

# The Lycoming Vet

Volume 16 Issue 4

October 2024



### Did you know?

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

Call: 844-724-7842

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# MILITARY DATES OF REMEMBRANCE

## October

October 14 - Columbus Day

October 13 - Navy Birthday

October 26 - National Day of the Deployed

October 27 - Navy Day

## November

Military Family Month, Warrior Care Month

November 10 - Marine Corps Birthday

November 11 - Veterans Day

Armistice/Remembrance Day

November 28 - Thanksgiving

## December

December 1 - Civil Air Patrol ( USAF Auxiliary ) Birthday

December 7 - Pearl Harbor Remembrance Day

December 13 - National Guard Birthday

December 20 - Space Force Birthday

*Please join us for our inaugural*

# **VETERAN AND MILITARY RESOURCE FAIR**

**Hosted by the FCC Allenwood's Bureau Battle Buddy Team (B3)**

**This event will be for FCC Allenwood military and veteran staff  
as well as open to the general public.**

**When:**

**Thursday, December 19<sup>th</sup>, 2024**

**10:00 am -3:00 pm**

**Location:**

**FCC Allenwood Staff Training Center**

If interested in attending, please contact Jacqueline Kaiser-Rist, Disability/B3 Program Manager as soon as possible but no later than December 4<sup>th</sup> to ensure space availability.

If you have any special requirements or questions, please include them in your RSVP.

Contact information:

[jkaiser@bop.gov](mailto:jkaiser@bop.gov) -or- 570-547-0963 x 6755



**Join Us for the 2024  
Veterans Day Parade  
Saturday, November 9, 2024  
At 2pm in Muncy**



*VETERANS DAY*

**VETERANS DAY PARADE ROUTE 2024**

**MUNCY, PA • NOVEMBER 9, 2024**





Saturday, November 9th  
Lycoming County Veterans Parade

The route starts at  
Musser Lane, goes down Main Street Muncy  
The parade ends at  
Mechanic Street

The parade starts at  
2:00pm

Watch for Lycoming County Veterans Affairs Office!



Many thanks to this year's title sponsor The Young Industries Inc.



# UPMC NCPA Military and Veterans ERG

UPMC NCPA has recently formed and kicked off an employee resource group.

This group is formed of :

military members, veterans and veteran supporters across all North Central Pennsylvania UPMC Hospitals and Facilities.

**This group will not only interface with employees but also veterans in the community and the community at large.**

We have already been able to accomplish some exciting things.

Recently we hosted a "Coffee with a Vet" at all of our NCPA campuses.

This summer

we were able to implement a "dress down" day for each of the branch birthdays.

For this event all veterans, employees and supporters of veterans are encouraged to wear shirts that represent the specific branch whose birthday it is on each branches birthday.

The ERG will be participating in the Lycoming County Annual Veterans Parade on November 9th in Muncy.

**We will also be setting up information displays and tables at all NCPA UPMC Hospitals on Veterans Day November 11.**

Stay tuned for more exciting events.

**If you have any questions feel free to contact  
Becky Crossley (Committee Co-Chair)  
at 570-220-6647**



## Hometown Heroes Ceremony



St. Mark's Lutheran Church  
142 Market Street, Williamsport PA  
Saturday, November 16, 2024  
10:00 am

## The mission of Hometown Heroes

To recognize the contributions of our Veterans who have served.

Promote role models for our youth.

Provide assistance to Veterans and their families in Lycoming County.

# Warming the Community

Family Promise of Lycoming County

## Warming the Community

October 11, 2024

10-3pm

320 Park Ave. Rear  
Williamsport, Pa

Free Coats, Winter Gear, Blankets, Food and More!



# Lycoming County Annual Veteran Parade

## Hoodies and Crewneck Sweatshirts Sale!



### Hoodies

**S-XL - \$18.00**

**2XL - \$22.00**

### Crewnecks

**S-XL - \$15.00**

**2XL - \$18.00**

**5XL - \$21.00**

Available at :

Veterans Affairs Office

33 West Third Street, 2nd floor

(Third Street Plaza)

(or ask a member of the Parade Committee)



## 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”.



EVERY CHILD DESERVES A LITTLE CHRISTMAS

♥ *Please donate a new, unwrapped toy for a child  
in need*

♥ *Thank you for your kindness* ♥

♥ *Every child deserves a little Christmas* ♥

Lycoming County Toy Drop Off Location:

Veterans Affairs Office  
33 West Third Street, 2nd floor  
(Third Street Plaza)

**Deadline: December 13, 2024**

In need of a warm jacket or other necessity?

Come on in for a visit,  
no appointment needed!

Items available vary!!



## The Warm Up Shop

Located inside

**Lycoming County Veterans Affairs Office.**



## Donations Welcomed!!!

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

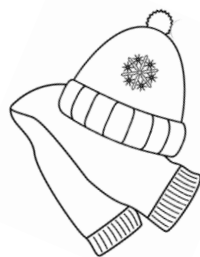
Other items may include:

Blankets

Clothes for interviews

Hats

Etc.



Thank you!!!!



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

**October 19, 2024 8:30am – 3pm**

Tractor Supply, 46 Eastern Mall Road, Muncy

**November 2, 2024**

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

**November 23, 2024 8:30am – 3pm**

Tractor Supply, 46 Eastern Mall Road, Muncy

Raffle Ticket Sales



**Marine Corps League  
Williamsport Detachment #388**

507 Cemetery Street  
Williamsport, PA 17701

## Armed Forces Recipe Service June 2003

<https://www.marines.mil/Portals/1/Publications/MCO%20P10110.42B.pdf>

### MEAT, FISH, AND POULTRY No.L 210 00

### SANTE FE GLAZED CHICKEN (BREAST BONELESS)

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
262 cal	21 g	33 g	5 g	88 mg	288 mg	27 mg

**Ingredient****Weight****Measure****Issue**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ	31-1/4 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	2-1/4 lbs	1 qts 2-3/8 cup	2-1/2 lbs
WATER	6-1/4 lbs	3 qts	
JUICE,ORANGE	8-3/4 lbs	1 gal	
HOT SAUCE	3 oz	1/4 cup 2-1/3 tbsp	
SALT	1-2/3 oz	2-2/3 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
MARJORAM,SWEET,GROUND	1/8 oz	3 tbsp	
ROSEMARY,GROUND	1/3 oz	3 tbsp	
CILANTRO,DRY	1/4 oz	1/4 cup 2/3 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
HONEY	4 lbs	1 qts 1-3/8 cup	
CORNSTARCH	4-1/2 oz	1 cup	
WATER	2-1/8 lbs	1 qts	

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well.
- 2 Lightly spray steam jacketed kettle with non-stick cooking spray. Stir-cook onions in a steam jacketed kettle or stock pot 3 minutes stirring constantly.
- 3 Combine onions, water, orange juice, hot pepper sauce, salt, garlic powder, marjoram, rosemary, cilantro and thyme.
- 4 Pour 2-1/4 qt marinade over chicken in each roasting pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 5 Remove chicken from marinade. Reserve marinade for use in Step 8. CCP: Refrigerate marinade at 41 F. or lower.
- 6 Place 25 chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray.
- 7 Using a convection oven, bake 12 to 14 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Transfer chicken to steam table pans. Hold at 140 F. or higher for use in Step 9.
- 9 Bring reserved marinade and honey to a boil. Blend cornstarch and cold water together, stir to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 10 Pour 1-1/4 quart sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.





# Pumpkin Pie Smoothie

## Ingredients

2 pitted dates

½ cup canned pumpkin puree (not canned pumpkin pie)

6 oz. nonfat plain Greek yogurt

1/2 tsp - Vanilla extract

20 grams (2tbsp), vanilla protein powder

1-2 dashes each, ground cinnamon and nutmeg to taste

## Directions

Blend all ingredients until smooth





## Veteran's Day Train Rides

Saturday, November 9, 2024

Hufnagle Park, Lewisburg Pa

Trains leaving at :

0900

1100

1300

1500

for tickets go to : [www.northshorewarehouse.com/usa](http://www.northshorewarehouse.com/usa)



Many thanks to the North Shore Railroad Company & Affiliates for supporting local Veterans!



North Shore Railroad Company & Affiliates is excited to announce that this **November (the 9th, to be exact)**, LVRR 9050 and LVRR 9052 will be pulling passenger rides from Hufnagle Park in Lewisburg, PA. **100% of the ticket sales from these rides will go to Expedition Orange (50%) and Lycoming County Hometown Heroes (50%).**

**Expedition Orange** uses horse and rider to raise national awareness and bring support to Vietnam Veterans and their families suffering from Agent Orange exposure. They conduct an annual benefit ride (in a different state each year), with the purpose, to raise money for Vietnam veterans living in state Veterans' homes.

**Lycoming County Hometown Heroes, Inc.** recognizes the contributions of our veterans who have served or are serving and provide assistance to Veterans and their families in need. They provide financial assistance to Lycoming County Veterans and their families who have experienced a sudden loss of income or have an unexpected expense.

**Both of these organizations allocate 100% of their donations towards Veterans.**

In addition to the train rides,

we will be selling merchandise and doing other forms of fundraising.

100% of the profits from these sales will be added to the proceeds from the train rides - for both of these organizations.



# Thank you Post 617



**Our thanks to American Legion  
Post 617  
for helping increase accessibility  
for veterans  
visiting Lycoming County  
Veterans Affairs.**

**American Legion Post 617**  
Royal P. Steinbacher  
901 Market Street  
South Williamsport, PA 17702  
Phone: 570-327-0255



# Thank you!!!



The Lycoming County Warm– Up Shop received backpacks filled with necessities from the Daughters of American Revolution Fort Antes Chapter of the DAR Northcentral Location



Pictured in the center:  
Rebecca Crossley  
Barb Schmouder  
Luann Yohn



The backpacks will be given to veterans in need.

Thank you!!



**pennsylvania**  
VETERANS' TRUST FUND



**AMERICAN  
RESCUE  
WORKERS**

# Veterans Transportation Program

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

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



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

*Services provided based on funding availability.*

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

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

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

# Use the MyRide App or RVT website and simply enter your start and end locations to get instant route details!



**PLAN YOUR TRIP!**



# Buy transit passes on your phone.

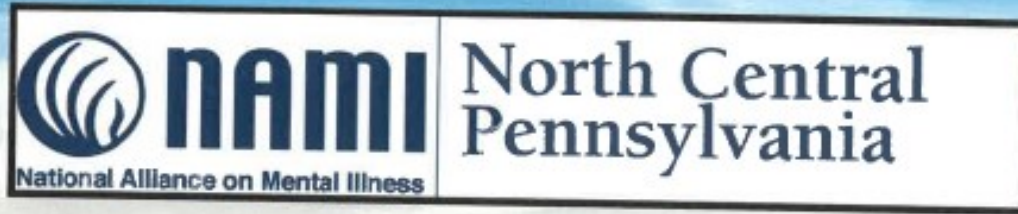


Scan  
to  
pay



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# **MENTAL HEALTH PEER SUPPORT GROUP**

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## **PEER SUPPORT GROUP**

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## **PEER SUPPORT GROUP**

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CONNECTING  
FAMILIES, FRIENDS, INDIVIDUALS, AND  
LOVED ONES  
IMPACTED  
BY MENTAL ILLNESS  
AND  
A PLACE SUPPORTING  
MENTAL WELLNESS

**WHEN: 2ND WEDNESDAY OF EACH MONTH**

**TIME: 6:30-7:30PM**

**LOCATION: WEST END CHRISTIAN COMMUNITY CHURCH  
901 DIAMOND STREET  
WILLIAMSPORT, PA 17701**



46th Annual

# CROP WALK

TO FIGHT HUNGER

**OCT. 13TH | 1 PM**

Starts at St. Mark's  
Lutheran Church



## Walk Benefits:

Church World Service  
Jersey Shore Care and Share  
Sonlight House of Muncy  
United Churches of Lycoming  
County- Food Pantry

[Crophungerwalk.org/williamsportpa](http://Crophungerwalk.org/williamsportpa)

For Promotional Materials Contact:

Tammey Edkin

(570) 322-1110

# MILITARY SPOUSES, GRAB YOUR FREE TICKET TO PILLAR.

THE DIGITAL RETREAT FOR DEPLOYMENT COUNTDOWNS

**3 DAYS TO TRANSFORM YOUR  
HOMECOMING COUNTDOWN!**



**Completely Virtual Retreat | Giveaways  
Take-Action Workshops | Expert Speakers  
Conversation & Community | Watch on Your Schedule**

**By Milspouses, For Milspouses**

**October 18-20, Online**

**LEARN MORE &  
GET YOUR FREE TICKET AT  
PILLARDEPLOYMENTRETREAT.COM**





Proudly serving Centre, Clinton, Columbia, Lycoming, Mifflin, Montour, Northumberland, Snyder and Union Counties.



## OCTOBER 2024 SCHEDULE

We welcome you to visit our staff on The Link! We're driving to a neighborhood near you!



Times and locations are also posted on our Facebook page @TheLinkMCC under Events

- 10/2 PA CareerLink Clinton County Fall Job Fair  
Clinton County Fair Grounds (12:00-3:00)  
98 Racetrack Road, Mill Hall, PA
- 10/3 Jersey Shore Public Library (9:30-2:30)  
110 Oliver Street, Jersey Shore, PA
- 10/4 Montgomery Area Public Library (10:00-2:30)  
1 South Main Street, Montgomery, PA
- 10/8 Snyder County Courthouse (10:00-2:00)  
9 West Market Street, Middleburg, PA
- 10/11 Milton Public Library (9:30-2:00)  
541 Broadway Street, Milton, PA
- 10/15 Public library for Union County (9:30-2:30)  
255 Retz Boulevard, Lewisburg, PA
- 10/17 McBride Memorial Library (10:00-2:00)  
500 North Market Street, Berwick, PA
- 10/18 Mount Carmel Area Public Library (10:00-2:00)  
30 South Oak Street, Mount Carmel, PA
- 10/22 Schlow Centre Region Library (10:00-2:00)  
211 South Allen Street, State College, PA
- 10/29 PA CL Boonsburg Fall Job Fair (1:00-4:00)  
Boonsburg Fire Hall, 911 Market Street  
Boonsburg, PA
- 10/30 East Buffalo Twp Building (9:30-2:30)  
589 Fairground Road, Lewisburg, PA
- 10/31 Rudy Gelnett Memorial Library (10:00-2:00)  
1 North High Street, Selinsgrove, PA



The Link is an ADA accessible career center equipped with:

- Computers
- Internet Access
- Printing
- Presentation Screen



The Link offers professional staff support for:

- Job Matching
- Career Guidance
- Workforce Training
- Recruitment Events



Schedule a private or public event by contacting:

Robert A Eddy, Link Coordinator  
[reddy@censop.com](mailto:reddy@censop.com)  
570-220-0003 (TTY Accessible)



Face Masks are Not Required to Enter but Encouraged



A proud partner of the American Job Center Network



Equal opportunity employer/program. Auxiliary aids and services available upon request to individuals with disabilities. Program funded with federal dollars. For more information, visit: <https://advancecentralpa.org/about-us/public-outreach/>



# MilitaryShare

a Fresh Express Program



“It’s unbelievable the amount of fresh produce we get...some months you get four or 5 different things. It’s not what I consider a hand out, it’s a step up—makes people’s lives easier.”

- Richard, Lycoming County

fighting hunger, improving lives, strengthening communities

## Serving those who have served for us!

Designed to provide fresh, nutritious foods for families with at least one member who served or is serving in the armed forces.


*(Proof of military service is required, such as DD214, Military ID or VA Medical Card)*

### VFW Post 7863

150 Shaffer Street, Duboistown, PA 17702

**3<sup>rd</sup> Wednesday of every month, 8-9am**

**Pre-Registration Required**

 **How to register:** Contact: VFW Post 7863 at (570) 323-9195, ask for Donna



In central Pennsylvania, 26% of households receiving food assistance have at least one member who has served, or is currently serving, in the military. This startling statistic inspired the creation of MilitaryShare, a Fresh Express Program of the Central Pennsylvania Food Bank designed to provide fresh, nutritious foods for families. This includes all military branches; prior service, reservist or inactive ready reserve. For more information, please visit our website at [www.centralpafoodbank.org](http://www.centralpafoodbank.org)

## Veteran's Job Fair & Resource Event



### Save the date!

UPMC Williamsport is planning a Job Fair for Veterans and their families to be held on Thursday, October 24, 2024, times TBD. Current UPMC employees are also encouraged to attend to check out some of the resources available to Veterans in our region.

For more information please contact:

**Jon Tallman**, M.Ed, USN(ret)

*Recruiter*

UPMC Talent Acquisition

UPMC Susquehanna

700 High Street

Williamsport, PA 17701

Tel: 570-995-3090

[tallmanjd@upmc.edu](mailto:tallmanjd@upmc.edu)

or

**Jennifer Hagaman** | Veterans Services Specialist | Region 3 Central PA | USAF Veteran

PA Department of Military and Veterans Affairs

Bureau of Veterans Programs, Initiatives, Reintegration, and Outreach (PIRO)

Building 9-26, Fort Indiantown Gap | Annville PA 17003

Work Cell: 717-639-5568

[PA VETConnect](#) | [www.dmvva.pa.gov](http://www.dmvva.pa.gov) | [PA DMVA Veteran Registry](#)

**JOIN US FOR OUR MONTHLY**  
***Veterans' Breakfast***  
**1st Tuesday of every Month**  
**8:30AM – 9:30AM**  
**Please Call to RSVP**  
**570-637-3950**



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



**VAMC Wilkes-Barre Toll Free: 1-877-928-2621**  
 Commercial : 570-824-3521  
 Utilization Management - EXT. 27258

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



**VA** | Housing  
assistance

## Did you know...

Eligible Veterans can get a VA home loan at any age and can reuse the benefit multiple times?



/VeteransAffairs  
@DeptVetAffairs

EXPLORE VA BENEFITS AT  
**VA.gov**



**Choose VA**

<https://www.benefits.va.gov/homeloans/index.asp>

## Appendix B: Certificate of Eligibility (COE)

The first step in obtaining a VA direct or VA-backed home loan is to apply for a Certificate of Eligibility (COE). This document confirms to lenders that the borrower is eligible for the VA home loan benefit.

### How to apply for a COE

**Apply through your lender:** Most lenders have access to the WebLGY system. This internet-based application can establish eligibility and issue an online COE in a matter of seconds. Not all cases can be processed through WebLGY, because the system can only establish eligibility in cases which VA has sufficient data in our records. However, **VA encourages you to ask your lender if they can receive the COE through VA's WebLGY system.**

**Apply online:** Go to [www.VA.gov](http://www.VA.gov). You can log in using your current Digital Service (DS) Logon or by creating a new account using ID.me.

**Apply by mail:** Obtaining a COE by mail may take longer than requesting via Internet or VA system. Fill out [VA Form 26-1880](#) (*Request for Certificate of Eligibility*) and mail to the address of your state listed on the back of the form.

\* *Eligible Spouses* applying for VA Home Loan, see [Appendix D: Eligible Spouses](#) below.



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## Overview

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Created by the original G.I. Bill ([Servicemen's Readjustment Act of 1944](#)), the VA-Guaranteed Home Loan program has helped generations of Veterans, Servicemembers, and their families enjoy the dream of homeownership and the opportunity to retain their homes in times of temporary financial hardship.

Should you have any questions about the VA Home Loan benefit or issues with your current home loan, feel free to contact us at: **1-877-827-3702**.

### What is the VA Home Loan 'Guaranty'?

The VA home loan guaranty is an agreement that VA will reimburse a lender (*such as banks, credit unions, mortgage companies, etc.*) in the event of loss due to foreclosure. This guaranty takes the place of your down payment.

### Who is eligible for a VA Home Loan?

Active-duty servicemembers and Veterans with discharges other than *dishonorable*, National Guard and Reserve service members and Veterans with an *honorable* discharge, certain eligible spouses, and other uniformed service personnel may be eligible for VA home loan guaranty benefits. The full listing is available online at: <https://www.va.gov/housing-assistance/home-loans/eligibility/>.

### Is there a fee to use the VA Home Loan Guaranty?

Yes, but the funding fee can be waived (*see list below*). To keep the program viable, Congress instituted a program funding fee, which is a percentage of the total loan amount. This user fee varies based whether the loan is a first-time or subsequent (second, third, etc.) use of the benefit. The funding fee may be paid in cash or included in the loan at closing.

\*The funding fee can also be paid by the seller, lender, or any other party on your behalf. (*See Chapter 8 of the [Lenders Handbook](#)*)

The following individuals **do not** pay the VA funding fee:

- Veterans receiving VA compensation for a service-connected disability.
- Veterans entitled to receive VA compensation for a service-connected disability, but receive retirement pay or active service pay.
- Unremarried surviving spouses of Veterans who died in active service or from a service-connected disability.
- Service member with a proposed or memorandum rating from VA, *prior* to loan closing, as eligible to receive compensation as a result of a pre-discharge claim.
- Service member on active duty who provides, *on or before* the date of loan closing, evidence of having been awarded the Purple Heart.

### Is there a limit to the size of a VA-backed mortgage?

There are no loan limits if one has full home loan benefit or full entitlement. If you are a first-time homebuyer or have sold your previous VA-backed home and paid your loan in full, you can enjoy VA-backing on a home loan regardless of home price and without the need for a down payment.<sup>1</sup> Of course, you must be able to afford the home and the property must appraise for at least the purchase price, otherwise you may have to make a small down payment.

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<sup>1</sup> *Blue Water Navy Vietnam Veterans Act of 2019*, <https://www.congress.gov/bills/116th-congress/house-bill/299/text>

# How to Avoid a Scam



- **Protect your personal or financial information in response to a request that you didn't expect, even if the caller has some of your personal information.** Legitimate organizations won't email or text to ask for your sensitive personal information, like your Social Security number, bank account or credit card number.
- **Know how a scammer tells you how to pay.** Never pay someone who insists you pay with cryptocurrency; mobile payment app like Venmo, Zelle; or wire transfer service like Western Union or MoneyGram; or a gift card. And never deposit a check and send money back to someone.
- **Block unwanted calls and text messages and report them as a scammer.** Take steps to block unwanted calls and to filter unwanted text messages. Use call blocking or call labeling technology that is available on your cell phone or traditional landline. Many text and e-mail applications will allow you to report the number/e-mail.
- **Resist the pressure to act immediately.** Legitimate businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer. Hang up and use a publicly available phone number to reach out to that organization directly.
- **Stop and talk to someone you trust.** Before you do anything else, tell someone – a friend, a family member, a neighbor – what happened. Talking about it could help you realize it's a scam. If you think the message you have received is a scam, do not reply to the message unless and until you are confident that you have verification that the message is legitimate. If the message refers to a specific organization, use a publicly available phone number to reach out to that organization.
- For more resources on Fraud and scams, the Consumer Protection Financial Bureau also provides additional tools <https://www.consumerfinance.gov/consumer-tools/fraud/>
- Visit our website for additional information on how to avoid Fraud and scams: [www.va.gov/VSAFE](http://www.va.gov/VSAFE)

## To Report Scams

PLEASE call the Office of Lycoming County Sheriff at 570.327.2280 to report any scam calls that you have received.

Please share this information with friends, relatives and neighbors in an effort to prevent them from becoming a victim.

Also report to the Pennsylvania Attorney General at <https://www.attorneygeneral.gov/submit-a-complaint/scams-complaint/>

Or call the PA Office of Attorney General 717-787-3391.



## BE VIGILANT OF SCAMS



benefits and services, when accessing them, or authorizing others to do so.

Visit our site: [www.va.gov/VSAFE](http://www.va.gov/VSAFE)

The Federal Trade Commission estimated that in **2022 alone**, Veterans reported **\$292M losses to fraud**, this number only represents the fraud that has been detected. **Romance & similar Internet schemes** are up **71% from 2017**. Keeping yourself safe from scams is critical when applying for

- ✓ **Companies who advertise VA benefits** can only be obtained with their help. These companies may not be recognized by VA and may be attempting to charge illegal fees.
- ✓ **Validate:** If you are interested in working with a Veteran Service Organization (VSO), agent, or attorney, use the Office of General Counsel Accreditation tool to confirm and validate their credentials. [www.va.gov/ogc/apps/accreditation/index.asp](http://www.va.gov/ogc/apps/accreditation/index.asp) is an official source to use to verify.
- ✓ **Do not sign forms that are to provide "behind-the-scenes" claims assistance**

See next page for more tips about fraud prevention, help and reporting ►►

## Four Signs That It's a Scam

### **1. Scammers PRETEND to be from an organization you know.**

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the FTC, Social Security Administration, IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.

They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

### **2. Scammers say there's a PROBLEM or a PRIZE.**

They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer.

Some scammers say there's a problem with one of your accounts and that you need to verify some information.

Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

### **3. Scammers PRESSURE you to act immediately.**

Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.

They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

### **4. Scammers tell you to PAY in a specific way.**

They often insist that you can only pay by using cryptocurrency, wiring money through a company like MoneyGram or Western Union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card.

Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.



Man with a "veteran" hat surrounded by flags attends a Veterans Day parade Tuesday, Nov. 11, 2014, in Montgomery, Ala. (AP Photo/Brynn Anderson)

The VA announced that its fraud prevention and complaint program, called VSAFE,

1-833-388-7233

Use this number to learn about fraud schemes and report potential scams.

[VSAFE.gov](http://VSAFE.gov) and 1-833-38V-SAFE (1-833-388-7233)



# VA BENEFITS & HEALTH CARE UTILIZATION

AS OF 3/31/2024 UNLESS OTHERWISE NOTED

VA-WIDE TRUST SCORE

(as of 12/31/2023)

79.1%\*

## VA HEALTH CARE



**Total Enrollees in VA Health Care System**

**9.1 M** (9/30/2023)

**Total Unique Patients Treated**

**6.72 M** (9/30/2023)

**Veterans with Major/Minor Amputations Utilizing VA Health Care**

**96,894** (9/30/2023)

**Total Veterans/Survivors with Completed PACT Act Related Claims<sup>2</sup>**

**778,145** (08/10/2022 - 3/23/2024)

Total Veterans | Survivors  
**769,082 | 9,089**



**Total Toxic Exposure Screenings**

**5,342,943** (09/06/2022 - 3/23/2024)

Total Toxic Exposure Screenings where Veterans Endorsed at least 1 Potential Exposure  
**2,351,236** (09/06/22 - 3/23/24)

## VA BENEFITS & SERVICES



**Veterans Receiving VA Disability Compensation**

**5,812,741**

Veterans Rated 100% Disabled  
**1,418,951**

Veterans Compensated for PTSD  
**1,509,268**

Veterans in Receipt of IU Benefits  
**375,727**

Number Of Veterans Receiving VA Pension  
**145,512**



**VA Education Beneficiaries**

**862,750** (9/30/2023)



**Life Insurance Policies Supervised and Administered by VA**

**5.52 M**

Face Amount of Insurance Policies Supervised and Administered by VA  
**\$1.46 T**



**Active VA Home Loan Participants**

**3.81 M** (9/30/2023)



**Veterans Participating in Voc Rehab (Chapter 31)**

**131,164<sup>1</sup>** (9/30/2023)



**Spouses Receiving DIC**

**489,012**

## TIPS TO AVOID VETERAN TARGETED SCAMS

Scammers are taking advantage of new opportunities to commit fraud. There's been an increase in phishing (Email), vishing (phone), and social media scams targeting Veterans, their family members, caregivers, and survivors to access their finances and benefits, or to submit claims on their behalf.

Beware of anyone who guarantees a lucrative financial benefit or service.



### DO'S

- **Submit applications securely** online on va.gov or other federal websites or in-person through Federal agencies offering a service. Those agencies will assist in gathering evidence necessary to support it. There are no costs or hidden fees to apply.
- **Be cautious of:**
  - **Aggressive companies** who may try to pressure you to sign their contract through frequent communications or by insisting "you must act now or lose your chance for benefits."
  - **Companies who claim to be contacting you on behalf of VA or to have a special relationship with VA.** Contact VA at 1-800-827-1000 if you are unsure about the authenticity of any message received.
- **Use two-factor identification, like login.gov, when available.**

### DON'TS

- **Do not sign a contract agreeing to pay** an unauthorized company a percentage of your benefit payment in exchange for their assistance with your VA claim. If you need help filing a claim, there are representatives of VSOs, agents, and attorneys who have been accredited by VA to assist you.
- **Do not sign a blank form** for someone else to complete later. Always review the completed form before signing and keep a copy for yourself.
- **Do not be fooled by companies who advertise they have special relationships** with medical professionals and can guarantee your benefits award. If they are defrauding the Federal government, you could be held responsible for paying those benefits back.
- **Do not provide identifying information** like your social security number, medical records, or other personally identifiable information to anyone offering claims assistance before confirming their credentials using the Office of General Counsel Accreditation tool.

## REPORTING

For healthcare-related fraud, please contact VA Healthcare Fraud, VHA Office of Integrity and Compliance Helpline 1-866-842-4357 (VHA-HELP) or VA Benefits Fraud 1-800-827-1000.  
For all non-VA fraud report to Federal Trade Commission.  
<http://reportfraud.ftc.gov>

VA



U.S. Department of Veterans Affairs



OCTOBER 18-20, 58 CAMP VICTORY RD,  
2024 MILLVILLE, PA 17846

# PROJECT BEACON

## HALLOWEEND!!!

PROJECT BEACON IS A RESIDENTIAL CAMP FREE OF CHARGE FOR CHILDREN AGES 5-17 OF MILITARY FAMILIES, WHETHER THEY ARE ACTIVELY SERVING OR VETERAN STATUS. PARTICIPANTS ARE IN FOR A FUN WEEKEND OF OUR TRADITIONAL CAMP ACTIVITIES (CLIMBING WALL, ZIPLINE, ARCHERY, ETC.), ALONG WITH A VARIETY OF GHOSTLY ACTIVITIES FOR THE HOLIDAY SEASON AND A BEYOND THE GRAVE COSTUME PARTY.



REGISTER @ [EASTERSEALSWCPA.RECDESK.COM](http://EASTERSEALSWCPA.RECDESK.COM)  
REACH OUT TO [NSPEASE@EASTERSEALSWCPENNA.ORG](mailto:NSPEASE@EASTERSEALSWCPENNA.ORG)  
FOR MORE INFO



Department of  
Veterans Affairs

## America's Wars

Office of Public Affairs  
Washington, DC 20420  
(202) 461-7600

Nov 2023

### American Revolution (1775-1783)

Total U.S. Servicemembers <sup>1</sup>	217,000
Battle Deaths	4,435
Non-mortal Woundings	6,188

### War of 1812 (1812-1815)

Total U.S. Servicemembers	286,730
Battle Deaths	2,260
Non-mortal Woundings	4,505

### Indian Wars (approx. 1817-1898)

Total U.S. Servicemembers (VA estimate)	106,000
Battle Deaths (VA estimate)	1,000

### Mexican War (1846-1848)

Total U.S. Servicemembers	78,718
Battle Deaths	1,733
Other Deaths (In Theater)	11,550
Non-mortal Woundings	4,152

### Civil War (1861-1865)

Total U.S. Servicemembers (Union)	2,213,363
Battle Deaths (Union)	140,414
Other Deaths (In Theater) (Union)	224,097
Non-mortal Woundings (Union)	281,881
Total Servicemembers (Conf.) <sup>2</sup>	1,050,000
Battle Deaths (Confederate) <sup>3</sup>	74,524
Other Deaths (In Theater) (Confederate) <sup>3,4</sup>	59,297
Non-mortal Woundings (Confederate)	Unknown

### Spanish-American War (1898-1902)

Total U.S. Servicemembers (Worldwide)	306,760
Battle Deaths	385
Other Deaths in Service (Non-Theater)	2,061
Non-mortal Woundings	1,662

### World War I (1917-1918)

Total U.S. Servicemembers (Worldwide)	4,734,991
Battle Deaths	53,402
Other Deaths in Service (Non-Theater)	63,114
Non-mortal Woundings	204,002

### World War II (1941-1945)

Total U.S. Servicemembers (Worldwide)	16,112,566
Battle Deaths	291,557
Other Deaths in Service (Non-Theater)	113,842
Non-mortal woundings	670,846
Living Veterans <sup>5</sup>	389,000

#### NOTES:

- Exact number is unknown. Posted figure is the median of estimated range from 184,000 - 250,000.
- Exact number is unknown. Posted figure is median of estimated range from 600,000 - 1,500,000.
- Death figures are based on incomplete returns.
- Does not include 26,000 to 31,000 who died in Union prisons.
- Estimate based upon new population projection methodology.

Source: Department of Defense (DOD), except living veterans, which are VA estimates as of Sept. 2019

### Korean War (1950-1953)

Total U.S. Servicemembers (Worldwide)	5,720,000
Total Serving (In Theater)	1,789,000
Battle Deaths	33,739
Other Deaths (In Theater)	2,835
Other Deaths in Service (Non-Theater)	17,672
Non-mortal Woundings	103,284
Living Veterans	1,165,000

### Vietnam War (1964-1975)

Total U.S. Servicemembers (Worldwide) <sup>6</sup>	8,744,000
Deployed to Southeast Asia <sup>7</sup>	3,403,000
Battle Deaths <sup>8</sup>	47,434
Other Deaths (In Theater) <sup>8</sup>	10,786
Other Deaths in Service (Non-Theater) <sup>8</sup>	32,000
Non-mortal Woundings <sup>9</sup>	153,303
Living Veterans <sup>5,10</sup>	6,262,000

### Desert Shield/Desert Storm (1990-1991)

Total U.S. Servicemembers (Worldwide)	2,225,000
Deployed to Gulf	694,550
Battle Deaths	148
Other Deaths (In Theater)	235
Other Deaths in Service (Non-Theater)	1,565
Non-mortal Woundings	467
Living Veterans <sup>5,10</sup>	1,680,000

### America's Wars Total (1775 -1991)

U.S. Military Service during Wartime	41,892,128
Battle Deaths	651,031
Other Deaths (In Theater)	308,800
Other Deaths in Service (Non-Theater)	230,254
Non-mortal woundings	1,430,290
Living War Veterans <sup>11</sup>	14,918,000
Living Veterans (Periods of War & Peace)	19,210,000

### Global War on Terror (Oct 2001 – Sept 2021)

The Global War on Terror (GWOT), including Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF), were ongoing conflicts. The GWOT ended September 11, 2021, the twentieth anniversary of the attacks. For the most current GWOT statistics visit the following Department of Defense Website:

<https://www.dmdc.osd.mil/dcms/pages/casualties.xhtml>

6. Covers the period 8/5/64 - 1/27/73 (date of cease fire)

7. Department of Defense estimate

8. Covers period 11/1/55 - 5/15/75

9. Excludes 150,341 not requiring hospital care

10. Defense Manpower Data Center (DMDC) estimate, as of 4/09, does not include those still on active duty and may include veterans who served in Iraq and Afghanistan.

11. Living War Veterans include Gulf War Era Veterans in addition to Desert Shield/Storm Veterans, Peacetime Veterans are 4,292,000 as of 9/30/2019

America's Wars Fact Sheet, Nov. 2019



Nov. 2023

<b>American Revolution</b> Last Veteran, Daniel F. Bakeman, died 4/5/1869, age 109 Last Widow, Catherine S. Damon, died 11/11/1906, age 92 Last Dependent, Phoebe M. Palmetter, died 4/25/1911, age 90	<b>Mexican War</b> Last Veteran, Owen Thomas Edgar, died 9/3/1929, age 98 Last Widow, Lena James Theobald, died 6/20/1963, age 89 Last Dependent, Jesse G. Bivens, died 11/1/1962, age 94
<b>War of 1812</b> Last Veteran, Hiram Cronk, died 5/13/1905, age 105 Last Widow, Carolina King, died 6/28/1936, age unknown Last Dependent, Esther A.H. Morgan, died 3/12/1946, age 89	<b>Civil War</b> Last Union verified Veteran, Albert Woolson, died 8/2/1956, age 109 Last Confederate verified Veteran, Pleasant Crump, died 12/21/1951, age 104 Last Union Widow, Gertrude Janeway, died 1/17/2003, age 93 Last Confederate Widow, Maudie Hopkins died 8/1/2008, age 93
<b>Indian Wars</b> Last Veteran, Fredrak Fraske, died 6/18/1973, age 101	<b>Spanish-American War</b> Last veteran, Nathan E. Cook, died 9/10/1992, age 106
<b>World War I</b> Last Veteran, Frank Buckles, died 2/27/2011, age 110	

VA estimates the number of living World War II U.S. veterans will be:<sup>\*</sup>

9/30/24.....84,446	9/30/25.....58,697	9/30/26.....40,127	9/30/27.....26,979
9/30/28.....;17,845	9/30/29.....11,618	9/30/30.....7,446	9/30/31.....4,695
9/30/32.....;2,910	9/30/33.....1,770	9/30/34.....1,056	9/30/35.....617
9/30/36.....352	9/30/37.....195	9/30/38.....106	9/30/39.....55

\* Estimates have changed based on new population projections.

**U.S. Veterans and Dependents on  
Benefits Rolls as of  
November 2023**

	VETERANS	CHILDREN	PARENTS	SURVIVING SPOUSES
Spanish-American War	0	14	0	21
Mexican Border	0	0	0	2
World War I	0	495	0	358
World War II	17,689	5,404	0	63,002
Philippines	295	117	1	1,250
Korean Conflict	81,470	1,566	0	60,307
Vietnam Era	1,495,254	4,838	309	365,874
Gulf War <sup>1</sup>	3,387,022	6,705	2,331	47,010
Peacetime	814,593	1,271	388	44,960
GWOT	1,311,249	3,757	1,179	13,327
Non service-connected <sup>2</sup>	155,148	5,329	0	105,465
Service-connected <sup>2</sup>	5,641,175	15,081	3,029	477,319

1. For compensation and pension purposes, the Persian Gulf War period has not yet been terminated and includes Veterans of Operations Iraqi Freedom, Enduring, and New Dawn.

2. This total includes peacetime veterans receiving benefits

# 2024 General Election Important Dates



Oct.  
**21**



**Last day to register to vote  
in the general election.**  
[vote.pa.gov/Register](https://vote.pa.gov/Register)

Oct.  
**29**



**Last day to apply  
for a mail ballot.**  
[vote.pa.gov/MailBallot](https://vote.pa.gov/MailBallot)

Nov.  
**5**



**Election Day. Polls are  
open from 7 am to 8 pm.**  
[vote.pa.gov/Polls](https://vote.pa.gov/Polls)

Nov.  
**5**



**Completed mail ballots  
must be received by 8 pm.**  
[vote.pa.gov/County](https://vote.pa.gov/County)

Visit [vote.pa.gov](https://vote.pa.gov)



## **Tax Exemption Eligibility Changing**

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

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

Are you Eligible? :

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

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

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

# Armed Forces Recipe Service

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UNITED STATES ARMY  
TM 10-412

UNITED STATES NAVY  
NAVSUP Publication 7

UNITED STATES AIR FORCE  
AFJMAN 34-606 Volume I and Volume II

UNITED STATES MARINE CORPS  
MCO P10110.42B

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Stock No. 0530-LP-188-7302

## HONEY GINGER CHICKEN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
217 cal	11 g	33 g	4 g	88 mg	481 mg	21 mg

### Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
COOKING SPRAY,NONSTICK  
HONEY  
SOY SAUCE  
JUICE,LEMON  
GARLIC POWDER  
ONION POWDER  
GINGER,GROUND  
WATER,COLD  
CORNSTARCH

### Weight

31-1/4 lbs  
3/4 oz  
2-1/4 lbs  
1-5/8 lbs  
1-1/3 lbs  
2-3/8 oz  
1-7/8 oz  
1-1/2 oz  
8-1/3 oz  
2-1/4 oz

### Measure

1 tbsp  
3 cup  
2-1/2 cup  
2-1/2 cup  
1/2 cup  
1/2 cup  
1/2 cup  
1 cup  
1/2 cup

### Issue

### Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Arrange chicken breasts shingle-style in lightly sprayed steam table pans.
- 3 Combine honey, soy sauce, lemon juice, garlic powder, onion powder, and ground ginger; mix well. Pour sauce over chicken in each pan.
- 4 Using a convection oven, bake at 325 F. for 12 to 14 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Transfer chicken to steam table pans. Drain sauce. Reserve sauce.
- 6 Bring reserved sauce to a boil. Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 7 Pour 1 qt sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

# 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  
Crisis Line  
988 then press 1

Confidential help for Veterans  
and their loved ones

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

## **Events:**

### **Veterans Breakfasts**

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

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

### **Meetings:**

#### **40/8**

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

#### **The Disabled American Veterans Ch 47**

Post 1, American Legion, 10 E. Third Street, Williamsport, PA,  
 6pm on the Second Tuesday of the month, on the third floor.  
 570-244-6649

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

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

### **Events:**

#### **Horses Healing Heroes**

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

# AMERICAN LEGIONS, VFW's & OTHER COUNTY VETERAN ORGANIZATIONS



## **American Legion Post 1-**

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

## **American Legion Post 35-**

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

## **American Legion Post 36 -**

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

## **American Legion Post 104 -**

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

## **American Legion Post 251 -**

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

## **American Legion Post 268 -**

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

## **American Legion Post 617 -**

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

## **United States Submarine Veterans Inc.-**

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

## **VFW Post 3428-**

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

## **VFW Post 5859-**

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

## **VFW Post 7863-**

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

## **Susquehanna Valley Chapter 47 of The Disabled American Veterans**

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

## **Williamsport Detachment 388 Marine Corp League Inc.**

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

## **Korean War Veterans of Lycoming County, Inc.**

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

## **Lycoming County Veterans Council Inc.**

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

## **Blue Star Mothers of America Inc. -**

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



# Your Reps in Washington & Harrisburg



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

350 Cannon House Office Building  
Washington, DC 20003

Washington, DC Office  
202-225-6511

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



## PA State Senator Gene Yaw — Senate District 23

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

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

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

TTY: 800-364-1581

Email: [gyaw@pasen.gov](mailto:gyaw@pasen.gov)



## PA State Representative Joe Hamm — 84th Legislative District

274 Broad Street  
Montoursville, Pa 17754

Tiadaghton Valley Mall  
Room 105

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

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

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

Email: [jhamm@pahousegop.com](mailto:jhamm@pahousegop.com)



## PA State Representative Jamie Flick — 83rd Legislative District

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

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

Not sure who your representative is? Find out at:

<http://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/countylist.cfm?CNTYLIST=LYCOMING>

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

**F**ROM THE PENNSYLVANIA DEPT. OF VETERANS AFFAIRS:

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

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

Call 570-327-2365 for more information.

60% - 90% - ask about reduced hunting and fishing licenses.

**F**ROM THE LYCOMING COUNTY VA OFFICE:

**W**ould you like to have a VA Benefit Seminar at a Nursing Home, Legion, VFW, or other organization? Have Mike, Jeff or Natalie come and speak to the Veterans and Widows about what they could be eligible for through the VA.

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

## **ID Card Office Online**

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

Do you need an ID card?

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

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

It is the access point to all IDCO functions.

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

The IDCO home page is publicly accessible.

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

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

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

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## **Community Care**

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

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

## **Overview**

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

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

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

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

# VA Outpatient Clinic

The VA Outpatient Clinic was established July 1997 on the Campus of Divine Providence Hospital in the Wenner Building,  
1705 Warren Avenue, Suite 304, Williamsport, PA

**Phone:** 570-322-4791

**Fax:** 570-322-5170

Open: Monday—Friday 9:00 a.m. to 5:00 p.m. Scheduled appointments only

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

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



## Vet Center

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

Phone 570-327-5281.

All services provided by the Vet Center are FREE OF CHARGE.

These include readjustment counseling and outreach services to all veterans who served.

Services are also available for their family members.

These include:

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



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

**Hours :**

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

**Phone:** 570-601-5465

For a dedicated professional to help veterans find job opportunities:

**Contact:** Timothy French

Phone: 570-601-5934

E-mail: [tifrench@pa.gov](mailto:tifrench@pa.gov)

Online: [pacareerlink.pa.gov](http://pacareerlink.pa.gov)

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

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

Go online or visit Pennsylvania Career Link to learn more!

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

**Lycoming County Office of  
Veterans Affairs**

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

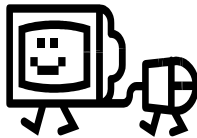
Mailing Address:  
48 West Third Street  
Williamsport, PA 17701

*County Commissioners*

*Scott Metzger  
Mark Mussina  
Marc Sortman*

**Visit Our Web Site:  
[www.lyco.org/va](http://www.lyco.org/va)**

For up-to-date  
News and  
Information  
For Veterans



***The Lycoming Vet***  
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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

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**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 - Thursday, July 4, 2024

Labor Day - Monday, September 2, 2024

Veterans Day - Monday, November 11, 2024

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

Christmas - Wednesday, December 25, 2024

# Veterans Day



HONORING ALL WHO SERVED

November 11, 2024

[www.va.gov](http://www.va.gov)

