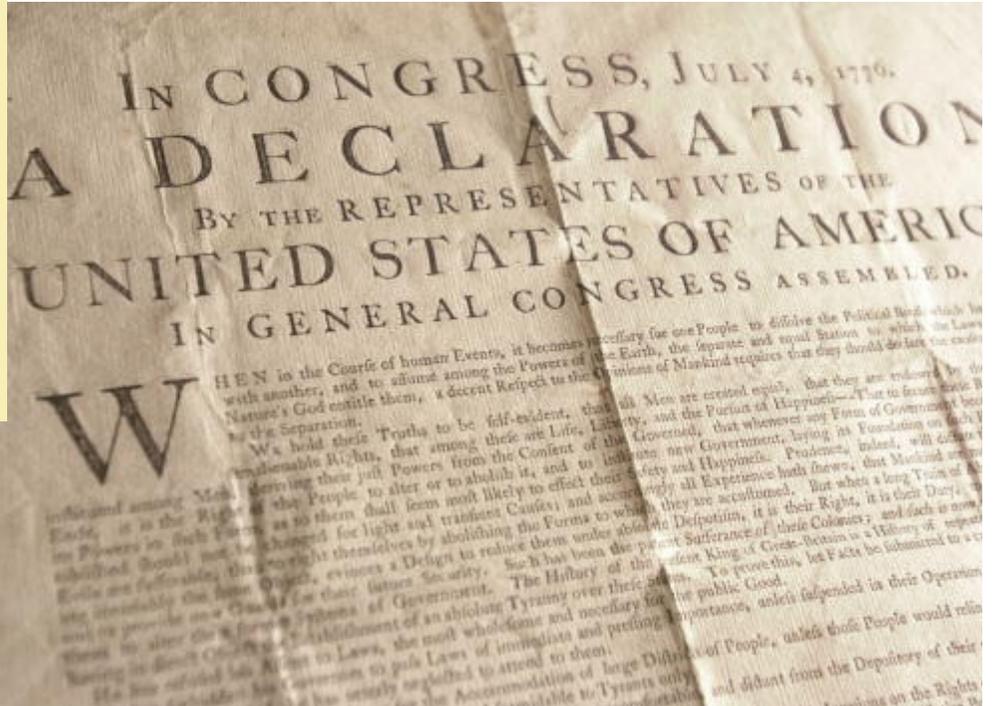


PUTNAM VETERAN'S REGISTER

An E-mail Newsletter of the Putnam County Veterans Service Agency



Let us never forget that men in the iconic painting "The Spirit of 1776" were soldiers. Soldiers insured that the 13 United Colonies became the United States of America.

The words penned by the leaders of those colonies were backed by the might of the US military. Then as now, so when you take pause to celebrate the Fourth of July in your own way remember the soldiers, sailors and marines who died to make your celebration possible. Remember too that of all the people who could have served as the first leader of this wonderful nation and make sure it was a success they did not choose those who led the founding government during the Revolution they selected an Army General, George Washington. On the next page there is a copy of the seminal document of our nation please take the time to read it, this is something we should do every year to renew the Spirit of 1776 within us. It is a beautifully crafted document. The last line is my

favorite and is in my mind the most meaningful:

And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.

The men who placed their names on this instrument of rebellion knew that if the outcome was victory by the British that they would lose everything they had including their lives. With that in mind they went forward.

It is our wish at the Veterans Office that you all have a happy Fourth of July with your families.

Harold Rohde,
Director

IN CONGRESS, July 4, 1776.

The unanimous Declaration of the thirteen united States of America,

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.--Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the Legislative powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary powers.

He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harrass our people, and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures.

He has affected to render the Military independent of and superior to the Civil power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation:

For Quartering large bodies of armed troops among us:

For protecting them, by a mock Trial, from punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing Taxes on us without our Consent:

For depriving us in many cases, of the benefits of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences

For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies:

For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments:

For suspending our own Legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large Armies of foreign Mercenaries to compleat the works of death, desolation and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people. Nor have We been wanting in attentions to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.



PUTNAM COUNTY
VETERANS AFFAIRS

For two hundred and thirty-six years, since July 4, 1776 men and women have stepped forward to defend our great nation, the United States of America, to preserve and protect our way of life. We Americans enjoy a way of life that is the envy of many and feared by those who oppress the people within their borders. Many have made the ultimate sacrifice to defend it, while the rest of us who have served, survive and become "Veterans".

A simple dictionary definition of the word "veteran" is; ***a former member of the armed forces.*** I prefer the definition by an unknown author; ***A veteran is someone who, at one point in his/her life, wrote a blank check made payable to "The United States of America," for an amount of "up to and including my life."***

George Washington is quoted as saying, ***"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they***

perceive the Veterans of earlier wars were treated and appreciated by their nation."

As we celebrate our Nation's Birthday, please know that we here at the Putnam County Veterans Service

Agency are here to serve you, the Veteran. We appreciate your service and will do everything in our power to assist you and provide for your needs.

Art Hanley,

Deputy Director



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Veterans Affairs

New York State Division of

Let Us Be Your Compass

News Release

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the affairs of veterans. Whether that be getting a fellow veteran to join a veterans organization to which he is eligible, or to give advice a fellow veteran regarding a potential benefit he may be eligible for. As a Veterans Service Officer (VSO), I really do see and hear it all. I get veterans in telling me they were told by some "expert" that Navy veterans are now eligible to file for Vietnam



Contact your local VA Environmental Health Coordinator about getting an Agent Orange Registry health exam.

presumptive conditions associated with Agent Orange. Fact: This is just plain incorrect. I am not advising you all act as VSOs. I am not advising veterans speak to issue on which they are not qualified, rather the opposite, just get your fellow veterans who may have a need, to speak with an expert, not a "guy I know who knows some stuff about veterans issues." Getting bad information is often more harmful than no information, so rather than popping off about an issue you are not expert in, just advise your fellow veterans, that they may have benefits for which they may qualify and that they should go see a VSO. Help and assistance can get things started, too much, especially bad information can hurt veteran's chances of getting benefits

rightfully owed. So my best advice, rather than being an expert, gets your fellow veteran to an expert, a VSO, so he can have a relevant conversation about potential benefits due him.

Veterans Helping Veterans

As Veterans, a minority in a vast population, we have a moral obligation to assist one another in

SERVING WOUNDED WARRIORS AND THE SURVIVORS OF OUR FALLEN HEROES

It's an American tradition to pay tribute to the men and women of the Armed Forces — especially honoring those who have made the ultimate sacrifice while serving our country. If you are a military service member who was wounded and needs to apply for disability benefits, it's important to know that you will Receive expedited proc-

essing. Our wounded warriors initiative is for military service members who become disabled while on active duty on or after October 1, 2001, regardless of where the disability occurs.

Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be able to receive benefits. Learn more about it at www.socialsecurity.gov/woundedwarriors.

To learn more about the Social

Security benefits for those who have served in the military, read our publication, Military Service and Social Security. You can find it online at www.socialsecurity.gov/pubs/10017.html, or send us an email at OPI.Net.Post@ssa.gov, or call us at 1-800-772-1213 (TTY 1-800-325-0778) to ask for a free copy to be mailed to you.

Remember that we may be able to pay Social Security survivors benefits to the families of fallen military heroes. If the person you depended on for income has died, you should apply for survivors benefits. Learn more about Social Security survivors benefits at www.socialsecurity.gov/pgm/survivors.htm.

VA Supports Family and Friends Seeking to Encourage Vets to Get Mental Health Services

Media Campaign Promotes “Coaching Into Care” Program

WASHINGTON – The Department of Veterans Affairs recently completed a media campaign for its call center “Coaching Into Care,” a telephone service which provides assistance to family members and friends trying to encourage their Veteran to seek health care for possible readjustment and mental health issues. “Coaching Into Care is a valuable service for family members and friends of Veterans who might be reluctant to seek mental health care,” said VA Secretary Eric K. Shinseki. “In the last three years, VA has devoted more people, programs, and resources toward mental health services to serve the growing number of Veterans seeking mental health care and this marketing effort is designed to expand our reach to those who need our services the most.”

The “Coaching Into Care” service offers free coaching to callers, with no limit to the number of calls they can make. The goal of these sessions is to connect a Veteran with VA care in his or her community with the help and encouragement of family members or friends. Callers will be coached on solving specific logistical problems and ways to encourage the Veteran to seek care while respecting his or her right to make personal decisions.

The service is available toll-free at 1-888-823-7458, 8 a.m. – 8 p.m. Eastern time, Monday through Friday, and online at <http://www.mirecc.va.gov/coaching/>. If a Veteran is experiencing an acute crisis, callers should contact the Veterans Crisis Line at 1-800-273-8255 for immediate help. “Coaching Into Care” works directly with the Veterans Crisis Line and the Caregiver Support Line to provide guidance and referrals. The department is a pioneer in mental health research,

high-quality, evidence-based treatment and access to high-quality care. VA has many entry points to care through the use of 300 Vet Centers, the Veterans Crisis Line, and integration of mental health services in the primary care setting.

This campaign is part of VA's overall mental health program. Last year, VA provided quality, specialty mental health services to 1.3 million Veterans. Since 2009, VA has increased the mental health care budget by 39 percent. Since 2007, VA has seen a 35 percent increase in the number of Veterans receiving mental health services, and a 41 percent increase in mental health staff.

In April, as part of an ongoing review of mental health operations, Secretary

Shinseki announced VA would add approximately 1,600 mental health clinicians as well as nearly 300 support staff to its existing workforce of 20,590 mental health staff to help meet the increased demand for mental health services.

The “Coaching Into Care” advertisements ran on cable TV and radio stations in media markets throughout the U.S. The ads featured three scenarios that many Veterans and their family members commonly experience following the Veteran's return from combat experiences. Veterans were directly involved in the media campaign. VA launched the media campaign as part of its observation of June as “PTSD Awareness Month.”

