/2004 – 12/31/2013                                                                                                                            | 1                | 11                                  |
|              | Discharged, deceased, or retired on or after 1/1/2014                                                                                                                              | 1                | 13                                  |
|              | Active (including National Guard on active duty in the Air Force), TDRL, or general officers retired with pay                                                                      | 1                |                                     |
|              | Reserve, IRR, Retired Reserve in non-pay status, current National Guard officers not on active duty in the Air Force, or National Guard released from active duty in the Air Force | 2                |                                     |
|              | Current National Guard enlisted not on active duty in the Air Force                                                                                                                | 2                | 13                                  |
| COAST GUARD  | Discharged, deceased, or retired before 1/1/1898                                                                                                                                   | 6                |                                     |
|              | Discharged, deceased, or retired 1/1/1898 – 3/31/1998                                                                                                                              | 14               | 14                                  |
|              | Discharged, deceased, or retired 4/1/1998 – 9/30/2006                                                                                                                              | 14               | 11                                  |
|              | Discharged, deceased, or retired 10/1/2006 – 9/30/2013                                                                                                                             | 3                | 11                                  |
|              | Discharged, deceased, or retired on or after 10/1/2013                                                                                                                             | 3                | 14                                  |
|              | Active, Reserve, Individual Ready Reserve or TDRL                                                                                                                                  | 3                |                                     |
| MARINE CORPS | Discharged, deceased, or retired before 1/1/1895                                                                                                                                   | 6                |                                     |
|              | Discharged, deceased, or retired 1/1/1895 – 12/31/1904                                                                                                                             | 15               | 14                                  |
|              | Discharged, deceased, or retired 1/1/1905 – 4/30/1994                                                                                                                              | 14               | 14                                  |
|              | Discharged, deceased, or retired 5/1/1994 – 12/31/1998                                                                                                                             | 14               | 11                                  |
|              | Discharged, deceased, or retired 1/1/1999 – 12/31/2013                                                                                                                             | 4                | 11                                  |
|              | Discharged, deceased, or retired on or after 1/1/2014                                                                                                                              | 4                | 8                                   |
|              | Individual Ready Reserve                                                                                                                                                           | 5                |                                     |
|              | Active, Selected Marine Corps Reserve, TDRL                                                                                                                                        | 4                |                                     |
| ARMY         | Discharged, deceased, or retired before 11/1/1912 (enlisted) or before 7/1/1917 (officer)                                                                                          | 6                |                                     |
|              | Discharged, deceased, or retired 11/1/1912 – 10/15/1992 (enlisted) or 7/1/1917 – 10/15/1992 (officer)                                                                              | 14               |                                     |
|              | Discharged, deceased, or retired 10/16/1992 – 9/30/2002                                                                                                                            | 14               | 11                                  |
|              | Discharged, deceased, or retired (including TDRL) 10/1/2002 – 12/31/2013                                                                                                           | 7                | 11                                  |
|              | Discharged, deceased, or retired (including TDRL) on or after 1/1/2014                                                                                                             | 7                | 9                                   |
|              | Current Soldier (Active, Reserve (including Individual Ready Reserve) or National Guard)                                                                                           | 7                |                                     |
| NAVY         | Discharged, deceased, or retired before 1/1/1886 (enlisted) or before 1/1/1903 (officer)                                                                                           | 6                |                                     |
|              | Discharged, deceased, or retired 1/1/1886 – 1/30/1994 (enlisted) or 1/1/1903 – 1/30/1994 (officer)                                                                                 | 14               | 14                                  |
|              | Discharged, deceased, or retired 1/31/1994 – 12/31/1994                                                                                                                            | 14               | 11                                  |
|              | Discharged, deceased, or retired 1/1/1995 – 12/31/2013                                                                                                                             | 10               | 11                                  |
|              | Discharged, deceased, or retired on or after 1/1/2014                                                                                                                              | 10               | 8                                   |
|              | Active, Reserve, or TDRL                                                                                                                                                           | 10               |                                     |
| PHS          | Public Health Service - Commissioned Corps officers only                                                                                                                           | 12               |                                     |

ADDRESS LIST OF CUSTODIANS and SELF-SERVICE WEBSITES (BY CODE NUMBERS SHOWN ABOVE) – Where to write/send this form

|   |                                                                                                                                                                                                                                                                                                                               |    |                                                                                                                                                                                                                                                                                               |    |                                                                                                                                                                                                                                                                                                                                 |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | HQ AF Personnel Center<br>HQ AFPC/DPSOR<br>ATTN: Military Personnel Records Custodian<br>550 C Street West<br>JBSA-Randolph, TX 78150-4721<br><a href="https://milconnect.dmdc.osd.mil/milconnect">https://milconnect.dmdc.osd.mil/milconnect</a>                                                                             | 6  | National Archives & Records Administration<br>Research Services (RDTIR)<br>700 Pennsylvania Avenue NW<br>Washington, DC 20408-0001                                                                                                                                                            | 11 | Department of Veterans Affairs<br>ATTN: Release of Information<br>Claims Intake Center<br>P.O. Box 4444<br>Janesville, WI 53547-4444<br>Fax: 844-531-7818<br><a href="https://www.va.gov">https://www.va.gov</a>                                                                                                                |
| 2 | HQ ARPC/DPTSC<br>18420 E Silver Creek Ave, MS 68<br>Buckley SFB, CO 80011<br><a href="mailto:arpc.milrecs.3rdparty@us.af.mil">arpc.milrecs.3rdparty@us.af.mil</a><br><a href="https://milconnect.dmdc.osd.mil/milconnect">https://milconnect.dmdc.osd.mil/milconnect</a>                                                      | 7  | US Army Human Resources Command's web page:<br><a href="https://www.hrc.army.mil/content/1113">https://www.hrc.army.mil/content/1113</a><br>1-888-ARMYHRC (1-888-276-9472)<br><a href="https://milconnect.dmdc.osd.mil/milconnect">https://milconnect.dmdc.osd.mil/milconnect</a>             | 12 | Commissioned Corps Headquarters<br>Division of Business Operations and Management<br>Administrative Services Branch<br>ATTN: PHS CCHQ Records Management Team<br>1101 Wootton Parkway, Suite 300<br>Rockville, MD 20852<br><a href="mailto:PHSCCHQRecordsManagementRequest@hhs.gov">PHSCCHQRecordsManagementRequest@hhs.gov</a> |
| 3 | USCG Personnel Service Center<br>Coast Guard Military Human Resource Record (CGMHR) Section<br><a href="https://iporms.mymilrecord.uscg.mil">https://iporms.mymilrecord.uscg.mil</a><br>Send questions to:<br><a href="mailto:HQS-SMB-CGPSC-MR-CustomerService@uscg.mil">HQS-SMB-CGPSC-MR-CustomerService@uscg.mil</a>        | 8  | Navy Medicine Records Activity (NMRA) BUMED Detachment - St. Louis<br>Robert A. Young Federal Building<br>1222 Spruce St., Room 9.308<br>St. Louis, MO 63103<br><a href="https://www.med.navy.mil/Navy-Medicine-Records-Activity">https://www.med.navy.mil/Navy-Medicine-Records-Activity</a> | 13 | AF STR Processing Center<br>ATTN: Release of Information<br>3370 Nacogdoches Road, Suite 116<br>San Antonio, TX 78217                                                                                                                                                                                                           |
| 4 | Headquarters, U.S. Marine Corps<br>Manpower Management Performance Branch (MMPB-21)<br>2008 Elliot Road<br>Quantico, VA 22134-5030<br><a href="mailto:SMB.MANPOWER.MMRP-10@usmc.mil">SMB.MANPOWER.MMRP-10@usmc.mil</a><br><a href="https://milconnect.dmdc.osd.mil/milconnect">https://milconnect.dmdc.osd.mil/milconnect</a> | 9  | AMEDD Army Record Processing Center<br>3370 Nacogdoches Road, Suite 116<br>San Antonio, TX 78217<br>Fax Number: 210-201-8310                                                                                                                                                                  | 14 | National Personnel Records Center (Military Personnel Records)<br>1 Archives Drive<br>St. Louis, MO 63138-1002<br><a href="https://www.archives.gov/veterans/military-service-records">https://www.archives.gov/veterans/military-service-records</a>                                                                           |
| 5 | Marine Corps Forces Reserve<br>2000 Opelousas Avenue<br>New Orleans, LA 70114<br><a href="https://milconnect.dmdc.osd.mil/milconnect">https://milconnect.dmdc.osd.mil/milconnect</a>                                                                                                                                          | 10 | Navy Personnel Command<br>Records Management Policy Branch (PERS-313)<br>5720 Integrity Drive<br>Millington, TN 38055-3130<br><a href="https://milconnect.dmdc.osd.mil/milconnect">https://milconnect.dmdc.osd.mil/milconnect</a>                                                             | 15 | National Archives & Records Administration<br>National Archives - St. Louis<br>ATTN: RRPOR<br>P.O. Box 38757<br>St. Louis, MO 63138-0757<br><a href="mailto:stl.archives@nara.gov">stl.archives@nara.gov</a>                                                                                                                    |



# How to Set Up and Protect Your ID.me Account

A SIMPLE, SECURE METHOD TO  
LOG IN TO YOUR ACCOUNT AT VA



## What You'll Need:



Computer and/or  
Mobile Phone with Camera  
and Internet Access



Knowledge of Credit History  
– OR –  
Photo ID (Driver's License,  
Passport, Passport Card,  
or State ID)



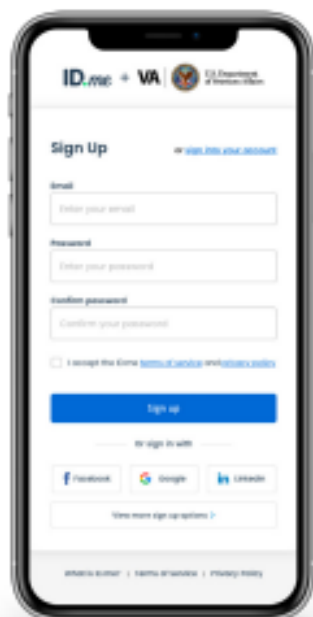
Email Address



Social Security Number  
[Why does ID.me ask for my SSN?](#)

## HOW IT WORKS

### 1 Sign Up



Create your account or, if you already have an ID.me account, simply **sign in**.

### 2 Confirm Email



**Check your inbox** for an email from ID.me and confirm your email address.

### 3 Secure Account

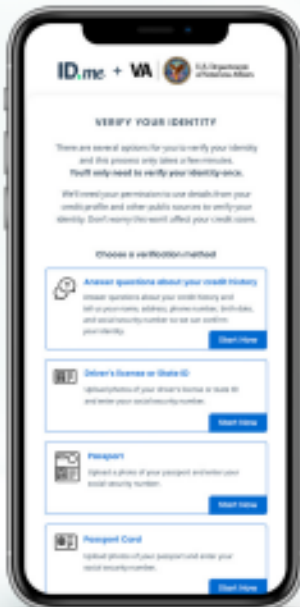


**Protect your account.** You can receive a passcode via text message or phone call, or choose one of the other listed methods.

## How to Verify Your Identity with ID.me

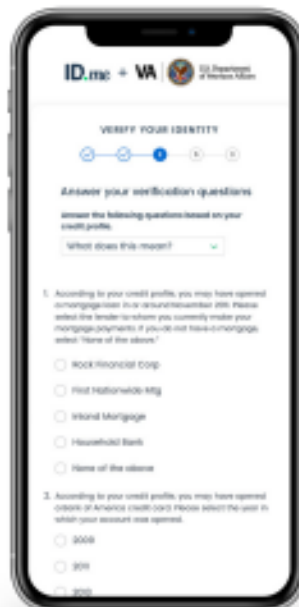
COMPLETE THIS PROCESS **ONCE** TO ACCESS VA PLUS OTHER ID.ME PARTNERS

### 4 Choose How to Verify



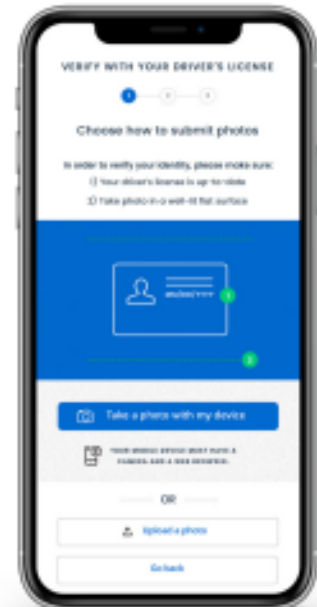
Choose how to verify your identity: **answer credit history questions** or **submit photos of your government ID**.

### 4A Option 1: Answer Credit History Questions



Enter some information, including social security number, and **answer multiple-choice questions** on your credit history. This is not a credit inquiry.

### 4B Option 2: Submit Photos of Government ID



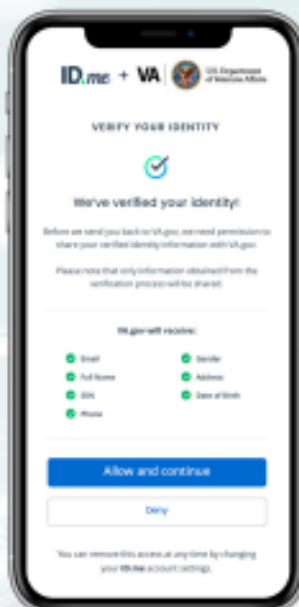
Submit photos of your **driver's license, state ID, passport, or passport card**. Either upload existing photos or take new photos. Then, enter your social security number.

### 5 Confirm Information



Double check that all your information is **accurate and complete**.

### 6 Authorize VA to Receive Information



Your identity has been verified. By choosing to **Allow and Continue**, you can access your VA account.

### GET STUCK ALONG THE WAY?

At ID.me we have a **No Identity Left Behind** mission. If you get stuck along the way, we are here to help. Connect with an ID.me team member via video call and we will verify your identity in moments. Or, visit [help.id.me](https://help.id.me) and ask our virtual assistant or submit an inquiry.

## Pre-need eligibility for burial in a VA cemetery

You can apply to find out in advance if you're eligible for burial in a VA national cemetery.

This is called a pre-need determination of eligibility—and it can help make the burial planning process easier for your family members in their time of need.

Learn how to apply for a pre-need determination of eligibility.

Go to [va.gov](https://va.gov)

Search - National Cemetery Administration

Look for eligibility and the process of pre-need burial eligibility

Or call 1-800-535-1117

For next of kin planning a burial of a veteran:

**Gather:**

1. Information listed on the 'Before You Call Checklist'
2. Call 1-800-535-1117

### Closest National Cemeteries

Woodlawn National Cemetery

Elmira, NY      61 miles

Indiantown Gap National Cemetery

Annville, Pa      61 miles

Ashland Cemetery Soldiers' Lot

Carlisle, Pa      73 miles

Bath National Cemetery

Bath, NY      79 miles







## National Cemetery Scheduling Office (800) 535-1117



### Before You Call Checklist

To help expedite your call to the National Cemetery Scheduling Office (NCSO), please obtain the information listed in the checklist below.

In advance of the call to schedule services, you may also fax discharge or other documents to (866) 900-6417.

| Information Type                                                                                                                                                                                                                                                       | Information Details                           | Response |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|----------|
| <b>Cemetery Information</b>                                                                                                                                                                                                                                            |                                               |          |
| National cemetery requested                                                                                                                                                                                                                                            | Name of cemetery:                             |          |
| Is this burial a first or second interment<br><i>If second (subsequent) interment, previous decedent information is required</i>                                                                                                                                       | First or second:                              |          |
| <b>Previous Decedent Information</b>                                                                                                                                                                                                                                   |                                               |          |
| Previous decedent's full name                                                                                                                                                                                                                                          | First name, middle name, and last name:       |          |
| Previous decedent's social security number                                                                                                                                                                                                                             | Social security number:                       |          |
| Previous decedent's date of birth                                                                                                                                                                                                                                      | Date of birth:                                |          |
| Previous decedent's date of death                                                                                                                                                                                                                                      | Date of death:                                |          |
| <b>Veteran Information</b>                                                                                                                                                                                                                                             |                                               |          |
| Veteran's full name                                                                                                                                                                                                                                                    | First name, middle name, and last name:       |          |
| Veteran's social security number                                                                                                                                                                                                                                       | Social security number:                       |          |
| Veteran's date of death                                                                                                                                                                                                                                                | Date of death:                                |          |
| Veteran's date of birth                                                                                                                                                                                                                                                | Date of birth:                                |          |
| Veteran's branch of service                                                                                                                                                                                                                                            | Branch of service:                            |          |
| Military rank                                                                                                                                                                                                                                                          | Rank:                                         |          |
| Marital status                                                                                                                                                                                                                                                         | Married/divorced/never married/widowed/other: |          |
| Gender of Veteran - Male or Female                                                                                                                                                                                                                                     | Male/female:                                  |          |
| Race of Veteran                                                                                                                                                                                                                                                        | Race:                                         |          |
| <b>Decedent Information</b>                                                                                                                                                                                                                                            |                                               |          |
| Relationship to Veteran                                                                                                                                                                                                                                                | Self (Veteran)/spouse/child/other:            |          |
| Decedent's full name                                                                                                                                                                                                                                                   | First name, middle name, and last name:       |          |
| Decedent's social security number                                                                                                                                                                                                                                      | Social security number:                       |          |
| Date of birth                                                                                                                                                                                                                                                          | Date of birth:                                |          |
| Date of death                                                                                                                                                                                                                                                          | Date of death:                                |          |
| Decedent address                                                                                                                                                                                                                                                       | Address/state/zip code:                       |          |
| Home of record in service area                                                                                                                                                                                                                                         | Home within 75 miles of cemetery:             |          |
| Decedent Gender                                                                                                                                                                                                                                                        | Gender:                                       |          |
| Marital status                                                                                                                                                                                                                                                         | Married/divorced/never married/widowed/other: |          |
| <b>Funeral Home Information</b>                                                                                                                                                                                                                                        |                                               |          |
| Funeral home name                                                                                                                                                                                                                                                      | Funeral home name:                            |          |
| Funeral home identification number                                                                                                                                                                                                                                     | Funeral home identification number:           |          |
| Funeral home address                                                                                                                                                                                                                                                   | Address/state/zip code:                       |          |
| Funeral home contact full name                                                                                                                                                                                                                                         | First name, middle name, and last name:       |          |
| Funeral home contact email address                                                                                                                                                                                                                                     | Email address:                                |          |
| Funeral home phone number                                                                                                                                                                                                                                              | Phone number:                                 |          |
| <i>Fax discharge documents and death certificate of Veteran and prior decedent, as applicable, to (866) 900-6417</i><br><i>Death certificate of previous decedent is required to validate legal marital status, if documents are not available within NCSO records</i> |                                               |          |

| Information Type                                                                                                                                                                                                                                         | Information Details                            | Response |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------|
| <b>Marital Status and Surviving Spouse Information</b>                                                                                                                                                                                                   |                                                |          |
| Surviving spouse information                                                                                                                                                                                                                             | First name, middle name, and last name:        |          |
| If no surviving spouse, name of decedent's next of kin                                                                                                                                                                                                   | First name, middle name, and last name:        |          |
| Relationship to decedent                                                                                                                                                                                                                                 | Spouse/child/other:                            |          |
| Social security number of spouse                                                                                                                                                                                                                         | Social security number:                        |          |
| Date of birth of spouse                                                                                                                                                                                                                                  | Date of birth:                                 |          |
| Veteran status of spouse                                                                                                                                                                                                                                 | Veteran status of spouse:                      |          |
| Request for set-aside grave                                                                                                                                                                                                                              | Yes/no:                                        |          |
| Does the Veteran have any adult dependent children, who are mentally or physically disabled                                                                                                                                                              | Yes/no:                                        |          |
| <b>Adult Dependent Child</b>                                                                                                                                                                                                                             |                                                |          |
| Adult dependent child's full name                                                                                                                                                                                                                        | First name, middle name, and last name:        |          |
| Adult dependent child's social security number                                                                                                                                                                                                           | Social security number:                        |          |
| Adult dependent child's date of birth                                                                                                                                                                                                                    | Date of birth:                                 |          |
| <b>Interment Details</b>                                                                                                                                                                                                                                 |                                                |          |
| Type of remains                                                                                                                                                                                                                                          | Casket/urn:                                    |          |
| Liner type                                                                                                                                                                                                                                               | Standard government/private vault:             |          |
| Liner size:<br>Small - 60L x 20W x 18D<br>Regular - 86L x 30W x 28D<br>Extra Large - 86L x 38W x 28D<br>Oversized - 88L x 34W x 27D<br>Jumbo - 98L x 44W x 30D                                                                                           | Small/regular/<br>extra large/oversized/jumbo: |          |
| Urn dimensions:<br>Niche size - 9L x 13W x 18 D                                                                                                                                                                                                          | Dimensions:                                    |          |
| <b>Federal Law Information</b>                                                                                                                                                                                                                           |                                                |          |
| Response to the question<br>"To the best of your knowledge, has the decedent ever <b>committed</b> a capital crime?"                                                                                                                                     | Yes/no:                                        |          |
| Response to the question<br>"To the best of your knowledge, has the decedent ever been <b>convicted</b> of a sexual offense of which he or she was sentenced to a minimum of life in prison?"                                                            | Yes/no:                                        |          |
| <b>Military Honors Information</b>                                                                                                                                                                                                                       |                                                |          |
| Request for military honors                                                                                                                                                                                                                              | Yes/no:                                        |          |
| Branch of service requested                                                                                                                                                                                                                              | Branch of service:                             |          |
| Request for committal service                                                                                                                                                                                                                            | Yes/no:                                        |          |
| <b>Emblem of Belief Information</b>                                                                                                                                                                                                                      |                                                |          |
| Request for a religious emblem of belief for the marker                                                                                                                                                                                                  | Yes/no/not at this time:                       |          |
| Selection of the emblem of belief                                                                                                                                                                                                                        | Selection:                                     |          |
| <b>Scheduling Information</b>                                                                                                                                                                                                                            |                                                |          |
| Method of delivery to cemetery                                                                                                                                                                                                                           | Funeral home/family:                           |          |
| Name of individual who is scheduling military honors                                                                                                                                                                                                     | Name:                                          |          |
| Preferred date and time of the scheduled service                                                                                                                                                                                                         | Date/time:                                     |          |
| Fax discharge documents and death certificate of Veteran and prior decedent, as applicable, to (866) 900-6417<br>Death certificate of previous decedent is required to validate legal marital status, if documents are not available within NCSO records |                                                |          |



**Cousin Of E. A. Danneker  
Missing Over Germany**

Staff Sergeant John H. Danneker, son of Mr. and Mrs. Charles A. Danneker, Williamsport, and a cousin of Eugene A. Danneker, 102 Fourth street, town, is reported missing in action over Germany since June 20, according to word received by his family during the past week.

Located in England since he went overseas in April of this year, Sgt. Danneker flew with the crew of a B-24 Liberator bomber as a nose gunner.

Sgt. Danneker is one of four children now serving with the Armed forces.

## **Airman Accounted For From World War II** **(Danneker, J.)**

WASHINGTON –

The Defense POW/MIA Accounting Agency announced today that U.S. Army Air Forces Staff Sgt. John H. Danneker, 19, of Williamsport, Pennsylvania, killed during World War II, was accounted for Dec. 10, 2024.

Danneker's family recently received their full briefing on his identification, therefore, additional details on his identification can be shared.

In June 1944, Danneker was assigned to the 565th Bombardment Squadron, 389th Bombardment Group, 2nd Combat Bomb Wing, 2nd Air Division, 8th Air Force, in the European Theater. On June 20, Danneker, the left waist gunner onboard a B-24J "Liberator" bomber, went missing in action when his plane crashed into the Baltic Sea off the coast of Denmark after colliding with another B-24 in the same formation. The pilot and co-pilot of Danneker's aircraft were able to bail out and survived, but all evidence points to the rest of the crew being killed in the crash. The U.S. War Department issued a Finding of Death for Danneker on June 21, 1945.

In early 1948, the [American Graves Registration Command \(AGRC\)](#), the organization that searched for and recovered fallen American personnel in the European Theater, investigated the crash, but were unable to find any of the missing crewmen.

## Airman Accounted For From (Danneker, J.) - page 2

Over the next couple of years, the AGRC also assessed unidentified remains that washed ashore in the area where Danneker's aircraft crashed but were not able to identify any of the crew. Danneker was declared non-recoverable on May 12, 1950.

In 2019, Danish divers alerted the Royal Danish Navy to a WWII-era aircraft wreck in the general area where Danneker's aircraft crashed. A .50 caliber machine gun with a damaged serial number that partially matched on the guns on Danneker's aircraft was recovered. In August 2021, after the Royal Danish Navy Explosive Ordnance Disposal cleared the site of unexploded ordnance, DPAA partner University of Delaware, along with the Royal Danish Navy, returned to conduct an underwater survey. The survey found possible human remains as well as enough evidence to recommend the site for an archaeological excavation.

From Sept. 21 to Oct. 11, 2022, DPAA primary partner Trident Archäologie, along with Wessex Archaeology and volunteers from Project Recover, and with stakeholders from the Royal Danish Navy and the Langelands Museum, returned to the site to conduct excavation and recovery operations. They found extensive evidence, including remains, material evidence, and the ID tags of two of the crew members, all of which was turned over to the Danish authorities and then accessioned into the DPAA laboratory. Trident Archäologie, Wessex Archaeology, the Royal Danish Navy, and the Langelands Museum again returned to the site from Sept. 4-23, 2023, and May 18 to June 9, 2024, to conduct further operations, during which they found further material evidence and possible remains. That evidence was also accessioned into the DPAA laboratory.

To identify Danneker's remains, scientists from DPAA used dental and anthropological analysis, as well as material evidence. Additionally, scientists from the [Armed Forces Medical Examiner System](#) used mitochondrial DNA, Y-chromosome, and autosomal DNA analysis.

Danneker's name is recorded on the Wall of the Missing at Cambridge American Cemetery, Cambridge, England, along with others still missing from WWII. A rosette will be placed next to his name to indicate he has been accounted for.

Danneker will be buried in Arlington National Cemetery in August 2025.



*Every year, over 20,000 flags  
are placed on the graves of Lycoming County Veterans.*

*This is done with the help of boy  
scout troops, church groups, local  
company employee groups and  
individual community members.*



**Scott**

**Meracle**



**Huntersville**



*Every year, they place the  
flags to help us all remember  
the debt and gratitude  
we owe our military service  
men and women.*

# You are getting an exam by the VA for a claim.

Now what?

The VA medical center or a VA contract vendor will contact you to conduct their exam.

We use several contractors to provide claim exams:

During the claims process, we may contact you through an Email notification system called govDelivery. We'll email you to tell you in advance about phone calls and text messages you'll get from our contractors about your disability exam.

Loyal Source Government Services,  
caller ID display : "Loyal Source,"  
[833-832-7077](tel:833-832-7077).

OptumServe Health Services,  
caller ID display : "VA EXAM-Optum,"  
[866-933-8387](tel:866-933-8387) ([TTY: 711](tel:866-933-8387)).

Leidos QTC Health Services,  
caller ID display : "VA EXAM-QTC,"  
[800-682-9701](tel:800-682-9701).

Veterans Evaluation Services (VES),  
caller ID display : "VA EXAM-VES,"  
[877-637-8387](tel:877-637-8387).

If you're outside the continental U.S.,  
customer service number  
[+1-713-255-5656](tel:+1-713-255-5656).

**If you missed the call or  
need to reschedule (give at least 48 hours notice) :  
Or call the VA at 800-827-1000  
M-F 8:00 a.m. - 9:00 p.m.**



# DELIVERING ON THE NATION'S PROMISE



## NATIONAL POW/MIA RECOGNITION DAY



WORLD WAR II + COLD WAR + KOREAN WAR  
VIETNAM WAR + PERSIAN GULF WAR

SEPTEMBER 19, 2025

[WWW.DPAA.MIL](http://WWW.DPAA.MIL)



**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 Nation's 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,**

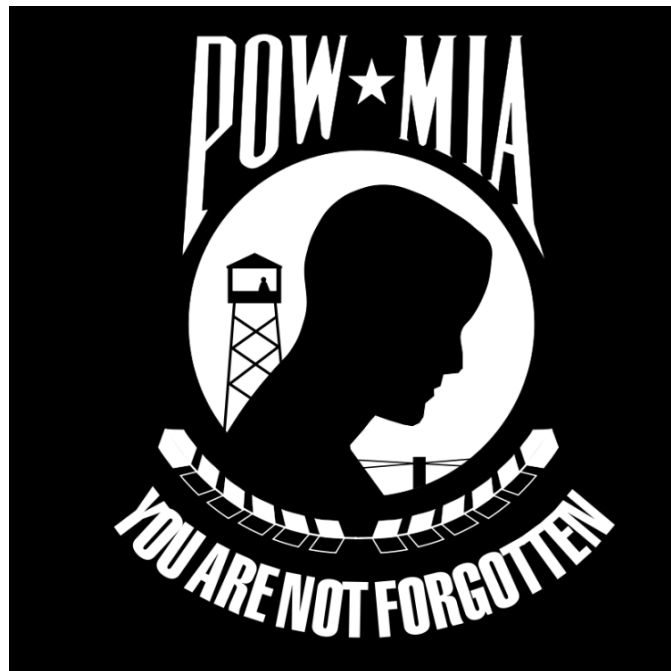
For they can not toast with us tonight.

**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.**



Friday  
September 19 , 2025  
POW/MIA  
Recognition Day

# Robert Cressman



At 18 years old,  
Robert Cressman enlisted in  
the US Navy.

He served on the  
USS Damato  
from 1963-1967.

He then came home to  
work as a Lineman Leader  
for PP&L for 33 years.

He married the love  
of his life, Elaine  
(Thomas) on June  
21, 1969 at the  
Blooming Grove  
Methodist church.

They had two  
children,  
Terry Cressman and  
Laurie Cressman.

He passed on  
February 22, 2023





# **The PACT Act Presumptive Conditions List (2025 Update)**

Here's an organized list of conditions covered under the PACT Act for presumptive VA disability benefits:

## **Various Cancers**

### **Brain and Nervous System Cancers**

- Glioblastoma (Primary, Secondary)
- Astrocytoma (Anaplastic, Diffuse, Pilocytic)
- Brain stem glioma
- Pineal astrocytic tumors
- Ependymomas (cellular, clear cell, papillary, RELA fusion-positive, tanycytic)
- Malignant pineal gland tumors
- Mixed gliomas (Oligoastrocytoma)
- Pituitary carcinoma
- Oligodendrogliomas

### **Ear and Eye Cancers**

- Ceruminous adenoma
- Rhabdomyosarcoma
- Carcinoid tumors of the orbit and ocular adnexa
- Eye and ocular adnexa cancers (ciliary body, eyelid, iris, optic disc, retina, vitreous, orbit tumors)
- Melanomas of the eye (choroidal, conjunctival, iris)
- Neuroendocrine tumors of the orbit

### **Skin Cancers**

- Basal cell carcinoma
- Melanoma
- Squamous cell carcinoma
- Merkel cell carcinoma

## **Pg 2 - The PACT Act Presumptive Conditions List (2025 Update)**

- Adenoid cystic cancer
- Lymphoma
- Neuroendocrine carcinoma
- Olfactory neuroblastoma
- Plasmacytoma
- Fibrosarcoma
- Leiomyosarcoma
- Rhabdomyosarcoma
- Undifferentiated pleomorphic sarcoma

### **Mouth, Neck, and Throat Cancers**

- Hypopharyngeal cancer (including adenoid cystic carcinoma, lymphoma, mucoepidermoid carcinoma, squamous cell carcinoma)
- Jaw cancer (including ameloblastic carcinoma, clear cell odontogenic carcinoma, ghost cell odontogenic carcinoma, multiple myeloma, odontogenic carcinosarcoma, odontogenic sarcoma, osteosarcoma, primary intraosseous carcinoma, squamous cell carcinoma)
- Laryngeal cancer (including adenocarcinoma, chondrosarcoma, lymphoma, plasmacytoma, sarcoma, squamous cell carcinoma)
- Oral cavity squamous cell carcinoma
- Oropharyngeal cancer (including lymphoepithelioma, lymphoma, minor salivary gland tumors, salivary gland cancer, squamous cell carcinoma, tonsillar cancer)
- Pharyngeal cancer (including basaloid squamous cell carcinoma, keratinizing squamous cell carcinoma, non-keratinizing squamous cell carcinoma)
- Salivary gland cancer (including acinic cell carcinoma, adenoid cystic carcinoma, adenocarcinoma NOS, mucoepidermoid carcinoma, polymorphous adenocarcinoma, secretory carcinoma)
- Thyroid cancer (including anaplastic, follicular, medullary, papillary)
- Tongue cancer (including adenoid cystic carcinoma, mucoepidermoid carcinoma, polymorphous low-grade carcinoma)



## **Pg 3 - The PACT Act Presumptive Conditions List (2025 Update)**

### **Nose and Nasal Cancers**

- Keratinizing undifferentiated carcinoma
- Non-keratinizing undifferentiated carcinoma
- Squamous cell carcinoma
- Adenocarcinoma

### **Sarcomas**

- Fibromatosis
- Liposarcoma
- Malignant ganglioma, mesenchymoma, schwannoma
- Osteosarcoma
- Dermatofibrosarcoma
- Ectomesenchymoma
- Ewing sarcoma (endocrine)
- Fibrosarcoma
- Leiomyosarcoma
- Low-grade fibromyxoid sarcoma
- Rhabdomyosarcoma
- Angiosarcoma
- Hemangioendothelioma and hemangiopericytoma
- Solitary fibrous tumor
- Vascular sarcoma

### **Spinal Cord Cancers**

- Lymphoma
- Malignant schwannoma
- Multiple myeloma
- Osteosarcoma
- Solitary plasmacytoma
- Chondrosarcoma
- Chordoma
- Ewing's sarcoma
- Malignant peripheral nerve sheath tumor

## **Pg 4 - The PACT Act Presumptive Conditions List (2025 Update)**

### **Gastrointestinal Cancers**

- Anal cancer (including adenocarcinoma, basal cell cancer, carcinoma in situ, melanoma, squamous cell cancer)
- Colorectal cancer (including adenocarcinoma, carcinoid, gastrointestinal stromal tumor, lymphoma)
- Esophageal cancer (including adenocarcinoma, squamous cell carcinoma)
- Liver cancer (including hepatocellular carcinoma, intrahepatic tract cancer)
- Pancreatic cancer (including adenocarcinoma, neuroendocrine cancer)
- Salivary gland cancers (including acinic cell carcinoma, adenoid cystic carcinoma, adenocarcinoma NOS, mucoepidermoid carcinoma, polymorphous adenocarcinoma, secretory carcinoma)
- Small intestine cancers (including adenocarcinoma, carcinoid tumor, gastrointestinal stromal tumor, lymphoma, sarcoma)
- Spleen cancers (including primary tumors of the spleen)
- Stomach cancers (including carcinoid tumors, diffuse adenocarcinoma, gastrointestinal stromal tumor, intestinal carcinoma, lymphoma)

### **Kidney Cancers**

- Renal cell carcinoma (including chromophobe, clear cell, clear cell papillary, collecting duct, medullary, papillary, unclassified types)
- Non-renal cell carcinoma (including renal sarcoma, Wilms tumor)

### **Lymphomas**

- B-cell lymphoma (including diffuse B-cell lymphoma, follicular B-cell lymphoma, other non-Hodgkin mature B-cell lymphoma, small cell B-cell lymphoma)
- Hodgkin's lymphoma
- Anaplastic large cell lymphoma
- Burkitt lymphoma
- Lymphoblastic lymphoma
- Mantle-cell lymphoma
- Mycosis fungoides
- Non-Hodgkin's lymphoma
- T-cell lymphoma

## **Pg 5 - The PACT Act Presumptive Conditions List (2025 Update)**

### **Melanomas**

- Melanomas of the eye (including choroidal melanoma, conjunctival melanoma, iris melanoma)
- Melanomas of the skin (including acral lentiginous melanoma, lentigo maligna melanoma, nodular melanoma, superficial spreading melanoma)
- Mucosal melanoma

### **Respiratory Cancers**

#### **Bronchial Cancers**

- Adenocarcinoma
- Large-cell carcinoma
- Squamous cell carcinoma

#### **Laryngeal Cancers**

- Adenocarcinoma
- Chondrosarcoma
- Glottis, laryngeal neuroendocrine, subglottis, or supraglottis neoplasm
- Lymphoma
- Plasmacytoma
- Sarcoma
- Squamous cell carcinoma

#### **Lung Cancers**

- Adenocarcinoma
- Carcinoid tumor
- Large cell carcinoma
- Pleomorphic carcinoma
- Salivary gland carcinoma
- Squamous cell carcinoma (epidermoid carcinoma)
- Unclassified carcinoma
- Combined small cell carcinoma
- Small cell carcinoma (oat cell cancer)
- Adenosquamous carcinoma
- Sarcomatoid carcinoma
- Typical and atypical carcinoid

## **Pg 6 - The PACT Act Presumptive Conditions List (2025 Update)**

### **Nasopharyngeal and Paranasal Cancers**

#### **Nasopharyngeal Cancers**

- Keratinizing undifferentiated carcinoma
- Non-keratinizing undifferentiated carcinoma
- Squamous cell carcinoma

#### **Paranasal Sinus and Nasal Cavity Cancers**

- Lymphoma
- Melanoma
- Neuroendocrine carcinoma
- Plasmacytoma
- Squamous cell carcinoma
- Adenocarcinoma
- Adenoid cystic cancer
- Fibrosarcoma
- Undifferentiated pleomorphic sarcoma
- Leiomyosarcoma
- Olfactory neuroblastoma
- Rhabdomyosarcoma

### **Throat and Trachea Cancers**

#### **Throat (Oropharyngeal) Cancers**

- Lymphoepithelioma
- Lymphoma
- Minor salivary gland tumors
- Salivary gland cancer
- Squamous cell carcinoma
- Tonsillar cancer

#### **Trachea Cancers**

- Adenocarcinoma of the trachea
- Squamous cell carcinoma of the trachea



## **Pg 7 - The PACT Act Presumptive Conditions List (2025 Update)**

### **Non-Cancer Conditions Related to Respiratory Issues**

- Asthma (diagnosed after service)
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Chronic rhinitis
- Chronic sinusitis
- Constrictive bronchiolitis or obliterative bronchiolitis
- Emphysema
- Granulomatous disease
- Interstitial lung disease (ILD)
- Pleuritis
- Pulmonary fibrosis
- Sarcoidosis

### **Contaminated Water Presumptive Conditions**

- Adult leukemia
- Aplastic anemia and other myelodysplastic syndromes
- Bladder cancer
- Kidney cancer
- Liver cancer
- Multiple myeloma
- Non-Hodgkin lymphoma
- Parkinson's disease

### **Agent Orange Presumptive Conditions Under the PACT Act**

#### **Various Cancers**

- Chronic B-cell leukemias
- Hodgkin's disease
- Multiple myeloma
- Non-Hodgkin's lymphoma
- Prostate cancer
- Respiratory cancers (lung, bronchus, larynx, trachea)
- Soft tissue sarcomas (excluding osteosarcoma, chondrosarcoma, Kaposi's sarcoma, mesothelioma)
- Chloracne (or similar acneform disease)

## **Pg 8 - The PACT Act Presumptive Conditions List (2025 Update)**

### **Non-Cancer Conditions**

- AL amyloidosis
- Chronic peripheral neuropathy
- Hypertension (High Blood Pressure)
- Ischemic heart disease
- Monoclonal Gammopathy of Undetermined Significance (MGUS)
- Parkinson's disease
- Porphyria cutanea tarda
- Type 2 diabetes (Type II diabetes mellitus)

### **Respiratory Conditions from Burn Pits and Toxic Exposures**

- Asthma (diagnosed after service)
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Chronic rhinitis
- Chronic sinusitis
- Constrictive bronchiolitis or obliterative bronchiolitis
- Emphysema
- Granulomatous disease
- Interstitial lung disease (ILD)
- Pleuritis
- Pulmonary fibrosis
- Sarcoidosis

## **Pg 9 - The PACT Act Presumptive Conditions List (2025 Update)**

### ***Additional Conditions Presumed Due to Gulf War, Burn Pits, or Other Toxic Exposures***

- Asthma (diagnosed after service)
- Rhinitis
- Sinusitis
- Brain cancer (including glioblastoma)
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Chronic sinusitis
- Constrictive bronchiolitis
- Emphysema
- Granulomatous disease
- Interstitial lung disease (ILD)
- Pleuritis
- Pulmonary fibrosis
- Sarcoidosis

### **Other Conditions Related to Environmental Exposures**

- Hypertension (related to Agent Orange exposure)
- Monoclonal gammopathy of undetermined significance (MGUS)
- Bladder cancer (linked to various exposures, including Agent Orange)
- Hypothyroidism (related to Agent Orange)
- Parkinsonism (related to Agent Orange)
- Birth defects (such as spina bifida in children of certain Vietnam or Korean War veterans, related to Agent Orange exposure)

## **Pg 10 - The PACT Act Presumptive Conditions List (2025 Update)**

**The Newest PACT Act Presumptive Conditions List for 2025 include several significant updates as the VA continues to adapt its policies based on the latest research and findings.**

The following conditions have recently been added to the presumptive list:

- **Hypertension (High Blood Pressure):** Recognized as a presumptive condition for veterans exposed to Agent Orange and other toxic substances, making it easier for affected veterans to claim benefits.
- **Monoclonal Gammopathy of Undetermined Significance (MGUS):** This blood disorder, which can lead to more severe conditions like multiple myeloma, is now presumptive for veterans exposed to toxic chemicals.
- **Male Breast Cancer:** An increasingly recognized cancer linked to toxic exposures, now included under the presumptive conditions.
- **Urethral Cancer:** Recently added as a presumptive condition, particularly relevant for veterans exposed to harmful substances.
- **Cancer of the Paraurethral Glands:** Another specific cancer type added to the presumptive list due to emerging evidence of its connection to military service and toxic exposure.



# THE WALL THAT HEALS



VVMF's *The Wall That Heals* exhibit includes a three-quarter scale replica of The Wall, a mobile Education Center and a replica of the *In Memory* plaque.



*The Wall That Heals* will be on display in 30 communities across the country in 2025 including:

|                      |                 |                     |                   |
|----------------------|-----------------|---------------------|-------------------|
| Warren, OH           | May 29-June 1   | Spokane, WA         | Aug. 28-Aug. 31   |
| Troy, NY             | June 5-June 8   | Ellensburg, WA      | Sept. 4-Sept. 7   |
| New Alexandria, VA   | June 12-June 15 | Port Townsend, WA   | Sept. 11-Sept. 14 |
| Claremont, NH        | June 26-June 29 | Independence, OR    | Sept. 18-Sept. 21 |
| Farmington, ME       | July 3-July 6   | Orange, CA          | Oct. 2-Oct. 5     |
| Montgomery Twp, PA   | July 10-July 13 | Clovis, CA          | Oct. 9-Oct. 12    |
| Antioch, IL          | July 17-July 20 | American Canyon, CA | Oct. 16-Oct. 19   |
| St. Louis County, MO | July 24-July 27 | Wylie, TX           | Oct. 30-Nov. 2    |
| Buckner, MO          | July 31-Aug. 3  | Athens, AL          | Nov. 6-Nov. 9     |
| Nevada, IA           | Aug. 7-Aug. 10  | Crystal Springs, MS | Nov. 13-Nov. 16   |
| Emporia, KS          | Aug. 14-Aug. 17 |                     |                   |

Want to bring The Wall to your community? VVMF is now accepting applications to host *The Wall That Heals* in 2026. To learn more about being a host or how to apply, please visit: [www.vvmf.org/twth-request](http://www.vvmf.org/twth-request).

## PTSD AWARENESS DAY AND AGENT ORANGE AWARENESS DAY



The Vietnam War may be over, but the battle continues for many Vietnam veterans. Nearly three million service members served in Vietnam and most returned home. But since then, thousands of Vietnam veterans have fought illnesses related to Agent Orange exposure and battled PTSD – Post Traumatic Stress Disorder – and it has impacted their lives and the lives of their families in many ways.

On **June 27th** – National PTSD Awareness Day – we'll light up the Memorial site in teal candlelight. On **August 10th** – the anniversary of the first day that Agent Orange was sprayed in Vietnam in 1961 – we'll light up the Memorial in orange candlelight.

Join us as we bring light to the continuing toll of the Vietnam War. If you can't be with us – you can sponsor a candle to be placed at the Memorial during these important awareness events.

For more information on PTSD Awareness Day, please visit: [www.vvmf.org/ptsd-awareness](http://www.vvmf.org/ptsd-awareness). For more information on Agent Orange Awareness Day, please visit: [www.vvmf.org/agent-orange-awareness-day](http://www.vvmf.org/agent-orange-awareness-day).





---

# Letters From Long Binh Vietnam

---

1968-1969



Harry Joseph Grafius

## Letters From Long Binh Vietnam

*Letters From Long Binh, Vietnam* is a compilation of the letters Harry Joseph Grafius wrote home to his family members during his year of duty in Vietnam, 1968-1969, courtesy of the United States Army. As a member of the 20th Engineer Brigade, of the 169th Engineer Battalion, Company C and later of the 43rd DT, Joe maneuvered dump trucks on the road to Long Binh Post while he was based



20th Engineer Brigade



To order an  
autographed copy  
contact  
Joe Grafius, author.  
\$20  
Call : 570-777-0957

Mr. Grafius started working on this in 2018 when he found letters his Mom saved from his time in service. He used them to make a chronological timeline. These are his memories.

The book is also for sale at Otto's Bookstore in downtown Williamsport.

\$1.00 from each purchase goes to the VetCenter.



WILLIAMSPORT SUN-GAZETTE

# COMMUNITY CORNER

PIECE OF OUR PAST

In most editions of the Williamsport Sun-Gazette you will find “Piece of our Past” and the “Community Corner”.

Great pictures of our collective history and current good news.

Above in the June 11, 2025 edition is published a picture of the Armistice Day parade in November of 1945 as part of it marches through downtown Williamsport.

“The parade marked the first peace-time Armistice Day parade in years.”





Together  
**VFW Riders**  
 and  
**Hometown Heroes**  
 were able to help a  
 local veteran's  
 widow with a  
 roofing problem.

Summer 2025

## PRIMARY COUNTIES

- **LYCOMING**
- **CLINTON**
- **TIOGA**
- **POTTER**
- **CAMERON**

### NEED A HELPING HAND?



IF YOU ARE A VETERAN,  
 ACTIVE DUTY MILITARY,  
 OR FAMILY MEMBER  
 RESIDING IN  
 LYCOMING, CLINTON,  
 TIOGA,  
 CAMERON OR POTTER  
 COUNTY AND NEED HELP  
 WE ARE HERE TO LEND A  
 HAND!!

**VFW RIDERS GROUP DIST 15-PA  
 HAS A MISSION TO HELP LOCAL**

**VETERANS WITH FREE:**

- \* LAWN CARE \* MINOR HOME REPAIR\*
- \* HANDICAP ACCESS MODIFICATIONS \*
- \* COMMUNITY RESOURCES\*
- \* BENEFIT INFORMATION \*

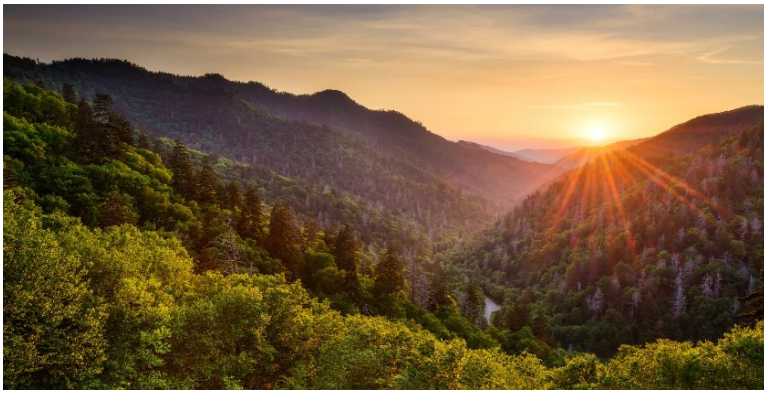


**CONTACT US!  
 VFW RIDERS GROUP**



**EMAIL: [VFWRGDISTRICT15@GMAIL.COM](mailto:VFWRGDISTRICT15@GMAIL.COM)**

IF YOU RESIDE OUTSIDE OF THE COUNTIES MENTIONED ABOVE & NEED ASSISTANCE, PLEASE CONTACT US  
 SO WE CAN CONNECT YOU TO THE RESOURCES NEAR YOU



## Veterans, Gold Star Families get free lifetime pass to national parks, wildlife refuges, other public lands

### Are you eligible?

For purposes of this program, a Veteran is identified as an individual who has served in the United States Armed Forces, including the National Guard and Reserve, and

is able to present one of the following forms of valid (unexpired) identification:

- Department of Defense Identification Card
- [Veteran Health Identification Card \(VHIC\)](#)
- [Veteran ID Card](#)
- Veterans designation on a state-issued U.S. driver's license or identification card

Gold Star Families are next of kin of a member of the United States Armed Forces who lost his or her life in a “qualifying situation,” such as a war, an international terrorist attack, or a military operation outside of the United States while serving with the United States Armed Forces.

### For more information please visit:

<http://www.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm>



National Park Service

## Plan Your Visit



---

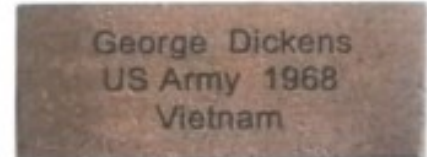
## LYCOMING COUNTY VETERANS MEMORIAL PARK WILLIAMSPORT, PA

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**



# Nutrition and Food Services

## Healthy Teaching Kitchen Program

**va.gov**

### Healthy Teaching Kitchen Program - Nutrition and Food Services

Making healthy food choices is the #1 thing you can do for your health. Learning how to cook can be a key step towards getting healthier foods on your plate. The Healthy Teaching Kitchen (HTK) program provides Veterans with nutrition knowledge, cooking skills, and guided practice to build confidence in cooking at home with healthy, minimally processed foods.

Go to [va.gov](https://va.gov) to learn more

### Recipes, Cookbooks, and Cooking Videos - Nutrition and Food Services

#### **Recipe Library**

Recipes are organized by category



Main Dish Recipes



Side Dish Recipes



Beverage Recipes



Breakfast Recipes



Dessert Recipes



Dressing, Sauce &  
Seasoning Recipes



Holiday & Party Recipes



Snack Recipes





## Senator Yaw Introduces Senate Bill 626 to Support Veterans' Organizations

**S**kill games are critical to helping many veterans' organizations pay staff, pay bills, maintain their establishments and pay for donations that help their communities. But now, the supplemental income from the games that they rely on is at risk. Other proposals are being introduced with tax rates so high, they could drive skill games out of business entirely.

That's why I introduced **Senate Bill 626**, which protects these organizations from devastating taxes they can't afford.

I need your help. Please contact your senators and representatives, tell them how skill games have helped your organizations and ask them to support Senate Bill 626.

Scan the QR code below to be directed to my website. Simply fill out the form and I will send your message directly to your legislators.

Or visit [www.palegis.us/find-my-legislator](http://www.palegis.us/find-my-legislator). Input your mailing address and find contact information for your legislators there.



## Senator Gene Yaw 23rd Senate District



175 Pine St., Suite 105  
Williamsport, PA 17701  
570-322-6457  
Fax: 570-327-3703  
Toll Free: 800-443-5772

5 Main St.  
Wellsboro, PA 16901  
570-724-5231  
Fax: 570-723-5119

Senate Box 203023  
Harrisburg, PA 17120-3023  
717-787-3280  
Fax: 717-772-0575  
TTY: 800-364-1581

[gyaw@pasen.gov](mailto:gyaw@pasen.gov)  
[www.senatorgeneyaw.com](http://www.senatorgeneyaw.com)

[Facebook.com/SenatorGeneYaw](https://www.facebook.com/SenatorGeneYaw)  
[x.com/SenatorGeneYaw](https://www.x.com/SenatorGeneYaw)

**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. 424. CLUB SALAD**Yield: Approximately 18 pounds,  
100 servings, approxi-  
mately 3 ounces each.

| Ingredients                       | 100 servings                        | ... servings |
|-----------------------------------|-------------------------------------|--------------|
| Macaroni, cooked.....             | 5 pounds (5 No. 56 dippers).....    |              |
| Eggs, hard-cooked, diced.....     | 20 eggs.....                        |              |
| Pickles, chopped.....             | 2 pounds (2 No. 56 dippers).....    |              |
| Celery, diced.....                | 6 pounds (6 No. 56 dippers).....    |              |
| Pimientos, chopped.....           | 1 pound (¼ No. 56 dipper).....      |              |
| Peppers, green, chopped.....      | 1 pound (1 No. 56 dipper).....      |              |
| Parsley, chopped.....             | 2½ ounces (12 mess kit spoons)..... |              |
| Onions, chopped.....              | ¼ pound (¼ No. 56 dipper).....      |              |
| Salt.....                         | 1¼ ounces (2½ mess kit spoons)..... |              |
| Vinegar.....                      | 1 pint (½ No. 56 dipper).....       |              |
| Lettuce.....                      | 6 heads.....                        |              |
| Mayonnaise or salad dressing..... | 1 quart (1 No. 56 dipper).....      |              |

1. Combine macaroni, eggs, pickles, chopped vegetables, salt, and vinegar; mix well.
2. Chill and serve on lettuce with mayonnaise or salad dressing (recipes Nos. 459 to 484).

**NO. 74. SUGAR COOKIES**Yield: 8½ pounds mixture.  
204 cookies, each 3½  
inches in diameter.

| Ingredients                          | 100 servings                       | ... servings |
|--------------------------------------|------------------------------------|--------------|
| Flour, sifted.....                   | 3 pounds (3 No. 56 dippers).....   |              |
| Baking powder.....                   | 1¼ ounces (3 mess kit spoons)..... |              |
| Salt.....                            | ½ ounce (1 mess kit spoon).....    |              |
| Shortening.....                      | 1½ pounds (1 mess kit cup).....    |              |
| Sugar, granulated.....               | 2¼ pounds (2¼ mess kit cups).....  |              |
| Eggs, beaten.....                    | 6 eggs (½ No. 56 dipper).....      |              |
| Vanilla.....                         | ½ ounce (1 mess kit spoon).....    |              |
| Milk, evaporated.....                | 2—14½-ounce cans.....              |              |
| Water (for milk).....                | ½ pint (½ mess kit cup).....       |              |
| Sugar, granulated (for topping)..... | 8 ounces (½ mess kit cup).....     |              |
| Cinnamon (for topping).....          | 1 ounce (4 mess kit spoons).....   |              |

1. Sift flour, baking powder, and salt together.
2. Mix shortening and sugar; stir until light and fluffy.
3. Add beaten egg gradually, mixing well after each addition; add vanilla.
4. Mix milk and water. Add flour mixture and milk alternately to sugar mixture, mixing well after each addition.
5. Mix sugar and cinnamon.
6. Drop cookie mixture by spoonfuls onto ungreased baking pans. Sprinkle with sugar and cinnamon mixture.
7. Bake in moderate oven (375° F.) 12 to 15 minutes.
8. Remove from pans at once.

NOTE. Cookie dough may be rolled ⅛ inch thick on lightly floured board and cut with floured cookie cutter.

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

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





## About Operation Paperback

Operation Paperback began in 1999, sending its first shipments to Kuwait and Saudi Arabia. We have since shipped 2.9 million books to over 30 locations overseas.

We have 19,000+ volunteers from all 50 states. These individual citizens, American families and community groups form a network of shippers that send around 15,000 books per month.

Over the years, we have earned commendations from the President of the United States, the governor of Maryland, the mayor of Baltimore, and the United States Junior Chamber of Commerce. We have also been featured on television and in print media. While we value the praise we have received at home, the words that mean the most to us are those that come directly from those we serve. They let us know that our efforts are appreciated every day.

Operation Paperback is a non-profit, tax-exempt 501(c)(3) organization incorporated in the State of Pennsylvania. Donations to our organization are tax deductible to the full extent of the law. We are happy to provide receipts for any donations received.

<https://operationpaperback.org/>

# Veterans Multi-Service Center



8 North Grove St., Ste 2  
Lock Haven, PA 17745  
Monday-Friday 8:30am - 4:30pm  
(844) 226-0368

## Who We Serve

Serving Those Who Served - eligible veterans, service members, and their families seeking support with housing, benefits, and overall stability.

## Where We Serve

Serving PA Counties: Cameron, Centre, Clinton, Juniata, Lycoming, Mifflin, Northumberland, Potter, Snyder, Tioga, & Union

## Services Provided

- Temporary Financial Assistance for Housing
  - VA Benefits Navigation
  - Case Management
  - Financial Counseling
  - Legal Services Referrals
- Community Resource Referrals
  - & More!

Stop by, call or visit [www.VMCenter.org](http://www.VMCenter.org) to learn more about what we offer!







## Breakfast at Grimms's Diner on 5/12/25

Veterans  
Breakfast  
8:00 am

2nd Monday  
Every month

\$8.00

5849 Warrensville Road



---

# Basic Cooking Terms and Tools

---

Cooking at home is a great way to eat healthier! Knowing a few common terms and having basic tools can help you get started.

## Benefits of Cooking at Home

- Enjoy more plant-based foods including fruits, vegetables, beans, and whole grains.
- Exploring new foods or ingredients.
- Discovering ways to spruce up recipes to fit your health needs such as lowering sodium and adding fiber.

## Common Abbreviations

- |                          |                       |
|--------------------------|-----------------------|
| • C = Cup                | • pt = Pint           |
| • tbsp or T = Tablespoon | • fl oz = Fluid Ounce |
| • tsp or t = Teaspoon    | • lb = Pound          |
| • oz = ounce             | • g = Gram            |
| • qt = Quart             | • mg = Milligram      |

## Measurement Conversions

- |                                     |                              |
|-------------------------------------|------------------------------|
| • 3 teaspoons = 1 Tablespoon        | • 1 pint = 2 Cups            |
| • 4 Tablespoons = $\frac{1}{4}$ Cup | • 1 quart = 2 pints/4 cups   |
| • 8 fluid ounces = 1 Cup*           | • 1 gallon = 4 quarts/16 cup |

\*Note: Fluid measures like water, oil, and dry measures such as flour require different tools to measure.

## Basic Cooking Tools





**For Veterans who are homeless  
or at risk of becoming homeless,**



*Jim, formerly homeless Veteran*  
Served 2004-2011

**VA IS HERE  
TO HELP.**

Help for Homeless Veterans  
**877-4AID-VET**  
*va.gov/homeless* | (877) 424-3838

**VA**



U.S. Department  
of Veterans Affairs



# Creamy Roasted Cauliflower Soup

**Prep: 15 minutes | Cook: 55 minutes | Total: 1 hour 10 minutes**

**Yield: 4 servings | Serving Size: 2 cups**

## Ingredients

2 pounds cauliflower (about 2 small to medium heads or 1 large head), cut into bite-size florets  
3 tablespoons olive oil, divided  
 $\frac{1}{4}$  teaspoon salt, divided  
1 medium onion, chopped (about 1 cup)  
2 cloves garlic, minced (about 1 teaspoon)  
4 cups (32 ounces) low-sodium vegetable broth  
2 tablespoons unsalted butter  
1-2 tablespoons lemon juice, to taste (about  $\frac{1}{2}$  lemon)  
 $\frac{1}{4}$  teaspoon ground nutmeg  
4 tablespoons ( $\frac{1}{4}$  cup) finely chopped fresh flat-leaf (Italian) parsley, chives, or scallion (green onion), divided

## Directions

1. Preheat the oven to 425°F.
2. Toss the cauliflower with 2 tablespoons of the oil to coat, then sprinkle with  $\frac{1}{4}$  teaspoon of the salt. Arrange the cauliflower in a single layer on a rimmed baking sheet.
3. Bake until the cauliflower is tender and browned on the edges, about 35-40 minutes, stirring after 20 minutes.
4. When there is about 10 minutes left on the cauliflower, heat a Dutch oven or large pot over medium heat. Add the remaining 1 tablespoon oil and heat until shimmering.
5. Add the onion and  $\frac{1}{4}$  teaspoon of the salt. Cook, stirring occasionally, until softened, about 5-7 minutes.
6. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth and cauliflower.
7. Bring to a boil over high heat, then reduce the heat to a simmer. Cook, stirring occasionally, for 20 minutes.
8. Add the butter, lemon juice, nutmeg, and remaining  $\frac{1}{4}$  teaspoon salt. Blend until smooth using an immersion (handheld) blender.
9. Garnish each serving with 1 tablespoon of the parsley, chives, or scallion and serve warm.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 17 g | Saturated Fat: 5 g  
Sodium: 580 mg | Total Carbohydrate: 17 g | Dietary Fiber: 6.5 g | Protein: 7 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs





Restless Oaks Restaurant, 119 Pine Mountain Rd, McElhattan, PA

## VETERANS, COME ONE, COME ALL TO THE MONTHLY VETERAN'S BREAKFAST.

**When:** 1<sup>st</sup> Saturday of EVERY month 9:00 AM

**Where:** Restless Oaks Restaurant,  
119 Pine Mountain Road, McElhattan

**WHY:** To have a great breakfast, at your expense, and  
spend time with other Veterans.

**RSVP to make sure we have enough seats at the table for everyone. Text or  
call 570-660-6881 by Thursday before Saturday breakfast.**



**Coordinated by Heroes & Horses**



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**  
**2025 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, 2025**. Purchase deadline will be **September 5, 2025 (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 4, 2025, 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.*

- ★ **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.

## **2025 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 2025 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

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

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

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

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

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

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



# Coffee with a Veterans Service Officer

Lycoming County Veterans Affairs  
33 West Third Street, Williamsport  
2nd floor

9:00 am– 4:00 pm

Last Wednesday of Every Month

\* July 30 \* August 27 \* Sept 24 \* Oct 29 \* Nov 26 \* Dec 31







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

**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

## 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 6pm.  
570-323-9900

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



## Phone Numbers

|                                                                                                                                                    |                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| Veterans Crisis Line .....                                                                                                                         | Dial 988, then Press 1               |
| VA Hotline .....                                                                                                                                   | 800-MyVA411 (800-698-2411, option 9) |
| MyVA411 .....                                                                                                                                      | 800-698-2411                         |
| Bereavement Counseling (through Vet Centers) .....                                                                                                 | 877-927-8387                         |
| Camp Lejeune Family Member Program .....                                                                                                           | 866-372-1144                         |
| Civilian Health and Medical Program (CHAMPVA) .....                                                                                                | 800-733-8387                         |
| Community Care Billing Questions .....                                                                                                             | 877-881-7618                         |
| Debt Management Center .....                                                                                                                       | 800-827-0648                         |
| Education .....                                                                                                                                    | 888-442-4551                         |
| Foreign Medical Program .....                                                                                                                      | 877-345-8179 or 303-331-7590         |
| Headstones and Markers .....                                                                                                                       | 800-697-6947                         |
| Health Care .....                                                                                                                                  | 877-222-8387                         |
| Homeless Veterans .....                                                                                                                            | 877-424-3838                         |
| Home Loans .....                                                                                                                                   | 877-827-3702                         |
| Life Insurance, All Programs Other than SGLI, FSGLI,<br>TSGLI, VGLI .....                                                                          | 800-669-8477                         |
| Life Insurance, Veterans' Group Life Insurance Program (VGLI),<br>Claims for Service members' Group Life Insurance (SGLI)<br>and Family SGLI ..... | 800-419-1473                         |
| National Cemetery Scheduling Office .....                                                                                                          | 800-535-1117                         |
| Native American Direct Home Loans .....                                                                                                            | 888-349-7541                         |
| Presidential Memorial Certificate Program .....                                                                                                    | 202-565-4964                         |
| Spina Bifida Program .....                                                                                                                         | 888-820-1756                         |
| TTY, Federal Relay .....                                                                                                                           | 711                                  |
| VA Benefits .....                                                                                                                                  | 800-827-1000                         |
| Vet Center Call Center .....                                                                                                                       | 877-927-8387                         |
| Women Veterans .....                                                                                                                               | 877-222-8387                         |
| 72-Hour Emergency Care Notification Line .....                                                                                                     | 844-724-7842                         |

New Patch Board :

Please feel welcome to bring in patches to place on our “share your patch” board.

Our office is always open to visitors :

come view our many displays and reading material.



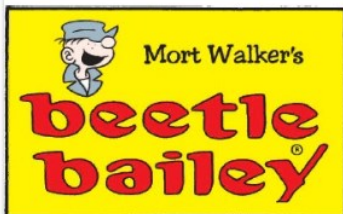
Local history Pages:

We are interested in finding anyone who would like to share items to be published in our newsletter :

Pictures of local Veterans

Family Stories

Local History





**AMERICAN  
RESCUE  
WORKERS**

*Beginning September 1, STEP Transportation in partnership with the American Rescue Workers is operating the*

## **Lycoming County Veterans Transportation Program**

*Offering round trips to the following destinations:*

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



*\*Medical Facilities include Geisinger and UPMC facilities throughout STEP's Service Area which includes: Lycoming, Clinton, Montour, Union, Northumberland, and Center Counties, as well as the Veteran's Facility in Wilkes-Barre 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)



## 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

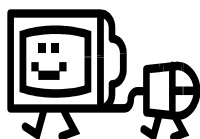
### County Commissioners

*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



***The Lycoming Vet***  
*is published  
by the Office of  
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

**W. Michael McMunn**  
**Director of Veterans Affairs**  
wmcmunn@lyco.org

- US Army

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

**Jeff Hamilton**  
**Assistant of Veterans Affairs**  
jhamilton@lyco.org

- US Marine Corps

**Keely J. Hitchens**  
**Secretary**  
kjhitchens@lyco.org

### 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 - Friday, July 4, 2025

Labor Day - Monday, September 1, 2025

Veterans Day - Tuesday, November 11, 2025

Thanksgiving - Thursday and Friday, November 27 & 28, 2025

Christmas - Wednesday and Thursday, December 24 & 25, 2025



# Narcotics Anonymous

If you want to use drugs,  
that's your business!

If you want to stop,  
that's ours!

Narcotics Anonymous  
can help!!

Call the Williamsport  
NA Helpline 24/7  
**570-273-0003**

**[williamsportna.org](http://williamsportna.org)**