

# The Lycoming Vet

Volume 17 Issue 1

January 2025



# Happy New Year!



## New Patch Board :

Please feel welcome to bring in patches to place on our “share your patch” board.

Our office is always open to visitors :  
come view our many displays and reading material.



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# MILITARY DATES OF REMEMBRANCE

## January

1 January: New Year's Day

15 January: Martin Luther King Jr. Day

## February

3 February: Four Chaplains Day

14 February: Valentine's Day

19 February: President's Day / Coast Guard Reserve Birthday

## March

3 March: Navy Reserve Birthday

5 March: Seabee Birthday

13 March: National K9 Veterans Day

17 March: St Patrick's Day

25 March: National Medal of Honor Day

29 March: Vietnam Veterans Day



EVERY CHILD DESERVES A LITTLE CHRISTMAS

*62 toys,*

*25 stocking  
stuffers*

*and*

*6 books*

*All for  
local  
children!*

*Thank you  
so much to  
everyone for  
donating!!!!*



## 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”.



## Warm Up Shop

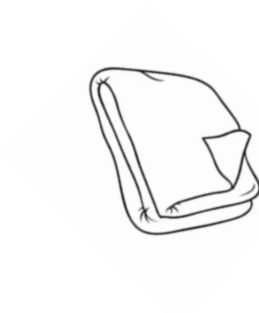


In need of a warm jacket  
or other necessity?

Come on in for a visit,  
no appointment needed!



Items available vary!!





**VA.gov**

**Now that you'r home, explore VA.  
We can help more than you think.**

Call  
570-327-2365  
for an appointment  
to talk to a local Veterans Service Officer



**Did you know?**

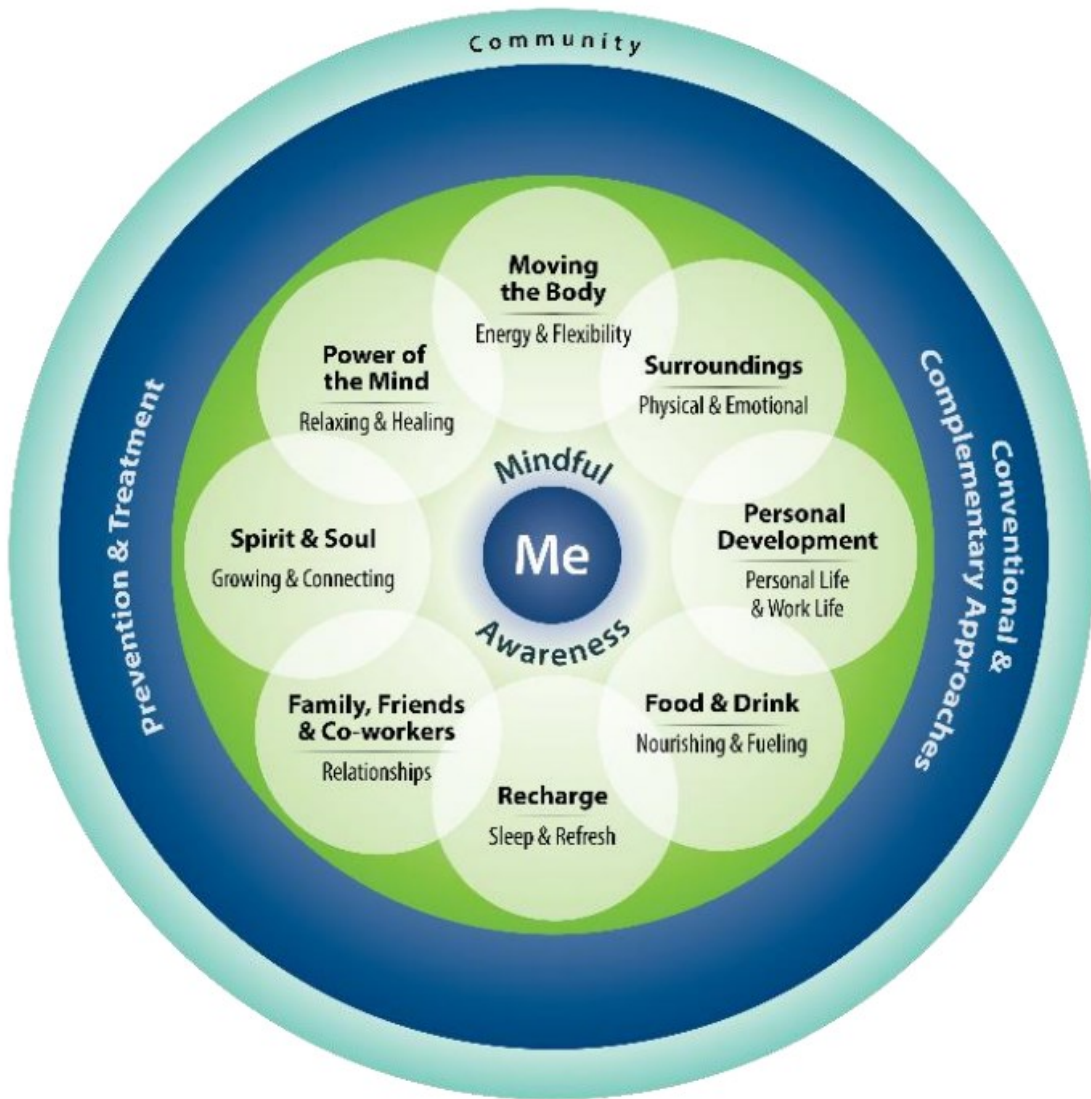
If you are a wartime Veteran with limited income, you may qualify for a VA pension.



U.S. Department of Veterans Affairs



Visit VA.gov Whole health to explore topics and print out information.





Whole Health is an approach to health care that empowers and enables YOU to take charge of your health and well-being and live your life to the fullest.

It starts with YOU. It is fueled by the power of knowing yourself and what will really work for you in your life.

Once you have some ideas about this, your team can help you with the skills, support, and follow up you need to reach your goals.



## What matters most to you?

Whole Health is all about you and what matters most to you. You and your care team work together to design a plan so you can live your best life.

# Army Recipes

August 15, 1944 War Department TM 10 -412

<https://archive.org/details/TM10-412/page/n215/mode/2up?view=theater>

**NO. 155. BAKED FISH WITH STUFFING** Yield: Two No. 50 baking pans, 100 servings, 2 by 3 inches each,  $\frac{1}{3}$  cup dressing each.

Ingredients	100 servings	..... servings
Shortening, melted.....	2 pounds (1 No. 56 dipper).....	.....
Bread cubes, dry.....	2 gallons (8 No. 56 dippers).....	.....
Onions, finely chopped.....	$\frac{1}{2}$ pound ( $\frac{3}{8}$ mess kit cup).....	.....
Salt.....	1 $\frac{1}{4}$ ounces (2 $\frac{1}{2}$ mess kit spoons).....	.....
Pepper.....	( $\frac{1}{4}$ mess kit spoon).....	.....
Poultry seasoning (optional).....	1 ounce (4 mess kit spoons).....	.....
Parsley, chopped (optional).....	6 ounces ( $\frac{3}{8}$ mess kit cup).....	.....
Fish, fresh, dressed.....	35 pounds.....	.....
Salt.....	2 ounces (4 mess kit spoons).....	.....

1. Combine melted shortening, bread cubes, onions, salt, pepper, poultry seasoning, and parsley; mix well.
2. Wash fish and remove bones. If whole fish are used, stuff with bread and onion mixture. If fillets are used, spread mixture in bottom of greased baking pans and place fish slices on top. Sprinkle fish with salt.
3. Bake in moderate oven (325° F.) 1 hour or until fish are flaky.

NOTE. The fish is improved if basted several times during baking with a small amount of hot water and butter. Use 1 quart (one No. 56 dipper) hot water and  $\frac{1}{4}$  pound (eight mess kit spoons) butter.

**NO. 190. POTATO CROQUETTES** Yield: Approximately 23 $\frac{1}{2}$  pounds mixture, 100 servings, two croquettes each.

Ingredients	100 servings	..... servings
Potatoes, mashed.....	22 pounds.....	.....
Eggs, beaten.....	27 eggs (1 $\frac{1}{2}$ No. 56 dippers).....	.....
Bread crumbs.....	.....	.....
Fat (for frying).....	.....	.....

1. Mix potatoes and  $\frac{2}{3}$  beaten egg\*. Refrigerate until thoroughly chilled.
2. Shape potato mixture into croquettes; dip in remainder of beaten egg. Roll in crumbs.
3. Fry in deep hot fat (375° F.) 3 to 5 minutes or until brown.
4. Drain on absorbent paper.
5. Serve very hot.

\*If mixture is too soft to handle, add small amount of sifted flour.

NOTE. Serve with tomato sauce (recipe No. 508).



# Vegan Roasted Roots Power Bowls

## Ingredients and directions

Preheat oven to 400

On parchment lined baking sheet:

- 1/2 lb brussels sprouts
- 1 medium acorn squash, peeled and cubed
- 4 medium carrots, peeled and quartered
- 1 red bell pepper, cut in to 3/4" chunks
- 1 small red onion sliced

Drizzle veggies with :

- 1 1/2 Tbs. olive oil
  - 1/4 tsp garlic salt
  - 1/2 tsp onion powder
- and stir to evenly coat everything

Bake for 30 - 35 minutes, until all vegetables are tender.

Make a dressing by whisking together:

- 1/3 cup olive oil
- 1/4 tsp salt
- 1 1/2 Tbs. apple cider vinegar
- 2 tsp Dijon mustard
- 1/2 cup prepared hummus

Make quinoa:

- 1 cup (dry) - prepared according to package (approx 3 cups cooked)

3 cups baby spinach

When veggies are done, stir in 3 cups of baby spinach. Place back in oven to wilt while preparing plates (10 minutes) .

To serve: (makes 4 servings)

Serve by scooping quinoa onto plate, topping with roasted veggies and drizzle with dressing.

**Stay  
Warm and Safe  
this winter!**



**Please visit our  
Warm - Up Shop for  
a coat or blanket!**

**Thank you to  
Everyone that has donated  
coats and blankets this past year.**



**Thank you to  
North Shore Railroad Comp. & Affiliates  
from  
Lycoming County Hometown Heroes**

**You can still  
see the trains  
used in their  
regular freight  
service!**





Drop off Location  
Lycoming County Veterans Affairs Office  
33 W. Third Street  
Williamsport, PA 17701  
Phone: 570-327-2365

Lycoming County Hometown Heroes, Inc.  
**Hometown Heroes**  
**2025 Streetlight Banner Program**

The Lycoming County Hometown Heroes, Inc. (LCHH) program serves as a tribute to recognize service men and women from the Lycoming County area who have served or are serving our country in a branch of the military.

Reserve your space starting on **January 1, 2025**. Purchase deadline will be **September 5, 2025 (Cost \$210.00)**.

Each individual banner will include the veteran's name, picture, branch of service, era of service and sponsor's name.

The program is non-political and non-partisan.

- ★ **Early Bird Special: Purchase Banner by April 4, 2025, and receive 15% off (Cost \$178.50).**
- ★ **Special Offer- With the purchase of this year's banner we are offering a garden flag for \$40.00.**  
The garden flag will have the Veteran's name, branch of service, era of service and picture. This flag will fit on a normal garden flag holder.

The Hometown Heroes Banners:

- ★ Will be on display for **one** year
- ★ Will be located on street lights in Williamsport
- ★ Will be 18" wide and 36" high
- ★ Will include the sponsor's name prominently displayed at the bottom of the banner

Ways to Sponsor a Banner

- ★ Family members and loved ones of veterans may purchase a banner themselves or obtain sponsorship by a local business.
  - LCHH is not responsible for finding sponsorship for banners purchased by individuals, family members or loved ones.
- ★ Should a family wish to purchase a banner, the family name will appear on the banner in place of the business sponsorship name.
- ★ Businesses may sponsor a banner for a particular veteran by contacting Lycoming County Home Town Heroes Inc.
- ★ Cost of sponsorship for families, individuals and civic organizations and businesses is **\$210.00**.
- ★ **Please make checks Payable to LCHH (Lycoming County Hometown Heroes).**

Sponsorships Benefits include:

- ★ Sponsor's name listed on each banner purchased
- ★ Participation in the Lycoming County Hometown Hero Ceremony
- ★ Listing in the Lycoming County Hometown Hero Ceremony Program Booklet

*Lycoming County Hometown Heroes, Inc. is a not for profit, organization whose mission is to recognize the contributions of our veterans who served, promote role models for our youth, and provide assistance to veterans and their families in need.*

- ★ **Not looking to Sponsor a Banner, Donations also accepted all year round.**

Lycoming County Hometown Heroes, Inc. will make a good faith effort to hang banners on light poles in areas desirable to your business; however, final placement is at LCHH's discretion.

The banners will be provided to the sponsor of the banner at the end of the display year.

\*If the specific veteran is being honored, the sponsor must complete the sponsorship form. This helps to ensure that LCHH has the most accurate and correct information. Sponsorship forms CANNOT be completed by LCHH, or over the telephone. **\*Forms MUST be fully completed to be accepted for sponsorship.**

\*Please include the Veteran/ Family of Veteran's personal information so we are able to send the LCHH Ceremony information directly to them.

**2025 Hometown Heroes Banner Program**

**Hometown Hero Information (Please print) Submit an ORIGINAL PHOTO- it will be returned**

Name of Veteran in Photo *(as it should appear on banner)*: \_\_\_\_\_

Is the Veteran? ALIVE \_\_\_\_\_ DECEASED \_\_\_\_\_ KIA \_\_\_\_\_ POW/MIA \_\_\_\_\_

Era of Service (WWI, WWII, etc.)\*\* \_\_\_\_\_ Branch of Military: \_\_\_\_\_

Is this a Renewal? Yes \_\_\_\_\_ No \_\_\_\_\_ If so, are you using the same Picture? Yes \_\_\_\_\_ No \_\_\_\_\_

Sponsor's Name *(as it should appear on banner)*: \_\_\_\_\_

Name of person submitting photo: \_\_\_\_\_ Relationship to Veteran: \_\_\_\_\_

Veteran/ Family of Veteran's Information:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

**PHOTO RELEASE**

I hereby grant Lycoming County Hometown Heroes, Inc., permission to use the attached photo (which includes a likeness of me or of my relative) in the 2025 Williamsport Hometown Heroes Program without payment or other consideration.

\_\_\_\_\_  
(Signature) (Date) (Printed name)

.....  
**SPECIAL OFFER- \$40.00 Garden Flag**

\_\_\_ Yes I want to include a garden flag for \$40.00 along with my Large Banner Purchase

\_\_\_ No I do not wish to purchase a garden flag

**BUSINESS SPONSOR (Please fill in this section also – please print)**

Sponsor Name *(as it should appear on banner)*: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_ Yes, I will make a contribution to the Hometown Hero Celebration

\_\_\_ Yes, I will sponsor a Banner

**PLEASE MARK ONE - If sponsoring a banner but do not have a veteran**

\_\_\_ The Business would like the banner      \_\_\_ The veteran/ family of veteran may have the banner

.....  
**\*\*Era of Service - Official Department of Defense Dates \*\***

Global War on Terror (GWOT): September 11, 2001 - to present

Cold War: September 2, 1945 – December 26, 1991

Persian Gulf: August 2, 1990 - August 31, 1991

Korean Conflict Era: June 27, 1950 - January 31, 1955

Vietnam Era: November 1, 1955 - May 7, 1975

WW I Era: April 6, 1917 - November 11, 1918

WW II Era: December 7, 1941 - December 31, 1946

**\*\*IF YOU HAVE ANY QUESTIONS PLEASE CONTACT US AT 570-327-2365\*\***



# VET STRONG AT THE YMCA

A community driven 12 week program for local Veterans and their families at the Williamsport Branch YMCA, this program is offered free of charge to participants.

It includes a free YMCA membership for the participant and for their family.

Join Personal Trainers Rob Chambers and Carey Stiller for this new program to help our local Veterans through physical activity and camaraderie to help build a healthy spirit, mind, and body.

## **Our Goals for this Program are:**

- Building strength and confidence, learning machines and specialty exercises for those with limitations. Classes will encompass all the YMCA has to offer, including pool use, weights, cardio, etc.
- Working on mobility, balance, and movement through Yoga, with modified exercise methods for those with injury or illness. Will also work with a Certified Physical Therapist for injuries sustained in Service.
- Nutrition Education; learning to fuel our bodies properly and how food can help heal your body from the inside out.
- A positive, open approach to mental health awareness and the ability to connect with local experts for those in need. With group and one on one options for those who need to talk and express themselves.
- Community networking and creating a welcoming presence in our area for our Veterans.

If you or a family member are interested in joining our VET STRONG at the YMCA Program please contact: Wellness Director, Nikki Fiel at 570-323-7134 ext. 174 or [nikkif@rvrymca.org](mailto:nikkif@rvrymca.org).





Veterans  
Crisis Line  
988 then press 1

Confidential help for Veterans  
and their loved ones

Confidential chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net)

Or

Text to 838255

**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

## **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.  
No current number

#### **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

<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

## Phone Numbers

Veterans Crisis Line .....	Dial 988, then Press 1
VA Hotline .....	800-MyVA411 (800-698-2411, option 9)
MyVA411 .....	800-698-2411
Bereavement Counseling (through Vet Centers) .....	877-927-8387
Camp Lejeune Family Member Program .....	866-372-1144
Civilian Health and Medical Program (CHAMPVA) .....	800-733-8387
Community Care Billing Questions .....	877-881-7618
Debt Management Center .....	800-827-0648
Education .....	888-442-4551
Foreign Medical Program .....	877-345-8179 or 303-331-7590
Headstones and Markers .....	800-697-6947
Health Care .....	877-222-8387
Homeless Veterans .....	877-424-3838
Home Loans .....	877-827-3702
Life Insurance, All Programs Other than SGLI, FSGLI, TSGLI, VGLI .....	800-669-8477
Life Insurance, Veterans' Group Life Insurance Program (VGLI), Claims for Service members' Group Life Insurance (SGLI) and Family SGLI .....	800-419-1473
National Cemetery Scheduling Office .....	800-535-1117
Native American Direct Home Loans .....	888-349-7541
Presidential Memorial Certificate Program .....	202-565-4964
Spina Bifida Program .....	888-820-1756
TTY, Federal Relay .....	711
VA Benefits .....	800-827-1000
Vet Center Call Center .....	877-927-8387
Women Veterans .....	877-222-8387
72-Hour Emergency Care Notification Line .....	844-724-7842

**Lycoming County Office of  
Veterans Affairs**

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

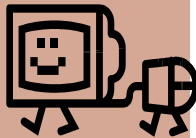
Mailing Address:  
48 West Third Street  
Williamsport, PA 17701

*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**  
*is published  
by the Office of  
Veterans Affairs  
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

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- 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:**

Martin Luther King Day - Monday January 20, 2025

Presidents' Day - Monday, February 17, 2025

Good Friday, Friday, April 18, 2025

Memorial Day - Monday, May 26, 2025

Independence Day - Friday, July 4, 2025

IF YOU WANT TO USE DRUGS,  
THAT'S YOUR BUSINESS!  
IF YOU WANT TO STOP,  
THAT'S OURS!

**NARCOTICS ANONYMOUS  
CAN HELP!!**

CALL THE WILLIAMSPORT  
NA HELPLINE 24/7

**570-273-0003**

[williamsportna.org](http://williamsportna.org)



THE UNITED STATES OF AMERICA  
**VIETNAM WAR  
COMMEMORATION**



**NATIONAL VIETNAM WAR VETERANS DAY, 29 MARCH**

*Join us on 29 March, National Vietnam War Veterans Day,  
as Americans unite to thank and honor  
Vietnam veterans and their families for their service and sacrifice.*

The Vietnam War Veterans Recognition Act of 2017 was signed into law by 45th U.S. President Donald J. Trump, designating **every 29 March** as ***National Vietnam War Veterans Day***.

This special day joins six other military-centric annual observances codified in Title 4 of the United States Code §6, among them Memorial Day, Independence Day and Veterans Day.

29 March is a fitting choice for a day honoring Vietnam veterans. It was chosen to be observed in perpetuity as March 29, 1973 was the day United States Military Assistance Command, Vietnam was disestablished and also the day the last U.S. combat troops departed Vietnam. In addition, on and around this same day Hanoi released the last of its acknowledged prisoners of war.

The United States of America Vietnam War Commemoration honors all veterans who served on active duty in the U.S. Armed Forces at any time from November 1, 1955 to May 15, 1975, regardless of location, and their families.

***November 1, 1955*** was selected to coincide with the official designation of Military Assistance Advisory Group-Vietnam (MAAG-V); ***May 15, 1975*** marks the end of the battle precipitated by the seizure of the SS Mayaguez.

The Department of Veterans Affairs estimates that today there are more than ***7 million U.S. Vietnam veterans living in America and abroad***, along with ***10 million families of those who served*** during this timeframe.

We make no distinction between veterans who served in-country, in-theater, or who were stationed elsewhere during the Vietnam War period. All were called to serve and none could self-determine where they would serve.



## NATIONAL VIETNAM WAR VETERANS DAY, 29 MARCH (cont)

**Additional Background:** U.S. involvement in Vietnam started slowly with an initial deployment of advisors in the early 1950s, grew incrementally through the early 1960s and expanded with the deployment of full combat units in July 1965. The last U.S. personnel were evacuated from Vietnam in April 1975.

This national commemoration was authorized by Congress, established under the Secretary of Defense, and launched by the President to thank and honor our Nation's Vietnam veterans and their families for their service and sacrifice.

In 2007, the 110th Congress incorporated language in House of Representatives (H.R.) 4986 authorizing the secretary of defense to conduct a program commemorating the 50<sup>th</sup> anniversary of the Vietnam War.

H.R. 4986 was signed into law as the National Defense Authorization Act (NDAA) for Fiscal Year 2008 by 43<sup>rd</sup> U.S. President George W. Bush on January 28, 2008.

44<sup>th</sup> U.S. President Barack Obama officially inaugurated this Commemoration at the Vietnam Veterans Memorial in Washington D.C. on Memorial Day, May 28, 2012.

Section 598 ([Public Law 110-181](#)) of the 2008 NDAA specifically addresses Commemoration activities.

Congress outlined a total of [five objectives](#) for The United States of America Vietnam War Commemoration, with the primary objective being to thank and honor Vietnam veterans and their families for their service and sacrifice on behalf of the Nation, with distinct recognition of former prisoners of war and families of those still listed as missing in action.

The four remaining objectives highlight the service of our Armed Forces and support organizations during the war; pay tribute to wartime contributions at home by American citizens; highlight technology, science and medical advances made during the war; and recognize contributions by our Allies.

By [Presidential Proclamation](#), The United States of America Vietnam War Commemoration will continue through Veterans Day, November 11, 2025.

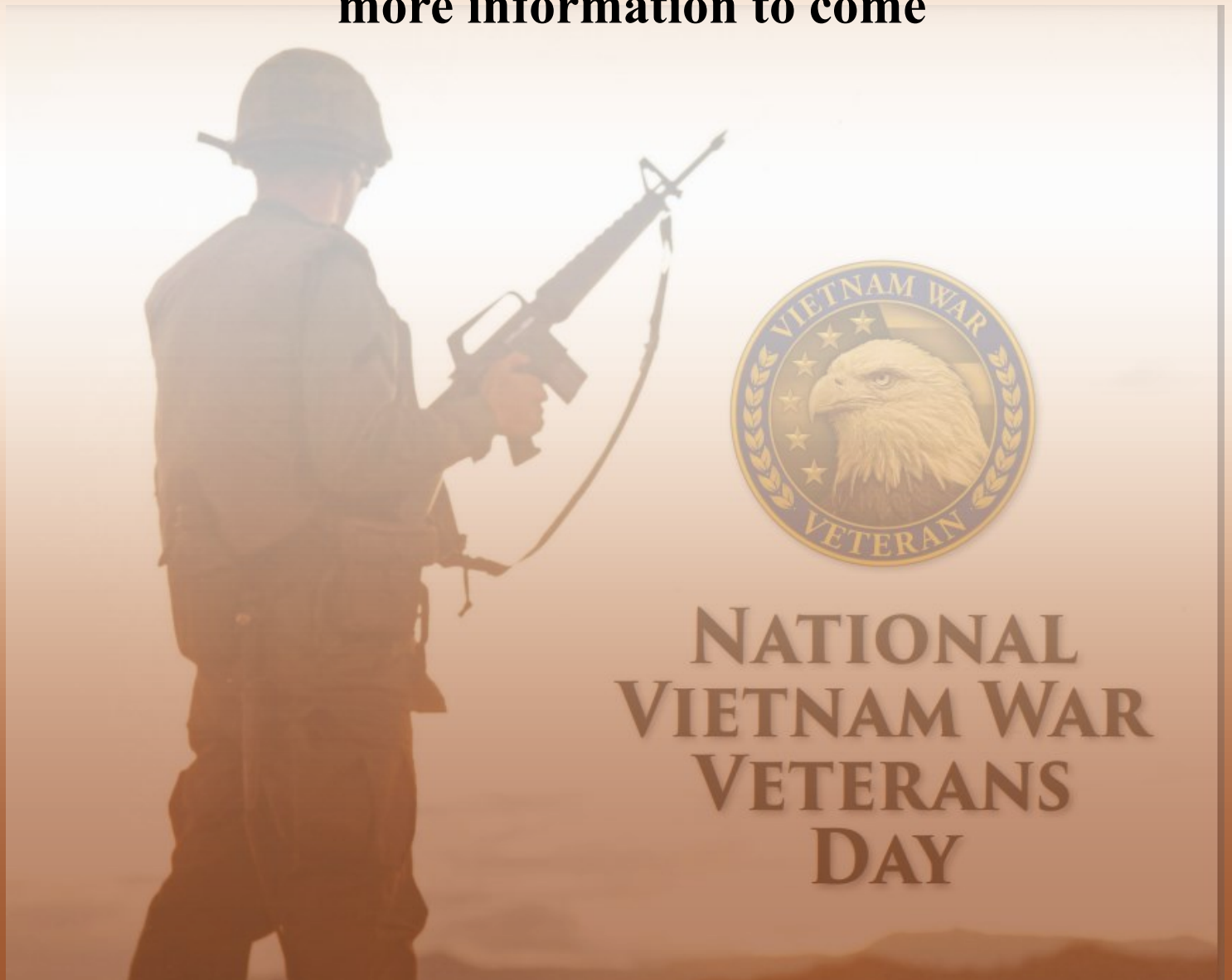


**Save the Date:**

**Open House for  
Vietnam War Veterans Day**

**Friday, March 28, 2025**

**Lycoming County Veterans Affairs Office**  
**more information to come**





# NATIONAL VIETNAM WAR VETERANS DAY: 29 MARCH

*Join the Nation... Thank a Vietnam Veteran  
for Service to our Nation*



*U.S. Armed Forces personnel with active duty service  
between November 1, 1955 to May 15, 1975,  
regardless of location of service.*



[vietnamwar50th.com](http://vietnamwar50th.com)