



# RENSSELAER COUNTY VETERANS NEWSLETTER

Volume 3, Issue 9  
SEPTEMBER, 2008

KATHLEEN M. JIMINO, County Executive

Joseph W. Cybulski  
Commissioner

Robert M. Reiter  
Director

Rensselaer County  
Unified Family Services  
Veterans Service Agency  
1600 Seventh Avenue  
Troy, NY 12180  
Phone: (518) 270-2760

## SOLDIER'S heart

### BRINGING OUR VETERANS HOME Rensselaer County Workshop Fall 2008

#### Van Transportation...

- \* Don't drive and need to get to the VA Medical Center or the Troy VA Clinic!?
- \* We offer complimentary van transportation to and from the VAMC and Clinic for most morning medical appointments. Call our office for more details, to included hours of operation and rules/regulations 270-2760.



#### Services offered...

- Compensation: service-connected.
- Pension: non-service connected.
- Death Pension
- Federal Grave Markers
- VA Insurance Claims
- Medical Van Transportation

There are presently 1,260 Rensselaer County residents serving in Iraq and Afghanistan. These are included in the **14,000 veterans** living here now. Many of these are suffering emotionally from their experiences at war. Their internal wounds to heart and soul affect their families and community as well.

**Soldier's Heart and The Sage Colleges** announce an exciting and innovative community program designed to **help veterans heal from the unseen wounds of war. This 8 session workshop** is for Rensselaer County service people and veterans of any war, their families, clergy, helping professionals and other community members. Healing from war requires that communities be involved in their veterans' reintegration, regardless of how long ago they served. Military Post Traumatic Stress Disorder (PTSD) is more than an anxiety condition. The issues veterans face are complicated and often isolating because they are misunderstood.

The program will be presented by **Dr. Edward Tick**, internationally acclaimed author of the groundbreaking book, *War and the Soul*, along with Soldier's Heart staff and faculty from The Sage Colleges.

The **BRINGING OUR VETERANS HOME** program integrates worldwide models of successful return of soldiers over the ages, explores the essential ingredients of emotional and spiritual healing from war and creates a **doorway to a reconciliation between true warriors and their communities**. Modeled on our nationally recognized intensive retreats, the program will be experiential and unique.

Program Dates: (6-9PM) Sept. 16 & 23, Oct 1 & 7, Nov. 18 & 25, Dec. 2 & 9  
Location: Troy Area United Ministries, 392 2nd St., Troy, NY

Group size will be limited. Please call today to reserve your place or for further information - **518-274-0501**.

Please visit our web site [www.soldiersheart.net](http://www.soldiersheart.net)

\* This program is free of charge as a generous donation of the Louis and Hortense Rubin Community Fellows Program

## A word from our County Veterans Director.....

Hello All, here we are once more, coming into fall. The "Stand Down" will be October 18<sup>th</sup> and we are in need of volunteers, please call our office at 270-2760. This is a great program for our Homeless or at risk Veterans' and their families. It will be held once more at the Colonie Lodge of Elks.

Our 10th Annual Veterans' Day breakfast is coming up fast, it will be November 9<sup>th</sup> at the Brunswick Lodge of Elks. Last year we had over 800 attend and it looks to be even larger this year. We are asking for help in all areas for this event. The Medal Ceremonies will be held once more at the end of breakfast and this also will be the largest ever. We have received medals for over 25 Veterans' who never received them. Please show your support for our Veterans' and attend.

To **ALL** Posts, we want to do a Veterans' information night/afternoon at **ALL** Posts throughout the County. We will bring in benefit personnel throughout the whole system, medical, employment, New York State and VA to name a few. All we ask is for the Post to provide the space, some light refreshments and we will work with you in regards to getting the word out. This is for **ALL** Veterans and Families and we will cover all benefits. This is a good way to get your local area veterans into your Post and see what you're all about. We have found that it helps in your membership, call today to set your date. We have found that a Tuesday, Wednesday or Thursday works well, with the

time being 6:00 pm till 8:00 pm, we will work with you.

Don't forget your **FREE** car wash from Hoffman's on Veterans' Day, this is the 4<sup>th</sup> year the Hoffman family has invited all members of the active duty and former members of the Military for a free wash, "Thank You".

Our new Van has arrived, we would like to "Thank" former Senator Joseph Bruno, and with out his support we would not have acquired this vehicle. If you get the time, take a **LOOK** at it, the new logo looks great.

Our County Veterans need to understand that our office is able to do all the programs that we do because of the direction from our County Executive, Kathleen M. Jimino. The next time you see her, please thank her for the support.

I encourage all who can, to attend the Soldier's Heart workshop. This is a great program and it will be an eye opener for many, understanding the suffering from the experiences from war. See the 1<sup>st</sup> page of this newsletter for more information.

Yours in Patriotism,

**BOB**

## JOIN US FOR THE UNCLE SAM PARADE...



September 6th and 7th Troy will celebrate Samuel Wilson's birthday (9/13/1766). This event includes a graveside ceremony at Oakwood Cemetery at 10:00 am. and a brunch at the Veterans of Lansingburgh, tickets can be purchased at the door. On Sunday the festivities begin with a parade at 1:00 p.m. followed by family fun and entertainment in Knickerbacker Park and a fireworks show.

Our veterans office always participates in the parade. It is our desire to have a large representation of Rensselaer County Veterans. If you would like to join our marching contingent, (line-up at noon) you may contact our office for more details.

### Upcoming events...

### mark your calendars

September 1...Schaghticoke Fair **COME VISIT OUR BOOTH!** (Office Closed)

September 6..... Uncle Sam Gravesite Ceremony at 10:00 a.m. (line-up 9:30)  
followed by Brunch at the Veterans of Lansingburgh

September 7..... **Uncle Sam Parade** (see above article)

September 8... **Honor-a-Deceased Veteran**—County Legislative Chambers at 8:15 a.m.  
**Joseph F. Salmon, Sr., U.S. Army, Korea**

October 13..... Columbus Day observed—**OFFICE CLOSED.**

October 14..... **Honor-a-Deceased Veteran**—County Legislative Chambers at 8:15 a.m.  
**Marjorie R. Sislowksi, U.S. Air Force, Vietnam Era**

October 18..... Capital Region Veteran's **Stand Down** 8 a.m.-1 p.m. at Colonie Elks



**IF YOU WOULD  
LIKE YOUR EVENT  
LISTED IN OUR  
UPCOMING  
EVENTS SECTION,  
PLEASE CONTACT  
OUR OFFICE BY  
THE 15th OF THE  
MONTH**

## Honor-A-Deceased Veteran Ceremony

Every second Monday of the month, Rensselaer County honors a deceased veteran in a very moving and respectful ceremony in the County Legislative Chambers.

If you have loved one, who was a veteran from Rensselaer County and would like to have them honored, please contact the Rensselaer County Veterans at 270-2760 for an application.

The following criteria applies to the honorees:

- Must have been deceased at least one year prior to being honored;
- Must be from Rensselaer County (born, raised or resided in);
- Must have been Honorably Discharged and discharge must accompany application;
- May only be honored once;
- Submitted application must be legible and have a family contact (name, address and telephone number);
- List of all medals, campaigns, and battles;
- Include civilian history (all community services and organizations);
- Be as detailed as possible, the entire ceremony is dedicated to this veteran and it is their life story.

## Important Documents:

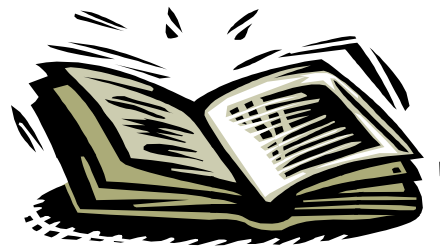
Those seeking a VA benefit for the first time must submit a copy of their service discharge form (DD-214, WDAGO 53-55, NAV PERS 53-55, Report of Separation or Certificate of Military Service), which documents your service dates and character of discharge, along with personal identifying information: name, date of birth and service number. The veteran's discharge form should always be kept in a safe and secure location accessible to the veteran and next of kin or designated representative.

## Place Your Ad...

Our 10th Annual Veterans Day Breakfast will be held on November 9th. You may place your ad in our program at the following rates:

- Full Page.....\$100
- 1/2 Page.....\$ 60
- 1/4 Page.....\$ 30
- Booster.....\$ 10

Please send your ad layout and payment by **October 17, 2008- NO EXCEPTIONS.**



We need this lead time in order to get the program "press" ready and would appreciate it if every effort would be made to adhere to this deadline.

Please make your check payable to the Rensselaer County Veterans Fund, 1600 Seventh Avenue, Troy, NY 12180.

If you have any questions you may contact our office at 270-2760.



### MEDAL CEREMONIES...

Several times a year Rensselaer County hosts a medal ceremony for veterans who never received the medals that they earned while honorably serving their country.

It is an honor to be able to present these military decorations and awards to those who sacrificed unselfishly. You may contact our office to initiate an order for your personal or a family member's medals. When they arrive, we will present them to you at the next ceremony.

## CAPITAL REGION VETERANS STAND DOWN

Saturday, October 18, from 8:00 am until 1:00 pm will be the annual Veterans Stand Down for veterans who are homeless or at risk of being homeless and their families.

Free help will be available for employment, food, clothing, medical screening, legal assistance, as well as information on programs and services. Day care will be available throughout the day.

This event will take place at the **Colonie BPO Elks, 11 Elks Lane, Latham, NY.**

If you are interested in going and can not get transportation to the Stand Down, you can contact your local Veterans Service Agency to inquire about transportation at the following county VA numbers:

- Albany..... (518) 477-7713**
- Columbia..... (518) 828-9511**
- Rensselaer..... (518) 270-2760**
- Saratoga..... (518) 884-4115**
- Schenectady.... (518) 377-2423**
- Washington..... (518) 746-2470**
- Saturday only... (518)785-3557**

**FLY THE FLAG**

On Thursday, September 11, 2008, an American flag should be displayed outside every home, apartment, office, and store in the United States. Every individual should make it their duty to display an American flag on this seventh anniversary of one of our country's worst tragedies.

We do this to honor those who lost their lives on 9/11, their families and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms.

In the days, weeks and months following 9/11, our country was bathed in America flags as citizens mourned the incredible losses and stood shoulder-to-shoulder against terrorism. Sadly, those flags have all but disappeared.

Our patriotism pulled us through some tough times and it shouldn't take another to galvanize us in solidarity. Our flag is the fabric of our country and together we can prevail over terrorism of all kinds.

Yours in Patriotism,

**BOB**

**Message from our County Executive...**

**Kathleen M. Jimino**

This year, the United States Congress and the President agreed on an economic stimulus package that provided a "stimulus" check to help boost our national economy. The checks range in amounts from \$300 to \$600 for an individual, and up to \$1,200 per family. An additional \$300 per child is added to the amount as well. To receive your stimulus check all you had to do was file an income tax return or a special Internal Revenue Service form, the 1040a.

I am hopeful that many of you receiving this newsletter have already received your well deserved stimulus check. If not, it's not too late to file the appropriate paperwork to receive you check. However, time to file is running out as the October 15<sup>th</sup> deadline is fast approaching.

As always, the County's Veteran's Service Agency and our Department for Aging are here to help so please do not hesitate to give us a call.

Sincerely,

*Kathleen M. Jimino*

**NYS Small Business Development Center**

**Veterans Business Outreach Center**  
*Serving the Veterans of New York State*

John Narciso, Regional Coordinator  
Toll-free at **1-877-875-VETS (8387)**  
In Albany: (518) 485-7647

**Services**

The Veterans Business Outreach Program consists of six stages:

- A pre-business workshop
- Assessment of your business concept
- Preparing your business plan
- Comprehensive feasibility analyses
- Entrepreneurial training (including on management assistance, developing effective marketing plans, help in locating government procurement contracts, and others)
- Mentor assistance

While we cannot provide you with a loan, we can help put your business in position to obtain the financing you need.

By the way . . . there is **no charge** for these services.

**How it Works**

If you're a veteran in any of these four areas, a network of resources is available to start or sustain your business:

- local Small Business Development Center
- regional SBA or SCORE offices;
- veterans assistance groups;
- military organizations

By calling or e-mailing, we'll serve as a reference point to the skills of these people to provide your business with the help it needs.

**Free Veterans Day Car Wash**

*For the fourth consecutive year Hoffman's Car Wash is inviting all active duty and former members of the military to have their vehicle (or vehicles) washed free of charge on Veteran's Day!*

*The only requirement is that the person coming through the car wash let the employees know that they are either active duty or former military. There is no need to show any type of identification-they will take you at your word.*

