

Putnam Veterans Register

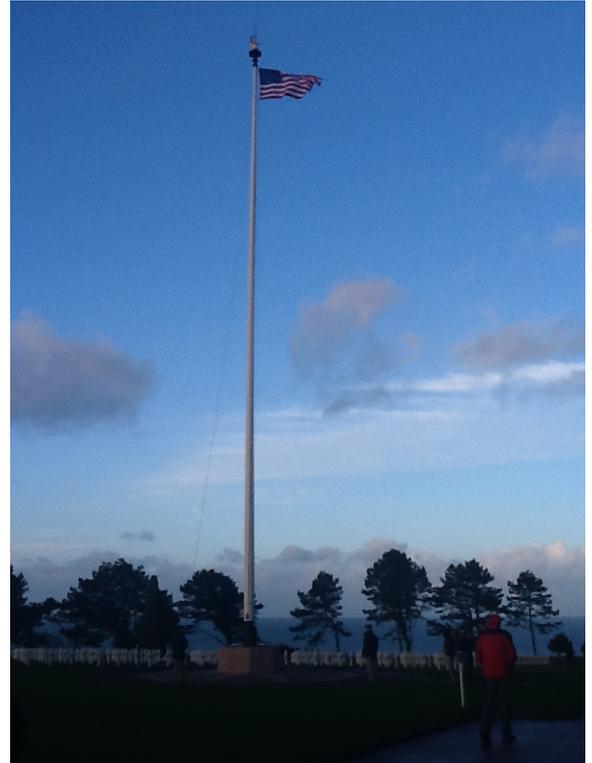
An E-mail Newsletter of the Putnam County Office of Veterans Services

There are several items that are very important that need to be noted in this first edition of the new year. However, often we should pause to look at what really is meaningful and why we are the greatest nation on earth. Our County Executive went on a trip this Christmas season not to visit the typical destinations of revelers of the Christmas holiday but to a place that holds the hearts, souls and remains of those brave Americans who quite simply saved the world. MaryEllen, who is an honorary veteran, and her son David made a pilgrimage to

Normandy, France to visit the sites of the D-Day Invasion and the American Cemetery. While they visited other sites in France, the visits to Normandy were the highlights of the trip for mother and son.

MaryEllen has been kind enough to share several pictures with us. They can be found on page three (3). The picture with this article is the American Flag at the American Cemetery just prior to it being retired for the evening. The statue is of

Major Dick Winters a hero of World War II; it stands at Utah Beach. The picture is very apropos of this pilgrimage of the Odell's because Major Winters was made famous, beyond his troops, though the mini series "Band Of Brothers". MaryEllen told me that the two of them watched this mini series, several times together, that follows a company of Army Airborne troops from D-Day to the surrender.



Also, MaryEllen, thanks for sharing your adventure with us and I will always treasure the stone from Utah Beach you brought back for me.

Major Winters and the men who saved the world are the people we should look to in an era that seems to have a dearth of heroes. This quote of the major's is inscribed on the monument: "Wars do not make men great, but they do bring out the greatness in good men."

Perhaps if we look to these men for our heroes things would not seem so overwhelming.

Harold Rohde,

Director
Putnam County Veterans Service Agency



In Honor of Presidents Day

Thirty-one of our Commander-in-Chiefs have served in the Armed Forces and/or State Militias.
Match the President with the highest rank he attained while in the service.

Abraham Lincoln _____
 Andrew Jackson _____
 Andrew Johnson _____
 Benjamin Harrison _____
 Chester A. Arthur _____
 Dwight D. Eisenhower _____
 Franklin Pierce _____
 George H. W. Bush _____
 George W. Bush _____
 George Washington _____
 Gerald Ford _____
 Harry S. Truman _____
 James A. Garfield _____
 James Buchanan _____
 James K. Polk _____
 James Madison _____
 James Monroe _____
 Jimmy Carter _____
 John F. Kennedy _____
 John Tyler _____
 Lyndon B. Johnson _____
 Millard Fillmore _____
 Richard Nixon _____
 Ronald Reagan _____
 Rutherford B. Hayes _____
 Theodore Roosevelt _____
 Thomas Jefferson _____
 Ulysses S. Grant _____
 William H. Harrison _____
 William McKinley _____
 Zachary Taylor _____

1 General of the Armies of the United States
 2 General of the Army (5 Star)
 3 General of the Army (4 Star)
 4 Major General
 5 Brigadier General
 5 Brigadier General
 5 Brigadier General
 5 Brigadier General
 6 Colonel
 6 Colonel
 6 Colonel
 6 Colonel
 6 Colonel
 7 Commander
 7 Commander
 8 Major
 8 Major
 8 Major
 9 Lt. Commander
 10 Captain
 10 Captain
 10 Captain
 11 Lieutenant
 11 Lieutenant
 12 Lieutenant, Junior Grade
 13 First Lieutenant
 14 Private

Answers can be found on the last page.

This quiz was provided by Art Hanley

(1)



1) David looking at Utah Beach where the US Army troops fought to link with the 506th Parachute Infantry Regiment led by Major Winter

2) The 506th Parachute Infantry Regiment landed on drop zone near Sainte-Marie-du-Mont.

3) German Panzer IV turret mounted on bunker at Omaha Beach

4) The Normandy American Cemetery and Memorial in France is located on the site of the temporary American St. Laurent Cemetery, established by the U.S. First Army on June 8, 1944 and the first American cemetery on European soil in World War II. The cemetery site, at the north end of its half mile access road, covers 172.5 acres and contains the graves of 9,387 of our military dead, most of whom lost their lives in the D-Day landings and ensuing operations.

(4)



(2)



(3)



467th AAA AW BN (SP)

THIS BUNKER COMMAND CENTER WAS CONSTRUCTED BY THE 467th AAA BN (SP) IN THE WINTER OF 1944-45. IT WAS DESTROYED BY THE GERMANS ON JUNE 6, 1944. THE BUNKER IS NOW A MONUMENT TO THE HEROES WHO FIGHTED AND DIED HERE IN THE BATTLE OF OMAHA BEACH.

1. BUNKER RECONSTRUCTION IN 1945 BY THE 467th AAA BN (SP) AND THE 467th AAA BN (SP) IN THE WINTER OF 1944-45. IT WAS DESTROYED BY THE GERMANS ON JUNE 6, 1944. THE BUNKER IS NOW A MONUMENT TO THE HEROES WHO FIGHTED AND DIED HERE IN THE BATTLE OF OMAHA BEACH.

DEDICATED BY THE SUPPORTING MEMBERS OF THE BATTALION
JUNE 6, 1994
JAN VONBROCK

New York State Division of Veterans Affairs



Putnam Veterans Service Agency (M & F)
 110 Old Route 6, Bldg 3
 Carmel, NY 10512
 845-808-1620

Ask Congress to Remove \$6 Travel Surcharge

If you are a disabled Veteran, and you are service connected at 30% or more, then you are eligible for travel pay for your scheduled medical appointments at Castle Point or Montrose VA Medical Centers (VAMC). I have written about this benefit before. If you have ever taken

advantage of this benefit, you may have noticed a \$6.00 "surcharge" is taken off the top for your first four trips in a given month. Have you ever wondered what this was about or why it there? Why the first four trips? Why \$6? Why a surcharge at all? This is a totally arbitrary, senseless surcharge on our travel benefits, and we should work to eliminate it.

I say it's time to change things. It's time to eliminate this arbitrary, thoroughly ridiculous, surcharge that no one really knows exists, unless you are the one they are taking the money from. I say

every Veteran should write Congress and tell their elected representatives to eliminate the travel surcharge. If there are enough people made aware of this ridiculous surcharge, and enough people write their elected representatives, then we can change things. If the government is going to write a law allowing for this travel benefit, then they should write a law which does not allow VA to impinge on this benefit, just to save a few bucks! Write Congress to have the travel surcharge eliminated! We can change this! Rise up and make your voices heard!

Castle Point VAMC (T, W, TH)
PO Box 633, Bldg 19, Rm C210
Castle Point, NY 12511
845-831-2000 x5449



PUTNAM COUNTY
VETERANS SERVICE AGENCY

A few days ago I received a call from a childhood friend. A Vietnam Era Veteran who did not serve in a hostile area, he has no service connected PTSD. Today, he and most of his family are experiencing the symptoms of PTSD, as his sister was one of the teachers murdered at Sandy Hook Elementary School.

He was calling however, to find some support for another childhood friend whose son, a Marine, is due to deploy for the first time to Afghanistan. After we spoke about support available to the family members of deployed service members I was able to ask about how his extended family was doing as they try to bring a normalcy into their lives one month after the terrible event that shook even the most stoic among us, the bystanders who watched it on the news rather than lived it. He told me that everyone who worked was back at work and though they may be "sleepwalking" through their days they were trying to

get back into daily schedules. In addition to routines, they were working together as a family and with professionals to cope and heal psychologically. Brothers and sisters along with their spouses were reaching out to each

other to talk on a daily basis as well as to their parents. Their children, the son and daughters; nieces and nephews of the victim are being encouraged to talk not only with their parents but also to their cousins. Within this family there is a very large support group. But even with this family support they recognize that they need professionals to assist them in their recovery and are going for family and individual counseling.

Too many Veterans who suffer from PTSD do not reach out for help. They tough it out rather than finding a professional or meeting with a Peer Counselor. Family members may try to help but they did not experience the hostilities and atrocities of war that trouble those who served, nor are they trained to help guide you as you try to understand and bring under control whatever it is that is troubling you.

Art Hanley,

Deputy Director

Donald. B. Smith Government

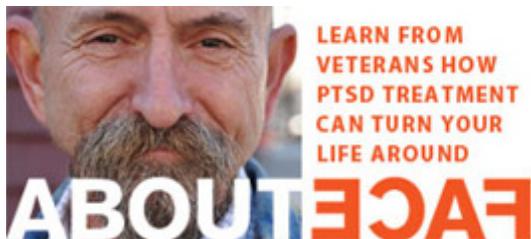
Campus
 110 Old Route 6, Bldg. 3
 Carmel, NY 10512

Phone (845)808-1620
 Fax (845)808-1940



See next page for more information about PTSD from the VA.

The **National Center for PTSD** says, “The decision to get care for PTSD symptoms can be difficult. You are not alone if you feel nervous. It is not uncommon for people with mental health conditions like PTSD to want to avoid talking about it. But getting help for your symptoms is the best thing you can do. PTSD treatments can work.”



The Center goes on to say:

There are many different barriers, or things that might stop you from seeking help for PTSD. Part of PTSD is avoiding thinking about the trauma. So, it makes sense that people with PTSD may want to avoid getting treatment. But there are other reasons people might not seek care right away. Research points out some examples:

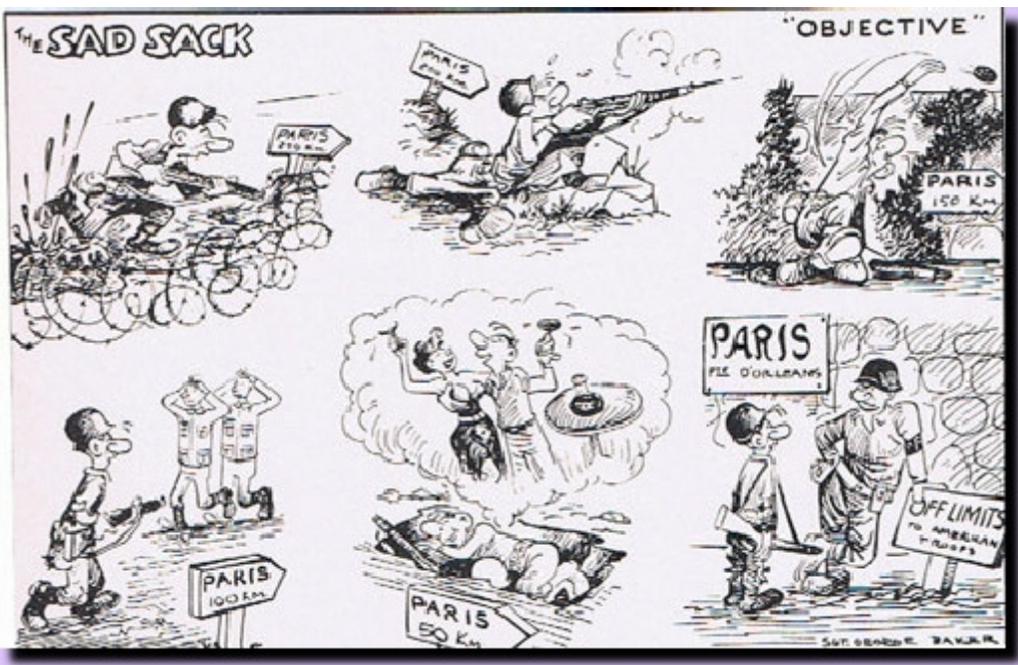
- believing you will get better on your own
- problems getting care, like finding a therapist, transportation, or cost
- not knowing that PTSD treatments work
- thinking that services are for other people, not you
- stigma

There are always reasons for people to put off seeking help, especially with PTSD. It is hard to find a therapist, hard to get time off from work, and hard to find the money to pay for treatment. Facing your problems can be scary. It is even harder if you don't know what to expect.

But if you learn about PTSD treatments, find social support, and get started in treatment, you can feel more in control. You can't change what others think about PTSD, but you can stop it from getting in your way.

If you are troubled by anything you experienced during your service, reach out and get help. Contact the Social Worker at your local VA Healthcare Facility. Every Community-Based Outpatient Clinic (CBOC) and Hospital has at least one Social Worker on staff. You can also find more information on-line at <http://www.ptsd.va.gov>.

If you are in crisis, you can call the Putnam County Crisis Hotline 845-225-1222 or the Veterans Crisis Line at 1-800-273-8255 and Press 1. Both operate



Send a Valentines Day Card to a hospitalized veteran or to a service member!

Answers to Presidents Game:
 Abraham Lincoln 10, Andrew Jackson 4, Andrew Johnson 5, Benjamin Harrison 5, Chester A. Arthur 5, Dwight D. Eisenhower 2,
 Franklin Pierce 5, George H. W. Bush 12, George W. Bush 13, George Washington 1, Gerald Ford 9, Harry S. Truman 6,
 James A. Garfield 4, James Buchanan 14, James K. Polk 6, James Madison 6, James Monroe 8, Jimmy Carter 11, John F. Kennedy 11,
 John Tyler 10, Lyndon B. Johnson 7, Millard Fillmore 8, Richard Nixon 7, Ronald Reagan 10, Rutherford B. Hayes 4,
 Theodore Roosevelt 6, Thomas Jefferson 6, Ulysses S. Grant 3, William H. Harrison 4, William McKinley 8, Zachary Taylor 4

Disabled Navy Veteran Shows County Executive Odell His 'New' Wheels

A disabled Navy Veteran who resides in Carmel was recently presented with the keys to a 'new' car through the efforts of several fellow veterans. Patrick Brady, who grew up in Brewster and now lives in the Putnam County Veterans Home on Drewville Road in Carmel, received the keys to a totally refurbished 2005 Chevrolet Impala at 10 a.m. on Saturday, Dec. 15 at the VFW Post 4927 in Centereach, NY.

"Here is a young man who has given so much to his country and who now is receiving, through the efforts of his fellow Putnam veterans and the Vehicles for Veterans program, the priceless gift of independence," said Putnam County Executive MaryEllen Odell as she congratulated Brady.

"Moments like these are what make the Season of Giving truly memorable," she said.

Vehicles for Veterans is an offshoot of the National Auto Body Council (NABC)'s Recycled Rides program where damaged vehicles are refurbished through the donated time and services of auto body shops, insurers, paint suppliers and part vendors. It was started by Suffolk County resident and VFW Post 4927 member Dennis Sullivan who started networking



with local businesses in March of 2010. Last September, when Brewster VFW 672 life member Art Hanley heard Brady comment about

wanting a car of his own some day, he put the wheels in motion and contacted Putnam's Director of the Veterans Service Agency Karl Rohde. In turn, Rohde called his friend Sullivan who said there were nine available vehicles in Suffolk County. All Brady had to do was fill out an application form and explain in an essay how having a car would improve his quality of life.

A panel of judges selected Brady as one of the nine recipients and Hanley drove him to Long Island to fill out the necessary paperwork on Oct. 27. The nine vehicles would be

turned over to their new owners at a ceremony scheduled for Nov. 10. Then Superstorm Sandy struck. The ceremony was cancelled and Brady was left waiting to hear when he would receive his car. Last week, he was notified that Dec. 15 was the big day. Several service organizations added to the Season of Giving by donating gasoline gift cards to Brady as well.

The Putnam County Veterans service Agency and the Putnam County Joint Veterans Council hope to start this program in the county .

REED MEMORIAL LIBRARY

presents

Resume Building for Veterans

Saturday February 9, 11 to 12:30

Snow Date February 16



Learn how to document your military skills in a resume civilian employers will understand.

Learn what programs are out there to help you.

Offered in partnership with the Wounded Warriors Project.

Call Reed Library to register
845-225-2439

Reed Memorial Library is located at 1733 Route 6 at the intersection of Routes 6 and 52 in the Hamlet of Carmel