



## GENESEE VALLEY CHAPTER MILITARY OFFICERS ASSOCIATION OF AMERICA NEWSLETTER

2010 – 2011 – 2012 – 2013 – 2014 – 2015 - 2016

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**SERVING MEMBERS AND THEIR COUNTRY**

\*\*\* **NEVER STOP SERVING** \*\*\*

**November 2017**

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**PRESIDENT'S CORNER** Where did the summer go? Time to prepare for winter. Now is the time to mount your snow tires, check the health of your vehicle battery, locate your snow brush and change out the wiper blades for new.

**Budget Update:** Our representatives have punted and DOD is again under a continuing resolution through the first week of December. Then who knows? I thought that our nation's defense was priority #1? Please write your Federal representatives and ask that the defense budget be given priority.

**Facebook:** We are now on Facebook, please like and share our posts so the Chapter gets maximum coverage. Look for "Genesee Valley Chapter of the Military Officers Association".

**Chapter Holiday Dinner:** Bring a small gift to exchange (under \$15.00), your dancing shoes and make reservations for our Annual Holiday Dinner, this year at the Brook-Lea Country Club. There are no speakers only short

announcements and plenty of time to socialize. Music provided by Bob Neusatz. Cost \$35.00

**Female Veterans are at a higher risk;** MOAA Senior Staff writer Gina Harkins reports; Women who've served in the military are more likely to suffer from suicidal thoughts, cardiovascular disease, arthritis, and other problems according to a new study looking at the health of female veterans. Female vets report higher rates of cancer, mental illness, chronic obstructive pulmonary disease, and depression when compared to women with no military experience, the *Health of Women Who Have Served Report* found. MOAA teamed with United Health Foundation to produce the report.

More than 8 percent of the female veterans surveyed over a four-year period reported having suicidal thoughts in the past year - nearly twice that of their civilian counterparts. About a third reported arthritis, compared to about 26 percent of civilian women. Other findings include: About 13 percent of women who served had cancer, compared with roughly 11 percent of women who did not. Nearly 42 percent reported getting insufficient sleep, compared to 34 percent of civilian women. About a third of female veterans reported mental illness in the last year, compared to about 22 percent of women who didn't serve.

For more information visit the MOAA website.

**Medal of Honor recipient a MOAA Member;**

MOAA had the opportunity for an exclusive interview with Capt. Gary “Mike” Rose, USA (Ret), shortly before he was awarded the Medal of Honor Oct. 23 for his heroic actions as a medic during the Vietnam War. Read more about the events that resulted in his award in “Valor Acknowledged” in the November issue of Military Officer. On page 59 of the MOAA magazine MOAA has listed more than two dozen MOH living recipients that are members.

**Lastly, I would like to wish you and your families a Happy Thanksgiving season!**

COL Peter Ingalsbe, USA Retired,  
President “Never Stop Serving”

**WREATHS ACROSS AMERICA at  
SAMPSON VETERANS  
MEMORIAL CEMETERY**  
-Norma Weissend (Repeat)

**REMEMBER** The Fallen  
**HONOR** Those Who Serve  
**TEACH** Our Children The Value of  
Freedom

As you know, we are one of over 450 Chapters in the USA. Two of our many missions at GVC, which encompasses the greater Rochester area, are to inculcate and stimulate love of our Country and of our flag; and to provide useful services for, and protect the interests of, members and their dependents and survivors, and represent their rights and interests when service matters are under consideration. We care deeply for the service of all veterans and it is extremely important to us to ensure that their memories and sacrifices are preserved and that each and every veteran is never forgotten.

Please help the Genesee Valley Chapter raise funds by clicking one of the red

"Donate" button above next the GVC name to sponsor wreaths to be placed at Sampson Veterans Memorial Cemetery. . . It is easy! Your donation helps us support local veteran programs, such as Honor Flight Rochester, Veterans Outreach Center of Rochester, the VAMC in Canandaigua, and the Veterans Outpatient Clinic. See Norma Weissend for how to donate on line or use the application below.

If you would like to donate and give GVC MOAA the credit for wreaths sold at Sampson, please go to <https://wreaths.fastport.com> then enter NY0118P. You may also donate using the attached form.

**Wreaths Across America Schedule of Events  
Sunday, December 10, 2017**

- Start of World’s Longest Veterans Parade from Maine to Arlington National Cemetery and participating locations

**Monday, December 11, 2017**

- State House wreath-laying ceremonies in all 50 States and Puerto Rico

**Saturday December 16, 2017**

- Please check with your local location leader for start times.
- Simultaneous wreath-laying ceremonies at over 1100 locations all across the country and beyond.

**GVC UPCOMING EVENTS:**

**3 December 2017** – GVC Holiday dinner Brook-Lea Country Club

**16 December 2017** – Wreaths Across America Sampson Veterans Memorial Cemetery

**25 March 2018** – Whitter Party House (ROTC Dinner)

**Need Extra Help or Someone to Listen;**

Do you need some extra help such as sitting with a loved one while you run some errands? Do you need/want a ride to a GVC MOAA dinner? Please call Nancy Swanson ([585-905-0346](tel:585-905-0346)) or Tim Vaughan ([585-412-6425](tel:585-412-6425)), our new GVC Support Coordinators. They will talk with you to find out what your needs are and how GVC may be able to help.

Nancy has expertise in coordinating services for Veterans in the health care field. Tim has overall knowledge of the military system and has made recent connections with local units. We care about our GVC family members and want to help and support them when needed.

**2018 Member Dues;** The Board of Directors has kept the annual dues to \$20.00 for 2018. If you would like to pay for Lifetime see the chart below. Send your dues payment with your reservation or mail your payment to Jim Nielsen. See below.

**GVC Name Badge now available;**

"If you would like to order a GVC name badge for yourself or your spouse, please contact LTC Russ Green (<[russgreen@aol.com](mailto:russgreen@aol.com)> or [585-425-4292](tel:585-425-4292)). Badges for members will include name, rank, service and status, while spouses badges will include name only. (See the sample photo). Cost of the badges is \$12.00, payable in advance. (Please note that badges for Life Members, are gold in color and include the line "Life Member" under the rank. These are provided at no cost to the member.) Please provide the name(s) as you wish them to appear on the badge. Badges may be picked up at the next dinner meeting following the order, or by contacting COL Green to make other arrangements"



**Honor Flight Dates;**

There no more missions scheduled for 2017. We will keep you informed for 2018 dates.

**Spouses Club;** The Spouses Club of GVC MOAA normally meets on the third Wednesday of each month. Location to be determined. Contact Joan Tierney or Signe Zale at the email or phone number listed below for the next meeting date.

**Address Change?** Have you moved? Have you changed your email address? If so please contact Ken Carlsen or Nancy Swanson at the email address below or write us at PO Box 20874, Rochester, NY 14602-0874

<b>Age</b>	<b>Life dues</b>	<b>Age</b>	<b>Life Dues</b>	<b>Age</b>	<b>Life Dues</b>
<45	\$360	61-65	270	81-85	55
46-50	350	66-70	210	86-89	35
51-55	330	71-75	160	90+	Life – no charge
56-60	310	76-80	110		





# WREATHS *across* AMERICA

## Wreath Sponsorship Form

\*Sponsored wreaths are placed on the grave markers at state, national veterans cemeteries as well as local cemeteries each December. Wreaths may be purchased online at [www.WreathsAcrossAmerica.org](http://www.WreathsAcrossAmerica.org)

If you wish to make your sponsorship with a credit card please visit our website for a secure online transaction.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Please make checks payable to:  
**Wreaths Across America TM**  
PO Box 249  
Columbia Falls, ME 04623  
Questions? Please call 877-385-9504  
Thank you for your Sponsorship and joining us in our mission to Remember, Honor and Teach!

Do we have permission to publicize your name as a sponsor?

Yes OR  No, I wish to remain Anonymous

Sponsorship	Price	Quantity	Total
Individual= 1 Wreath	\$15.00		
<b>Mailed "In Honor" card</b> = If you wish to send a mailed honor card telling someone of your sponsorship-see "In Honor" section below. *Card will not be mailed if the \$2 fee is not included.	\$2.00		
Family= 4 Wreaths	\$60.00		
Small Business= 10 Wreaths	\$150.00		
Corporate= 100 Wreaths	\$1,500.00		
		Grand Total	

**\*\*SORRY- WE CAN NOT TAKE GRAVE SPECIFIC REQUESTS\*\***

**In Honor of:**

\_\_\_\_\_

Please provide email of "In Honor Of" recipient, or mailing address so a card can be sent notifying them of your sponsorship in their honor. (if you have a specific message please write it on the back of this sheet and we will include it.)

Email: \_\_\_\_\_

Mailing: \_\_\_\_\_

**In Memory of:**

\_\_\_\_\_

This name will be listed on our online memory wall, please provide name, rank, branch of service and state resided

Branch of Service: \_\_\_\_\_

Rank: \_\_\_\_\_

State: \_\_\_\_\_

Please note that all sponsorships are sent directly to the location and no wreaths are sent to the individuals purchasing sponsorships.

Location ID: NYSVMC Fundraising Group ID: NY0118P

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**FOR OFFICE USE ONLY:**

Cash \$: \_\_\_\_\_ Total\$: \_\_\_\_\_ Date: \_\_\_\_\_

Total # Checks: \_\_\_\_\_ Reconciled: \_\_\_\_\_

MO \$: \_\_\_\_\_

Entered: \_\_\_\_\_

GEN: \_\_\_\_\_

## GVC/MOAA BOARD MEMBERS 2017-2019

**President:** Peter Ingalsbe, COL, USA (Ret) 585-749-3390 (cell)  
Email: [pingalsbe@gmail.com](mailto:pingalsbe@gmail.com)

**1<sup>st</sup> Vice President :** Timothy Vaughan, COL, USAF (Ret) 585-412-6425  
Email: [tvaughan1@aol.com](mailto:tvaughan1@aol.com)

**2<sup>nd</sup> Vice President:** Ken Carlsen, CDR, USN (Ret) 585-377-5665  
Email: [kcarlsen32@gmail.com](mailto:kcarlsen32@gmail.com)

**3<sup>rd</sup> Vice President:** Russ Green, LTC, USA (Ret) 585-425-4292  
Email: [russgreen@aol.com](mailto:russgreen@aol.com)

**Transition Liaison:** [Dave Szczygiel](#)  
(see below)

**Member-at-Large:** William O'Donnell, CW3 USA (Ret) 585-754-3948  
Email: [will.p.odonnell@gmail.com](mailto:will.p.odonnell@gmail.com)

**Secretary:** Nancy Swanson, CAPT, USN (Ret) 585-905-0346  
Email: [gns92649@hotmail.com](mailto:gns92649@hotmail.com)

**Treasurer:** James Nielsen, Commander, USN (Ret) 585-768-7249  
Email: [jim99n@gmail.com](mailto:jim99n@gmail.com)

**Past President:** Norma Weissend, Lt Col, USAF (Ret) 585-727-6190  
Email: [normaweis@roadrunner.com](mailto:normaweis@roadrunner.com)

**Past President:** Dave Szczygiel, BG, USA (Ret) 585-346-3736  
Email: [mszczygiel@rochester.rr.com](mailto:mszczygiel@rochester.rr.com)

**Past President:** Robert Zale, Col, USAF (Ret)  
585-594-8422  
Email: [sigbobzale@aol.com](mailto:sigbobzale@aol.com)

**Past President:** Barbara Green, Col, USA (Ret) 585-330-2708  
Email: [bgreenanc@gmail.com](mailto:bgreenanc@gmail.com)

**Auxiliary Liaison:** Marion Mench  
585-217-1779  
Email: [mosimpli@rochester.rr.com](mailto:mosimpli@rochester.rr.com)

**Spouses Club Liaisons:** Co-Chairs

Joan Tierney: [jtierney41@yahoo.com](mailto:jtierney41@yahoo.com)

Signe Zale: [sigbobzale@aol.com](mailto:sigbobzale@aol.com)

**GENESEE VALLEY CHAPTER  
MILITARY OFFICERS ASSOCIATION OF AMERICA**

**December 3rd, 2017**

**Brook-Lea Country Club**

**891 Pixley Road, Rochester, NY 14624**

**585-247-3232**

**1300 - Social Hour - cash bar**

**1400 - Dinner**

**ENTRÉE CHOICES**

**Strip Loin of Beef served with Sautéed Mushrooms**

**Grilled Salmon with Raspberry Sauce**

**Chicken Cordon Bleu with Supreme Sauce**

**Entrees served with vegetables, salad, rolls and butter**

**Dessert**

**Reservations due ASAP but NLT Friday November 24th**

Please clip use form provided below

***Cancellations NLT 1200 hours, Thursday, November 30th***

**Questions: Norma – 585.727.6190**

**CLIP HERE AND SEND**

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**RESERVATION FORM FOR December 3<sup>rd</sup> Holiday gathering at  
Brook-Lea Country Club**

ALL Name(s) Attending:

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Please indicate number of each meal desired:

Strip Loin Beef \_\_\_\_\_ Chicken Cordon Blue \_\_\_\_\_ Grilled Salmon \_\_\_\_\_

Check for \_\_\_\_\_ meal(s) at **\$35.00 each**

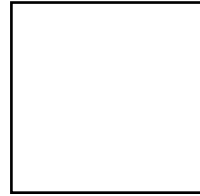
Please make checks payable to **GVC MOAA** and mail to:

**GVC MOAA**

**c/o Norma Weissend**

**4587 Ridge Rd, Canandaigua, NY 14424**

**Genesee Valley Chapter  
Military Officers Assn of America  
PO Box 20874  
Rochester, NY 14602-0874**



**November 2017 Newsletter**

**First Class Mail**

