

# The Lycoming Vet

Volume 18   Issue 3

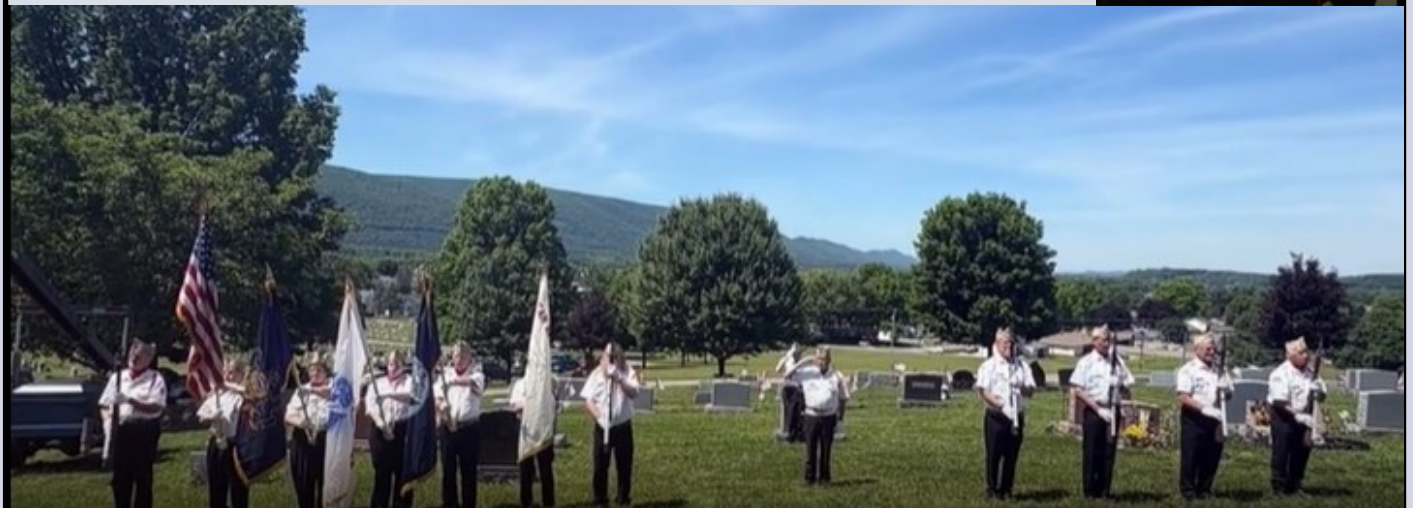
July 2026

## *In Memoriam*



**Howard E. Wilt  
Jr.**

**1929-2026**



## Howard “Howdy” Wilt, Jr.



Howard E. Wilt, Jr., 96, of Williamsport, passed away unexpectedly on Friday, June 19, 2026.

Born December 27, 1929 in Williamsport, he was the son of the late Howard Elmer Wilt, Sr. and Mame Viola (Crossley) Wilt, and the beloved husband of Jean M. (McEwen) Wilt.

Howard proudly served his country in the United States Marine Corps, serving on the front lines during the Korean War from 1951 to 1952. His commitment to fellow veterans continued long after his military service. He was a founding member of the Korean War Veterans of Lycoming County, a member of the Williamsport Marine Corps League, Lycoming County Veterans Council, and served as Commander of the Korean War Honor Guard. Throughout the years, Howard participated in more than 2,000 military funeral honors ceremonies, ensuring that veterans were laid to rest with the dignity, respect, and gratitude they had earned through their service. Fittingly, at the time of his passing, Howard was en route to provide honors for another veteran.



Howard's devotion to veterans extended beyond military funeral honors. He played an important role in the development and preservation of the Lycoming County

Veterans Memorial Park, helping ensure that the sacrifices of America's service members would be remembered and honored for generations to come. An exceptional spokesperson and accomplished toastmaster, he was often called upon to speak at patriotic events and veterans' ceremonies, where his passion for his fellow veterans and his country was evident to all who heard him.



Howard retired from Lonza Corporation, formerly Glyco Chemicals, after 40 years of dedicated service as Safety Director. Throughout his career and retirement, he remained actively involved in numerous organizations and councils throughout the region, generously sharing his leadership, wisdom, and time in service to others.



Above all else, Howard was a devoted family man. A loving husband, dedicated father, and proud grandfather known affectionately as "Pap," he treasured time spent with his family. He believed strongly in bringing loved ones together and created countless memories through family gatherings, holiday celebrations, and annual camping trips that his children fondly remember. He had a gift for telling a good dad joke, often bringing laughter to those around him.

Howard's life was guided by three unwavering principles: God, Country, and Family. He loved America deeply and was immensely proud to be a United States Marine. His patriotism was woven into everyday life, and his family knew that whenever the Marine Corps Hymn was played, everyone was expected to stand in honor of the Corps he loved so dearly.



An outdoorsman at heart, Howard enjoyed hunting, fishing, and spending time in nature. He was also licensed in firearm repair and took great pride in the craftsmanship and skill the work required. Together, Howard and Jean shared a love of winemaking, creating not only homemade wines but cherished memories along the way.

Known for his feisty personality, strong convictions, and boundless patriotic spirit, Howard lived life with remarkable determination. Even at 96 years old, he approached each day with enthusiasm and purpose, never allowing age to define or limit him. His steadfast faith in God, unwavering love of country, and deep devotion to his family shaped a life of service, honor, and integrity.



Howard was preceded in death by his first wife Cordelia May "Dolly" (Skelton) Wilt; a daughter in law Cheryl Wilt; a son in law Craig Lyons; and three sisters Vivian Hakes, Doris Lose and Alberta Miller.



Surviving besides his wife are sons Thomas H. Wilt of Montgomery, Scott M. Wilt and daughter-in-law Patty of South Williamsport; four daughters, Susan M. Miller and son-in-law Michael of South Williamsport, Dawn L. Steinbacher and son-in-law Thomas of Williamsport, Kelly D. Wrightson and Tammy L. Lyons, of South Williamsport; a stepdaughter Susan Reichley and her husband Bob of Boalsburg; eleven grandchildren and nineteen great grandchildren.

A funeral service to honor Howard's life will be held at 10 a.m. on Friday, June 26, at Messiah Lutheran Church, 324 S. Howard St., South Williamsport. Burial will follow in Green Lawn Memorial Park, Montgomery. A viewing will be held from 5 to 7 p.m. on Thursday, June 25, at Sanders Mortuary, 821 Diamond St., Williamsport. Full military honors will be accorded by his fellow comrades, who will also provide casket guard duty in recognition of Howard's dedicated service to his country and fellow veterans.

In lieu of flowers memorial contributions may be made in Howard's name to the Korean War Veterans of Lycoming County, P.O. Box 3232, Williamsport, PA 17701 or the Marine Corps League, 507 Cemetery St., Williamsport, PA 17701.

Semper Fidelis



We Still Serve







**Korean War Veterans  
of  
Lycoming County  
Honor Guard  
2024**



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### Did you know?

If you were unable to get to your VA Hospital because of an emergency: please contact the VA within **72 hours** of your emergency, so you are better aware of what services VA may or may not cover.

Call: 844-724-7842

## **Korean War Veterans of Lycoming County Honor Guard**

**Looking for  
Veterans to honor  
Veterans with  
graveside military  
honors**

**“We Still Serve”**

**Contact:  
Honor Guard Commander  
Howard Wilt (570) 745-3775**



# Fishing and Hunting Licenses

**Are you a veteran  
with a disability rating between 60% - 100% ?**

**Call  
570-327-2365  
for an appointment to apply for  
a reduced fee (60% to 90%)  
or free fishing or hunting license (100%)**

You will be asked to please bring :

Your tax abatement letter

as proof of your VA disability rating.

DD214

PA ID (driver's license, photo ID)



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".



# MILITARY DATES OF REMEMBRANCE

## July

July 4 - Independence Day

July 27 - Korean War Veterans Armistice Day

July 29 - Anniversary of the Army Chaplain Corps

## August

August 4 - Coast Guard Birthday

August 7 - Purple Heart Day

August 29 - Marine Forces Reserve Birthday

## September

September 7 - Labor Day

September 11 - Patriot Day

September 18 - POW/MIA Recognition Day

September 18 - Air Force Birthday

September 27 - Gold Star Mother's and Family's Day

## 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”.



The background of the entire page is a faded American flag. The text is centered within a white rectangular area that has a black border.

# **Remember to support your local American Legion**

Help support your community

All funds go to local community donations

Comradery  
and  
fellowship with other veterans

**Stop by your local post to talk about membership.**



**pennsylvania**  
VETERANS' TRUST FUND



**AMERICAN  
RESCUE  
WORKERS**

# Veterans Transportation Program

*The Veterans Transportation Program offers round trips to the Wilkes-Barre and Altoona veterans facilities as well as the following destinations:*

- Grocery Stores
- Medical Facilities\*
- Pharmacies
- Housing Services
- Mental Health Counseling
- Legal Assistance
- Education & Libraries
- CareerLink & Job Interviews
- Court Dates, including Veterans Court
- Food Banks
- Banks
- Social Service Offices
- Veterans Offices
- Social Security Office
- Recreation
- DMV



*\*Medical facilities include Gelsinger and UPMC facilities throughout STEP's service area which includes: Lycoming, Clinton, Montour, Union, Northumberland, and Center Counties, as well as the veterans facilities in Wilkes-Barre and Altoona on select days of the week.*

*Services provided based on funding availability.*

**For more information please call:**  
STEP Transportation 570.323.7575  
**or email:** [trcenter@stepcorp.org](mailto:trcenter@stepcorp.org)

**Eligibility Requirements:**  
Must be able to document Veterans Status (ie DD-214)

*In addition to local funds provided by the American Rescue Workers, financial support is provided by a VTF grant from the Pennsylvania Department of Military and Veterans Affairs.*



# Korean War Veterans Armistice Day

## July 27

### KOREAN WAR FACTS & FIGURES

#### Dates

**June 27, 1950 – July 27, 1953**

#### Location

**Korean Peninsula**

#### Missing as of 1973\*

**8157**

#### Accounted For\*\*

**727**

#### Unaccounted For

**7430**



For more information:

<https://dpaa-mil.sites.crmforce.mil/dpaaFamWebKorean>



**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**  
**2026 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, 2026**. Purchase deadline will be **September 4, 2026 (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 3, 2026, 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 18" wide and 36" high
- ★ Will be located on street lights in Williamsport
- ★ 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.

**2026 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 2026 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**

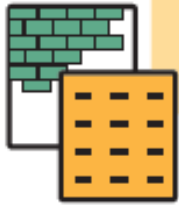
\_\_\_\_ The Business would like the banner \_\_\_\_\_ The veteran/ family of veteran may have the banner

**\*\*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**WWI 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\*\***





## HOUSING OPTIONS PATHWAY



*We have opportunities for **YOU** to get started  
in the **Construction career field!***

## WORK WITH US!



*Are you looking for employment?* STEP's Housing Options department is looking to fill the following openings:

- Construction Laborer
- Construction Supervisor



### ***Interested?***

Visit [www.stepcorp.org/Careers-Service](http://www.stepcorp.org/Careers-Service)  
or scan the code to apply!

# You are getting an exam by the VA for a claim.

Now what?

The VA medical center or a VA contract vendor will contact you to conduct their exam.

We use several contractors to provide claim exams:

During the claims process, we may contact you through an Email notification system called govDelivery. We'll email you to tell you in advance about phone calls and text messages you'll get from our contractors about your disability exam.

Loyal Source Government Services,  
caller ID display : "Loyal Source,"  
[833-832-7077](tel:833-832-7077).

OptumServe Health Services,  
caller ID display : "VA EXAM-Optum,"  
[866-933-8387](tel:866-933-8387) ([TTY: 711](tel:711)).

Leidos QTC Health Services,  
caller ID display : "VA EXAM-QTC,"  
[800-682-9701](tel:800-682-9701).

Veterans Evaluation Services (VES),  
caller ID display : "VA EXAM-VES,"  
[877-637-8387](tel:877-637-8387).

If you're outside the continental U.S.,  
customer service number  
[+1-713-255-5656](tel:+1-713-255-5656).

**If you missed the call or  
need to reschedule (give at least 48 hours notice) :  
Or call the VA at 800-827-1000  
M-F 8:00 a.m. - 9:00 p.m.**

# **Lycoming County Veterans Memorial Park 30th Anniversary Challenge Coin Order Form**



Please complete the form below to order your commemorative challenge coin.

## **Contact Information**

|                  |  |
|------------------|--|
| <b>Name:</b>     |  |
| <b>Address:</b>  |  |
| <b>City:</b>     |  |
| <b>State:</b>    |  |
| <b>ZIP Code:</b> |  |
| <b>Phone:</b>    |  |
| <b>Email:</b>    |  |

## **Order Details**

| Quantity | Price per Coin              | Total   |
|----------|-----------------------------|---------|
|          | \$25.00 (includes shipping) | \$_____ |

## **Payment Method:**

- Check
- Money Order

(Please make payable to "Lycoming County Veterans Memorial Park")

## **Mail completed form and payment to:**

Streets and Parks Department  
Attn: Veterans Memorial Park  
1550 West Third Street  
Williamsport, PA 17701



**Use the MyRide App or RVT website  
and simply enter your start and end  
locations to get instant route details!**



**PLAN YOUR TRIP!**





## A Veteran

A veteran served in the military,  
where some fought and died.  
They left home and loved ones,  
who stayed behind and cried.

A veteran was a spoke,  
in the large military wheel..  
They did thankless tasks,  
some they couldn't reveal.

They fought many enemies,  
both here and there.  
They gave and followed orders,  
and protected those in their care.

They stood for freedom and liberty,  
in the uniforms they wore.  
And endured many hardships,  
from the wounds they bore.

Veterans are special people,  
who served a greater cause.  
They defended our way of life,  
and didn't hesitate or pause.

You see, I'm also a veteran,  
who helped protect our land.  
So, if you happen to see me,  
say thanks and shake my hand.

Bryan B.



# **A Veteran**

A veteran served in the military,  
where some fought and died.  
They left home and loved ones,  
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So if you happened to see me,  
say thanks and shake my hand.

Bryan Bankus



## **VA's review of disability claims for fraud won't include past filings, officials say**

The Department of Veterans Affairs is developing a tool that will analyze veterans' disability claims applications for fraud - a program VA officials say could identify providers or companies that abuse the system.

The tool will not, however, be used to pursue potentially fraudulent past claims, a concern that arose recently among veterans following a congressional hearing that divulged the program's development. Using a Microsoft data analytics program, the VA program will use information gleaned from forms known as Disability Benefits Questionnaires to identify patterns in language or omissions that could indicate fraud. VA Press Secretary Pete Kasperowicz said the effort, expected to be rolled out sometime this year, is designed to detect filings from companies that pose as legitimate medical providers or file claims on behalf of veterans and charge them excessive fees.

The number of for-profit companies that assist veterans with disability claims has skyrocketed since 2006, when criminal penalties were removed for those who charge veterans for the service. The PACT Act - the landmark legislation that expanded disability benefits to millions of veterans exposed to burn pits and other pollutants - also has presented these companies with business expansion opportunities.

While these companies market themselves as helping veterans navigate the challenging VA claims process and get appropriate disability ratings, veterans' advocates say the businesses, which they refer to as "claim sharks," prey on veterans and charge them exorbitant fees.

While veterans are permitted to hire companies or attorneys to appeal claims decisions, the law prohibits anyone from charging for assistance with initial filings. But that hasn't stopped for-profit companies from stepping in. And while some may offer legitimate services, others have been targeted by the VA as bad actors. In December, the department sent "cease and desist letters" to 40 companies, and it will use the Power Business Intelligence program to look for fraud.

"[The program] relies on manual data entry and analysis to help identify patterns that may help VA identify when organized fraud rings are posing as legitimate medical providers and preying on Veterans (for example, by excessively charging them)," Kasperowicz said in an email to Military Times.

In 2024, the VA Office of Inspector General said of nearly 32,000 claims completed in 2022, 69% contained "one or more indicators" of potential fraud risk, with an estimated monetary value of \$390 million.

Given the amount of money, it's no wonder the VA is being proactive in investigating disability compensation claims, said David Pineda, a Marine Corps veteran who runs a company that helps veterans with claims.

"In education, there were diploma mills where people were using GI Benefits to go to schools - these mills were unethical and illegal and [the VA] cracked down on it. In this space here, it's a similar thing happening. Some organizations are DBQ mills," Pineda said in an interview.

During the traditional claims application process, a VA Compensation and Pension examiner completes a veteran's DBQ and assesses a veteran's medical records, physical abilities, medications and daily activities. The review determines a veteran's disability rating which sets the level of benefits and disability compensation.

This claims process can be navigated without cost to the veteran; with assistance provided by accredited veterans service officers at veteran organizations like the American Legion and Veterans of Foreign Wars; through veterans service officers at state and county governments; and at the VA.

For-profit companies can assist veterans for appeals, but some companies unlawfully are charging for initial assistance and in other cases, are charging enormous fees on backdated benefits awards.

One Army veteran who spoke to Military Times said Trajector Medical, one of the companies on the VA's cease and desist list, provided little assistance and after he canceled his contract, charged him thousands.

The new program is designed to look at discrepancies in DBQs identified by the VA inspector general, such signs of alterations, incorrect contact information, information from a medical examiner more than 100 miles from a veteran's address or contradicting findings that may indicate fraud.

James Smith, deputy executive director of the VA's Policy and Procedures for Compensation Service office, said in a February congressional hearing that to develop the program, the VA would scan DBQs back to 2010, which would give it the data and patterns needed to identify future problems.

But a story on Smith's disclosure in Stars and Stripes generated concerns among veterans that the tool would be used to identify fraudulent claims filed in the past 16 years.

"When veterans hear that the VA is scanning private DBQs for fraud, the community at large interprets this as 'they're coming after me,' whether they have committed fraud or not," said Clayton Simms, a Marine Corps veteran who created a YouTube channel, The CivDiv, to discuss veterans issues.

VA Press Secretary Peter Kasperowicz said Monday that this is not the case. The VA is only using older claims "to analyze patterns that could indicate fraud and are using that analysis to look at new claims," he said.

"Those older claims won't be reopened or reprocessed," Kasperowicz said. "No veteran's claim or benefit will be reduced or denied because of this effort."

In its January 2024 report, the inspector general made five recommendations to the department for improved training and reporting processes and authenticating DBQs, including developing a system for identifying inauthentic or potentially fraudulent questionnaires.

A bill is under consideration in Congress that would require the VA to identify and report instances of fraud in DBQs. The legislation would require the VA to establish a process for veterans and claims processors to report suspected fraud.

"VA's been proactive in this space," Smith said. "We recognize that there are some problem players out there, but we've developed training that the claims processors are required to take so that they can understand their responsibility to potentially identify fraudulent DBQs, as well as a defined process for them to report suspected fraudulent DBQs up."

**Reprinted from Military Times; Patricia Kime    March 17, 2026**

**<https://www.militarytimes.com/news/pentagon-congress/2026/03/17/vas-review-of-disability-claims-for-fraud-wont-include-past-filings-officials-say/>**







Blinded Veterans and Meta AI Glasses Donation – Blinded Veterans Association

<https://bva.org/glasses/>

**Meta has announced that it is donating Ray-Ban Meta AI glasses to 130,000 blinded veterans across the country.**

This donation will be paired with training created by BVA to ensure that all recipients can use these glasses to their fullest potential. Ray-Ban Meta AI glasses are a transformative technology for blind and low-vision veterans — helping them read documents, identify objects, and live more independently.

*BVA Member Richard Lane sporting Ray-Ban Meta AI Glasses.*

BVA alongside other distribution partners, including American Council of the Blind, Homes for Our Troops, Lighthouse Guild, National Industries for the Blind, Oscar Mike Foundation, and Tunnel to Towers, is proud to partner with Meta to ensure every veteran who receives glasses also gets the hands-on training they need to feel confident using them.

BVA is thrilled to provide a free pair of Ray-Ban AI Meta Glasses to all of our blind and low vision members as one of the many perks of their BVA membership. If you are interested in joining our cause and receiving a free pair of Ray-Ban Meta AI Glasses, become a free member of BVA by filling out our membership application. If you're unsure if you meet our eligibility requirements or just want more information, please contact us. We can't wait to meet you!

If you know someone who is a blind or low vision veteran who might be interested in joining BVA and receiving a free pair of Ray-Ban Meta AI Glasses,

please refer them to us by emailing [membership@bva.org](mailto:membership@bva.org).



## VA ADAPTIVE SPORTS & ARTS | FACT SHEET

Version 4.2 | Updated May 8, 2024

VA's National Veterans Sports Programs & Special Events, or simply VA Adaptive Sports & Arts, delivers direct patient care to Veterans through formalized adaptive sports medicine and provides the largest coordinated therapeutic arts events to optimize independence, elevate community engagement and enhance their quality of life.

With essential support from Veterans Service Organizations, sponsors and volunteers, the office administers six in-person events, a grant program and a monthly training stipend program for thousands of Veterans across America.

### NATIONAL VETERANS WHEELCHAIR GAMES

With 20+ competitions and Paralympic sports, the National Veterans Wheelchair Games inspires and empowers Veterans to challenge daily obstacles and live healthy and independent lives through sports and recreation. VA and Paralyzed Veterans of America co-present the annual event, which serves Veterans with spinal cord injuries, multiple sclerosis, limb loss, stroke and other neurological disorders. It is the largest annual wheelchair sports rehabilitation event in the United States for Veterans.



### NATIONAL DISABLED VETERANS GOLF CLINIC

The National Disabled Veterans Golf Clinic provides an adaptive golf and rehabilitation program for Veterans with visual impairments, traumatic brain injuries, limb-loss, spinal cord injuries and other qualifying disabilities. This program engages and invigorates Veterans to directly improve their physical, mental and emotional well-being.

The week-long adaptive golf program is co-presented annually by VA and DAV (Disabled American Veterans) with Iowa City VA Health Care System as the host VA facility. The event is held in Riverside, Iowa, and introduces Veterans to a variety of other adaptive recreational sports and wellness activities.



### NATIONAL VETERANS GOLDEN AGE GAMES

The National Veterans Golden Age Games offers Veterans ages 55 and older an opportunity to compete in sports and learn new skills through exhibitions.

Through its "Fitness for Life" motto, the event demonstrates the value that sports, wellness and fitness provide to encourage Veterans to live an active and healthy lifestyle. The National Veterans Golden Age Games is held annually and is a qualifying event for the National Senior Games.



**VA**



U.S. Department  
of Veterans Affairs

[VA.GOV/ADAPTIVESPORTS](https://va.gov/adaptivesports)



@SPORTS4VETS



## NATIONAL VETERANS CREATIVE ARTS FESTIVAL

The National Veterans Creative Arts Festival is a culmination of creative arts competitions held at VA facilities across the country. The festival showcases Veteran artistry and the therapeutic benefits of art, music, dance, drama and creative writing. VA and the American Legion Auxiliary co-present the yearly festival, which features a stage performance, writing exhibition and gallery-style showcase of artwork.



## NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

The National Disabled Veterans Winter Sports Clinic helps Veterans with disabilities overcome obstacles and challenge perceived limitations. Headlined with adaptive skiing and snowboarding, the clinic serves Veterans with traumatic brain injuries, spinal cord injuries, limb loss, visual impairments and neurological conditions. VA and DAV (Disabled American Veterans) co-present the clinic with local host VA Western Colorado Health Care System.



## ADAPTIVE SPORTS GRANT PROGRAM

VA awards grants to qualifying organizations to plan, develop, manage and implement adaptive sports programs, provider training and other opportunities

for 13,000+ Veterans and members of the Armed Forces. With the use of these grants, VA is helping community organizations encourage a healthy and active lifestyle through sports and equine therapy. Activities include Paralympic sports, equine activities, and many modern options of adaptive sports.



## NATIONAL VETERANS SUMMER SPORTS CLINIC

The National Veterans Summer Sports Clinic introduces adaptive sports to newly injured Veterans with limb loss, post traumatic stress disorder, traumatic brain injury, visual impairments, multiple sclerosis, spinal cord injuries and other qualifying conditions. With its hands-on instruction in surfing, sailing, kayaking, cycling and adaptive fitness, the clinic complements therapy Veterans receive at VA rehabilitation

programs. This opportunity helps them to discover new ways to gain motivation, improve independence and achieve a healthier lifestyle. It is held annually in San Diego and hosted by VA San Diego Healthcare System.



## MONTHLY TRAINING ALLOWANCE

VA provides a monthly stipend to emerging and elite Veteran athletes with disabilities who are actively training in a Paralympic or Olympic sport. Eligibility includes meeting the standard established by the sport governing body or being selected as a member of the National or Olympic Team in a qualifying sport.

SCAN TO LEARN MORE ABOUT  
VA ADAPTIVE SPORTS & ARTS



U.S. Department  
of Veterans Affairs

@SPORTS4VETS



OR VISIT: [VA.GOV/ADAPTIVESPORTS](https://va.gov/adaptivesports)





## Fraud alert: Beware the “Veterans Savings Program” postcard scam

June 10, 2026

Amy Kirby

Senior Program Analyst, Benefits Delivery Protection & Remediation

**[news.va.gov/147334/veterans-savings-program-postcard-scam/](https://news.va.gov/147334/veterans-savings-program-postcard-scam/)**

### **There is a new scam targeting Veterans.**

The latest tactic involves sending fraudulent postcards claiming you (or your spouse) are entitled to “extra VA benefits” or additional payments, including CHAMPVA, TRICARE, and dental coverage, regardless of a VA disability rating.

Don’t fall for it.

These scammers claim to be affiliated with VA. They might instill a sense of urgency, pressuring you to contact them as soon as possible, or within five days.

Their goal is to get you to call the number provided.

Once you do, they will often use flattery and praise regarding your military service to gain trust.

The scammer will attempt to obtain personal identifying information like your Social Security Number, bank account details or other sensitive information.

### **Never give this information over the phone or on the internet.**

VA is monitoring the situation and urges you to remain vigilant against these fraudulent attempts to steal personal identifying information.

You can help stop them:

- Refuse to engage.
- Do not call unverified numbers.
- Hang up immediately if you are contacted by unsolicited numbers.

# **Common scam tactics**

- Unsolicited postcards, emails, texts or social media messages: Scammers will send communication claiming you qualify for extra VA benefits
- Fake authority on calls or emails: Scammers may pretend to be VA officials and claim there's a problem with your benefits or account.
- Phishing attacks: Scammers may send emails or text messages that appear legitimate but are designed to steal personal information through malicious links or attachments.
- Payment requests: Scammers might demand payment using unconventional and untraceable payment methods, such as gift cards, wire transfers, bitcoin or prepaid debit cards.
- Social media interactions: Scammers may try to build trust through social media messages or friend requests, only to exploit that trust for their own financial gain.

## **How to protect yourself**

- Never share any personal or financial information with unverified contacts.
- Don't act on urgent requests from people you don't know. Legitimate VA communications will not pressure you to respond immediately or provide sensitive information.
- If you receive a suspicious postcard, email, text or call, do not call the number provided or click on any links.
- Always verify the sender's identity; when in doubt, call VA directly at 1-800-827-1000.
- Be cautious on social media. Ignore friend requests or messages from people you don't know or recognize.

## **If something seems wrong**

If you miss a VA benefits payment, notice a discrepancy, or suspect suspicious activity with your direct deposit, contact VA right away at 1-800-827-1000.

If you suspect you have experienced fraud, you can find out more and report to the appropriate agency at [VSAFE.gov](https://www.vsafe.gov) or by calling 1-833-38V-SAFE.

## **Don't fall for these scams!**

Staying vigilant and recognizing the warning signs is the best way to keep your personal information safe. For more information on how to protect yourself, visit VA News and VBA's fraud prevention online.

Your information and your benefits are valuable. Let's work together to outsmart scammers and keep your hard-earned benefits secure.



Glen Brook

Rehabilitation  
& Healthcare  
Center

# CRUISE FOR A CAUSE

- ◆ Sunday August 16th
- ◆ 11 AM to 3 PM
- ◆ 901 East 16th Street, Berwick, PA 18603

DASH PLAQUE  
PROVIDED TO THE  
FIRST 30 VEHICLES  
REGISTERED!



 **ALZHEIMER'S  
ASSOCIATION**

Food • Basket Raffles • Music



AWARDS AT  
3PM

ALL VEHICLES  
WELCOME!

More info / Registration

Contact: Maria Fazio (call/text) 570-204-8308. [mfazio@glenbrookrhc.com](mailto:mfazio@glenbrookrhc.com)





## **No Place to Hide for the 143rd in Gettysburg**

The battle of Gettysburg has been written about in hundreds of books with each author trying to dissect every part of the three-day engagement. I am not going to attempt that. My focus is to follow an ancestor who happened to participate in one of our nation's bloodiest and most crucial battles. His name is Thomas Lyon Grafius.

Thomas was born in 1842, the son of Joseph and Mary Grafius. Joseph came to Montoursville around 1850 and lived at 433 Broad Street. Thomas was named after a prominent physician of that time, Thomas Lyon.

At the outbreak of the Civil War in April 1861, the nation thought there might be a little flexing of muscles on both sides of the conflict, but did not realize there would be terrible death and destruction that would ravage the United States and its people. In September 1862, Thomas L. Grafius joined the 143<sup>rd</sup> PA Regiment, Company K. The unit was originally organized in July in Luzerne County, but companies H and K were added later. This regiment was part of a unit nicknamed the Buck-tails because a number of the men wore deer tails attached to their hats. Between September 1862 and June 1863, this regiment was attached to the 1<sup>st</sup> Corps, 3<sup>rd</sup> Division, 2<sup>nd</sup> Brigade. They played a behind-the-scenes backup role around Fredericksburg and other areas in Virginia.

In mid June 1863, the Union command received intelligence that Robert E. Lee might be moving his troops northward. General Lee decided to take the war to the north for two reasons. First, and foremost, he wanted the citizens of the northern states to put pressure on Washington, D.C., to come to a reasonable truce and the end of the war. The other reason was to replenish his army's stores of food and other supplies as Virginia was depleted due to all the destruction that took place in that state. The Confederate Army was able to travel up the Shenandoah Valley without being noticed. At the end of June 1863, they passed through Maryland and into Pennsylvania. This surprise move made the Union forces play catch-up to intercept the Rebels where possible.

In Harrisburg, Governor Andrew Curtin made a plea to the Pennsylvania citizens, asking them to form militias to come to the aid of their state. Thomas' three brothers (William, Joseph, and George) enlisted in the local militia and were sent to protect Harrisburg. The Confederate cavalry had almost reached the town of Camp Hill when it met with some resistance from militia units. Meanwhile, the main branch of the Rebel force was near Gettysburg. In fact, they were northwest of the town. A Union cavalry under the command of General John Buford spotted the lead forces. Buford ordered his men to dismount and take position. General Lee had given orders to his officers not to start an engagement until all his troops were at hand. General Buford had other plans. His men fired on the approaching Rebels who, in turn, returned fire. More southern units came into the fray, outnumbering Buford's troops. Some of the Union's 1<sup>st</sup> Corps came in time to support the cavalry.

One of the first units to arrive was the 143<sup>rd</sup> Regiment, along with the Iron Brigade of the 1<sup>st</sup> Division. They fought for several hours along McPherson Ridge, going back and forth, charging, and then retreating. The Confederate troop strength became too much for the Union forces so

they had to move back to Seminary Ridge. While withdrawing, the color bearer kept turning around and shaking his fist at the Rebels, although some say he was making another gesture. Whatever the case, Sergeant Benjamin Crippen was shot and killed. However, he managed to hand off the company banner before dying, and a monument to the 143<sup>rd</sup> and Sgt. Crippen now marks that spot in Gettysburg.

After the Union troops reformed on Seminary Ridge, more reinforcements of the 1<sup>st</sup> Corps arrived, but the Confederates had even greater numbers. The Rebel cannons outnumbered the Federals, and they were very effective. Federal units were smashed. Hundreds were being killed every minute. As a last resort, orders were given to retreat south and head for Cemetery Hill. To get there, the ragtag troops had to run through Gettysburg and try to defend their backs in the process.

The 143<sup>rd</sup>, along with the other shattered units, made it to the cemetery. The fresh reinforcements had already set up a defensive perimeter along Cemetery Ridge. This allowed the weary units to regroup, get some food, and rest. It was then the 143<sup>rd</sup> had realized they lost over half their men (250) in the day's fighting. Other regiments fared no better. Thomas and his fellow soldiers likely did not get much sleep that evening, thinking about the fierce fighting they endured and their buddies who were killed. The unit spent the night in between Cemetery Hill and Culp's hill.

On day two, July 2<sup>nd</sup>, both sides had moved in more reinforcements, and each was bracing for what might happen next. General Lee had a plan to attack both ends of the Union line at the same time, in order to find a weak point. The new Union commander, George Meade, liked his defensive line. He could shift his troops to either flank if needed. Lee's plan would have spoiled that defense. Confederate General James Longstreet was to attack the southern flank near Little Round Top, and other divisions were to hit the northern right flank at Culp's Hill. The plan did not go as Lee hoped, as his southern troops attacked before the northern assault began. More union troops were able to shift attention to the Wheat Field, Peach Orchard, Devil's Den, and Little Round Top. Later that afternoon, the assault on Culp's Hill began. Dozens of Confederate cannons fired on the position, and many of the rounds rained in on the 143<sup>rd</sup>. The Union forces had dug in fortified positions on Culp's Hill, but the Rebels kept pushing despite not gaining any ground. The Confederate units finally retreated, and nightfall brought semi-calm to the battleground.





On the morning of July 3<sup>rd</sup>, the troops on both sides regrouped. More reinforcements had arrived overnight, so both armies were at full strength. General Lee made the decision to mount a frontal assault, much to the dislike of General Longstreet who favored a defensive position like was used at Fredericksburg. The attack took place, and two divisions under the commands of General George Pickett and General William Pender marched off toward the center of the Union line. Prior to the launch of the assault, the Confederates fired hundreds of artillery rounds in an attempt to crush the Union defenses. The 143<sup>rd</sup> had been repositioned to the left of a crop of trees; that location was now the target of this attack. Due to all the cannon fire from both sides, the valley was filled with gunpowder smoke. No one could really see an intended target, and Pickett and Pender's forces had to march over open ground, a distance of almost a mile, to reach the Union line. While the Confederates were approaching them, the Federal cannons started knocking out sections of troops. When they got close enough, the musket fire commenced. Soldier after soldier fell to the ground, but the Rebels still kept coming. A portion of the southern units made it to the Angle at the crop of trees. The 143<sup>rd</sup> had to respond with other regiments to push back the advance. This response was sufficient to force the southern troops to retreat. The battle was over. Both sides kept a watchful eye for any further action, but none occurred. During the evening, General Lee had his army return to Virginia. On July 4 and 5, Thomas and his regiment helped gather munitions and bury the dead. A week later, his unit was sent southward to catch up with Lee's army.

Over the next year and a half, the 143<sup>rd</sup> was replenished with new troops and involved in minor skirmishes until Lee's surrender in April 1865. Thomas, who started his military service as a private in 1862 and was promoted to corporal, sergeant, and finally first sergeant, was finally discharged in June 1865. He returned to Montoursville and married Sarah Jane DeReemer in November 1865. After their second child was born, Thomas and Sarah, with their children Frank and Gertrude, decided to move out west. He was given a grant of 160 acres for being a veteran and put his stakes in Shelton, Nebraska. The couple had one more child, a son Charles, after starting their farm. Later in life, Thomas gave his farm to his eldest son and then became a telegraph operator for the railroad company that built in the area. Thomas died November 18, 1908, and is buried in Nebraska. His grandchildren moved to California, where that branch still resides.

Thomas L. Grafius (listed incorrectly as T.L. Graffins on the monument\*) and the rest of his 143<sup>rd</sup> comrades are immortalized on the Pennsylvania Monument in Gettysburg, PA, for their valor and for their dedication to preserving the Union.

\*<http://civilwar.gratzpa.org/2011/06/143rd-pennsylvania-infantry-pennsylvania-memorial-at-gettysburg/>



# Shoe Drive



- Donate your gently worn, used or new shoes
- Support Visiting Angels to fundraise for the Walk to End Alzheimer's
- Empower families in developing countries
- Keep shoes out of landfills
- No cash needed - just shoes!
- We handle the rest!
- Goal: 2500 pounds of shoes = \$1,000 for the Walk to End Alzheimer's

**DONATE YOUR SHOES NOW!**

**Please bring your shoes to :  
Lycoming County  
Veterans Affairs**

**Deadline: July 31st**

## What We Accept:

Gently worn sneakers, boots, sandals, dress shoes & more

Men's, women's, and children's shoes

No holes, mold, or extreme damage, please!

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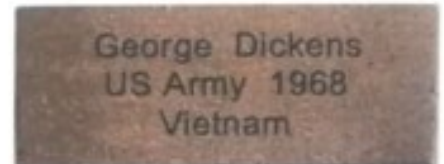
## LYCOMING COUNTY VETERANS MEMORIAL PARK WILLIAMSPORT, PA

Honor or memorialize a Veteran with a personalized brick permanently placed within the renovated walkways of the Lycoming County Veterans Memorial Park, located at West Fourth Street and Wahoo Drive, Williamsport, PA.

Select a size:

\_\_\_\_\_ 4" x 8" Up to 3 lines of text, gray brick  
\$50 Maximum of 15 characters per line,  
including letters, numbers, spaces,  
and symbols.

\_\_\_\_\_ 12" x 12" Up to 6 lines of text, gray brick  
\$200 Maximum of 15 characters per line,  
including letters, numbers, spaces,  
and symbols.



Please fill out 1 order form per brick. PRINT clearly with 1 character per block.

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Ordered by: Name: \_\_\_\_\_

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

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

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

Please submit your order forms, along  
with payment to:

Streets and Parks Department  
ATTN: Veterans Memorial Park  
1550 West Third Street  
Williamsport, PA 17701

Make checks payable to: **Lycoming County Veterans Memorial Park**



**Pictured:**

Jeff Hamilton, Hometown Heroes; Robert Rearick, Post Commander; Donna Rearick, Natalie Steppe, Hometown Heroes; Michael McMunn, Hometown Heroes; Father Bert Kozen, Hometown Heroes.

**Because of the generosity of local contributors, Lycoming County Hometown Heroes was able to make a much needed donation to local veterans.**

**On May 20<sup>th</sup>, they presented the Military Share program, that is distributed out of the Duboistown Leroy O Buck VFW Post No 7863 with a check for \$10,000 to help continue providing food to local veterans and their families.**

**LCHH wants to thank everyone that supports the Hometown Hero Banner program.**

**Every purchase of a Hometown Hero Banner matters and goes to helping local veterans in need.**

**Lycoming County Hometown Heroes, Inc. is a volunteer 501 (c) (19) military not for profit tax exempt organization helping veterans and their families in times of need.**

**Mission Statement**

Lycoming County Hometown Heroes, Inc. is committed to recognizing the contributions of our veterans who are serving and have served our nation, providing role models for our youth, and





P.T.S.D.,  
xttlli



# Post Traumatic Stress Disorder ~~visions of war~~ or 'Secret' Disorder



With darkened images,  
awaiting ambush in sleep.  
And over lives now removed,  
I remorsefully weep.  
Their phantoms of long ago,  
in veiled darkness I keep.

In gloomy darkness I lie,  
grimacing in shadowy fear.  
From echoes of death's voices,  
I seem destined to hear.  
In troubled thoughts emerge,  
their ghastly visions clear.

Permeating through my mind,  
is this disturbing view.  
Of fixed faces of death,  
of those I never knew.  
And haunted by the deeds,  
of forsaking you.

I returned to a nation,  
that changed from within.  
From the clatter and confusion,  
of the '60's national din.  
And was treated like,  
I had created sin.

For though my enemy,  
did not suffer defeat.  
It is I who slowly dies,  
at my very feet.  
And from hellish nightmares,  
I hasten my retreat.

Bryan Bankus

*Bryan Bankus*



# HereNOW

## HELP FOR VETERANS

**Free Anonymous Mental Health &  
Wellness App for Pennsylvania Veterans.**

**24/7/365 Access to Self-Care,  
Peer Care, and Clinical Care.**



**State Access Code:  
578217**



Pennsylvania  
Department of Military  
and Veterans Affairs



Verify with **ID.me**



Download on the  
**App Store**



GET IT ON  
**Google Play**





*Warrior Ethos: "I will always place the mission first...  
...I will never leave a fallen comrade."*

# National POW/MIA Recognition Day



September 18, 2026

[WWW.DPAA.MIL](http://WWW.DPAA.MIL)







Friday  
September 18 , 2026  
POW/MIA  
Recognition Day

**The table is small,**

Symbolizing the helplessness of one person, alone against his oppressors.

**The table cloth is white,**

Symbolizing the purity of their intentions in responding to their Country's call to arms.

**The single red rose in the vase,**

Symbolizing the blood that many have shed in sacrifice to ensure the freedom of our beloved United States of America. This rose also reminds us of the family and friends of our missing comrades who keep the faith, while awaiting their return.

**The yellow ribbon,**

Represents the yellow ribbon worn on the lapels of thousands who bear witness to our Nation's unyielding determination to demand a proper accounting of our POW/MIAs.

**The Bible,**

Represents the strength gained through faith to sustain those lost from our Country. The United States was founded as "One Nation Under God".

**The candle,**

Represents the light of hope which lives in our hearts to illuminate their way home, out of the hands of their oppressors and into the arms of a grateful Nation.

**The slice of lemon,**

Reminds us of their bitter fate.

**The Salt,**

Reminds us of the countless fallen tears of those who wait.

**The glass is inverted,**

For they can not toast with us tonight.

**The chair is empty,**

For they are not here.

**Remember, we all called them comrades, brothers, sisters and friends.**

**Do not let them be forgotten, for surely they have not forgotten us.**

# AMERICAN LEGIONS, VFW's & OTHER COUNTY VETERAN ORGANIZATIONS

## **American Legion Post 1-**

Garrett Cochran  
10 E. 3rd St., Williamsport, PA 17701  
Phone: 570-323-9409

## **American Legion Post 35-**

Glenn Sharrow  
76 N. Main St., Hughesville, PA 17737  
Phone: 570-584-2123

## **American Legion Post 36 -**

George Webster Pepperman  
P.O. Box 211, Jersey Shore, PA 17740  
Phone: 570-398-4174

## **American Legion Post 104 -**

Eugene Grafius  
1312 Broad St., Montoursville, PA 17754  
Phone: 570-368-9000

## **American Legion Post 251 -**

Bower Decker  
185 Broad St., Montgomery, PA 17752  
Phone: 570-547-2039

## **American Legion Post 268 -**

Roland Ritter  
515 Legion Rd., Muncy, PA 17756  
Phone: 570-546-5210

## **American Legion Post 617 -**

Royal P. Steinbacher  
901 Market Street, South Williamsport, PA 17702  
Phone: 570-327-0255

## **United States Submarine Veterans Inc.-**

Williamsport Base  
Mailing: 160 North Broad St, Hughesville, PA 17737  
Meeting Location: Zafar Grotto Club  
381 E. 2nd St, S. Williamsport, PA 17702  
Phone: 570-244-1351

## **VFW Post 3428-**

Edward J. Smith Post  
12 N Market St., Muncy, PA 17756  
Phone: 570-546-3820

## **VFW Post 5859-**

Billy O. Brandt Post  
201 N. Lincoln Ave., Jersey Shore, PA 17740  
Phone: 570-8656216

## **VFW Post 7863-**

Le Roy O. Buck Post  
150 Shaffer St., South Williamsport, PA 17702  
Phone: 570-323-1579

## **Susquehanna Valley Chapter 47 of The Disabled American Veterans**

P.O. Box 3372, Williamsport, PA 17701  
Phone: 570-244-6649

## **Williamsport Detachment 388 Marine Corp League Inc.**

507 Cemetery Street, Williamsport, PA 17701  
Phone: 570-323-9900

## **Korean War Veterans of Lycoming County, Inc.**

P. O. Box 3232, Williamsport, PA 17701  
Phone: 570-745-3775

## **Lycoming County Veterans Council Inc.**

C/O 2310 Newberry Street  
Williamsport, PA 17701  
570-220-8156

## **Blue Star Mothers of America Inc. -**

Chapter 12  
P.O. Box 851  
Williamsport, PA 17703  
Phone: 570-772-4638





Restless Oaks Restaurant, 119 Pine Mountain Rd, McElhattan, PA

## VETERANS, COME ONE, COME ALL TO THE MONTHLY VETERAN'S BREAKFAST.

**When:** 1<sup>st</sup> Saturday of EVERY month 9:00 AM

**Where:** Restless Oaks Restaurant,  
119 Pine Mountain Road, McElhattan

**WHY:** To have a great breakfast, at your expense, and  
spend time with other Veterans.

**RSVP to make sure we have enough seats at the table for everyone. Text or  
call 570-660-6881 by Thursday before Saturday breakfast.**



**Coordinated by Heroes & Horses**

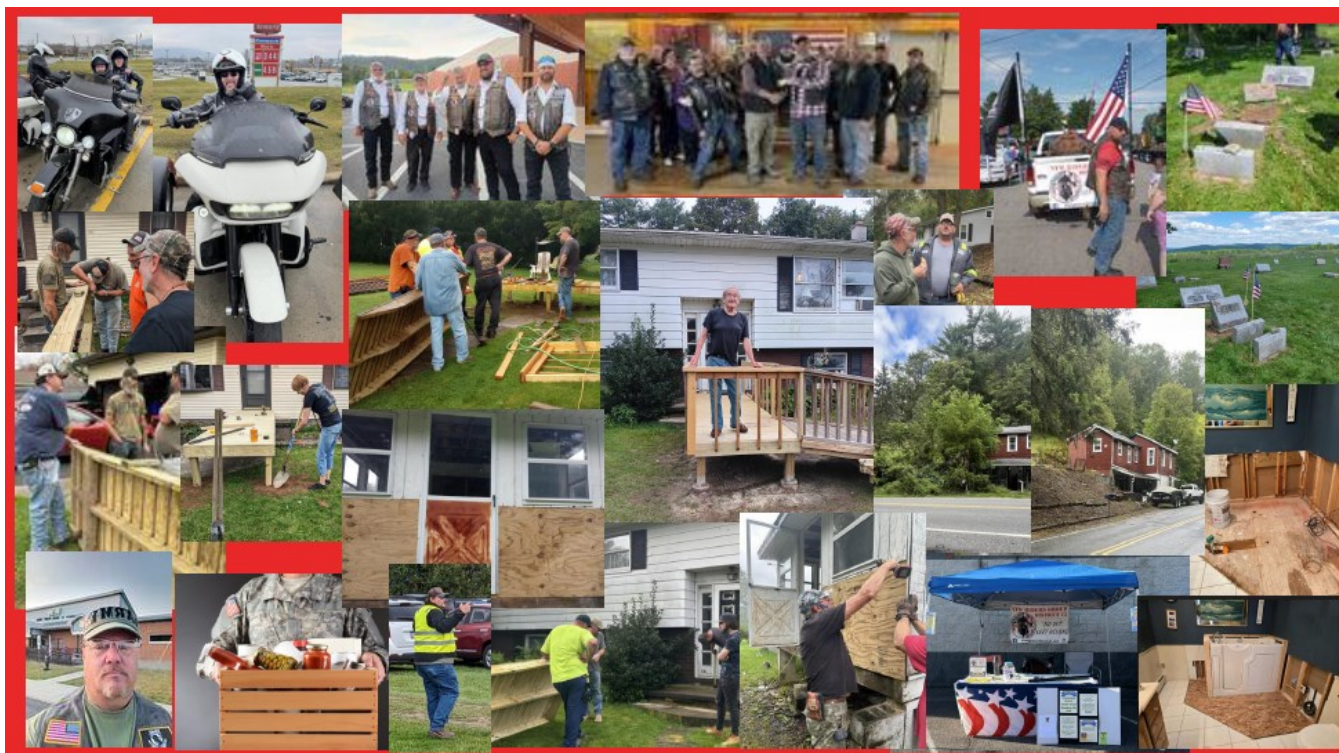


**OUR  
MISSION**

**NO VETERAN**  
*Left Behind*







# PRIMARY COUNTIES

- LYCOMING
- CLINTON
- TIOGA
- POTTER
- CAMERON

## NEED A HELPING HAND?



IF YOU ARE A VETERAN,  
ACTIVE DUTY MILITARY,  
OR FAMILY MEMBER  
RESIDING IN  
LYCOMING, CLINTON,  
TIOGA,  
CAMERON OR POTTER  
COUNTY AND NEED HELP  
WE ARE HERE TO LEND A  
HAND!!

**VFW RIDERS GROUP DIST 15-PA**

**HAS A MISSION TO HELP LOCAL**

**VETERANS WITH FREE:**

- \* LAWN CARE \* MINOR HOME REPAIR\*
- \* HANDICAP ACCESS MODIFICATIONS \*
- \* COMMUNITY RESOURCES\*
- \* BENEFIT INFORMATION \*



**CONTACT US!**  
**VFW RIDERS GROUP**



**EMAIL: [VFWRGDISTRICT15@GMAIL.COM](mailto:VFWRGDISTRICT15@GMAIL.COM)**

IF YOU RESIDE OUTSIDE OF THE COUNTIES MENTIONED ABOVE & NEED ASSISTANCE, PLEASE CONTACT US  
SO WE CAN CONNECT YOU TO THE RESOURCES NEAR YOU



# Coffee with a Veterans Service Officer

come in for coffee, a bite and conversation

Lycoming County Veterans Affairs  
33 West Third Street, Williamsport  
2nd floor

9:00 am– 4:00 pm  
Last Wednesday of Every Month

|            |             |              |
|------------|-------------|--------------|
| July 29    | August 26   | September 30 |
| October 28 | November 25 | December 30  |



## **Events:**

### **Veterans Breakfasts**

**Grim's Diner**

**5849 Warrensville Rd**

**8:00 a.m.**

**2nd Monday every month**

**\$12.00**

**Hillside Asst. 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 Wmspt. Detachment #388 of the Marine Corps League**

507 Cemetery Street, Williamsport, PA

Third Thursday of the month at 6pm.

570-323-9900



| Agency                                        | Address                                                                                         | What they do                                                                        | Phone Number                                                                       |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <b>Career Link</b>                            | 329 Pine St,<br>Williamsport                                                                    |                                                                                     | 570 601-5465                                                                       |
| <b>CHAMP VA helpline</b>                      |                                                                                                 |                                                                                     | 800-733-8387                                                                       |
| <b>DD 214s</b>                                |                                                                                                 | National Archives<br>online                                                         | 314-801-0800                                                                       |
| <b>DFAS</b>                                   | This is for re-<br>tired veterans or<br>active duty<br>(they retired<br>from the Mili-<br>tary) | Retirement pay probs<br>Change of address<br>Active duty pay<br>problems<br>W2s     | 1-800-321-1080                                                                     |
| <b>DEERS/ Rapid ID<br/>Center</b>             |                                                                                                 |                                                                                     | 910-598-6021- open,<br>must call<br><br>570-615-7000                               |
| <b>Tobyhanna<br/>Direct Deposit</b>           |                                                                                                 | To fix banking info                                                                 | 1-877-838-2778<br>1-800-827-1000                                                   |
| <b>Housing</b>                                |                                                                                                 | homeless                                                                            | 211<br>844-226-0368<br>717-818-0219                                                |
| <b>Nursing Home Help<br/>Patient Advocate</b> |                                                                                                 |                                                                                     | 570-824-3521<br>Ext 27604                                                          |
| <b>TriCare</b>                                |                                                                                                 | Insurance for veter-<br>ans that retired from<br>the Military and their<br>families | 1-888-777-8343- over-<br>seas service line<br><br>1-800-444-5445 – Tricare<br>East |
| <b>VA # - main number<br/>for appt.</b>       |                                                                                                 | VA issues<br>Direct deposit too                                                     | 1-800-827-1000                                                                     |
| <b>Veteran's Center</b>                       | 49 E. 4 <sup>th</sup> Street<br>Suite 104<br>Williamsport                                       | Counseling Services                                                                 | 570-327-5281                                                                       |
| <b>Veteran's Clinic</b>                       | 1705 Warren<br>Ave # 304, Wil-<br>liamsport,                                                    | Primary Care<br>Doctors                                                             | 570-322-4791<br>570-322-5321                                                       |
| <b>Veterans Affairs Office</b>                | 33 W. Third<br>Street<br>Williamsport                                                           | VA Benefits<br>questions and help                                                   | 570-327-2365                                                                       |
| <b>Wilks Barre VA phone<br/>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,<br>TSGLI, VGLI .....                                                                          | 800-669-8477                         |
| Life Insurance, Veterans' Group Life Insurance Program (VGLI),<br>Claims for Service members' Group Life Insurance (SGLI)<br>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                         |

# Veteran Benefits and Services



The following free resources are available to help Pennsylvania Veterans understand their rights, protections, benefits and services.

For more information, contact either your County Office of Veterans Affairs, scan the QR code, call the PA Department of Military and Veterans Affairs at 1-800-698-2411 or visit [www.pa.gov/agencies/dmva/pennsylvania-veterans](http://www.pa.gov/agencies/dmva/pennsylvania-veterans).

## MENTAL HEALTH & SUBSTANCE ABUSE RESOURCES



[www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
Text 838255



[crisistextline.org](http://crisistextline.org)  
Text "PA" to 741741  
Free, 24/7, Confidential



Pennsylvania  
Department of Drug and  
Alcohol Programs

[Find Drug & Alcohol  
Treatment Services](#)  
1-800-662-HELP (4357)

## PENNSYLVANIA TAX AND FEE RESOURCES



[State Tax Information  
for Military Personnel  
and Veterans](#)



[Disabled Veterans' Real  
Estate Tax Exemption  
Information](#)



pennsylvania  
DEPARTMENT OF TRANSPORTATION

[Disabled Veterans'  
Registration and  
Title Fee Waiver Information](#)

## VOCATIONAL REHAB AND TRAINING RESOURCES



[Apply for VA Vocational  
Rehab Services](#)



Pennsylvania  
Department of Labor & Industry  
Office of Vocational Rehabilitation

[Apply for PA  
Vocational  
Rehab Services](#)



[Get help finding jobs,  
acquiring skills,  
planning your career,  
and finding resources  
to support veterans.](#)

SkillUp™ PA

[Sign up for free job  
training with SkillUp™ PA](#)

## JUSTICE AND LEGAL RESOURCES



[The Unified Judicial System  
of Pennsylvania Veterans  
Treatment Court Information](#)



[Pennsylvania Bar Association  
Lawyers Saluting Veterans  
Program Information](#)



[Legal Aid Provider Near You](#)



[Free Representation at the  
U.S. Court of Appeals for  
Veterans Claims Information](#)

To apply for VA health care, you can call the VA health benefits hotline at 877-222-8387 (TTY 711), apply online at [VA.gov](http://VA.gov), or visit the nearest VA medical center or clinic.

For information on Veterans Hiring Preference with the Commonwealth of Pennsylvania, call 717-783-6655, e-mail [ra-cs-vetpreference@pa.gov](mailto:ra-cs-vetpreference@pa.gov) or visit the website at [www.pa.gov/agencies/employment/veterans/veterans-preference](http://www.pa.gov/agencies/employment/veterans/veterans-preference).



Pennsylvania  
Department of Military  
and Veterans Affairs

*Information about private providers and services provided on this posting does not constitute an endorsement by the Pennsylvania Department of Military and Veterans Affairs, the Pennsylvania Department of Labor & Industry, or the Commonwealth of Pennsylvania.*



Pennsylvania  
Department of  
Labor & Industry



# Veterans 4 Veterans

**West End Christian Community Center  
901 Diamond St.  
Williamsport, PA 17701**

**Offering supportive services including:**

**Clothing and Thrift Store**

**Emergency Food**

**Free Hot Lunch 3 Days/wk**

**Children's Shoes**

**Durable Medical Equipment**

«

**(570)323-6297 or by email at:  
[veterans4veteransweccc@gmail.com](mailto:veterans4veteransweccc@gmail.com)**



**WE WANT YOU!**



**NO. 257. SCALLOPED NOODLES WITH CHEESE,  
TOMATOES, AND BACON**

Yield: 100 servings, 12  
ounces (1½ cups)  
each.

| Ingredients               | 100 servings                   | ... servings |
|---------------------------|--------------------------------|--------------|
| Tomatoes.....             | 5 No. 10 cans                  |              |
| Salt (for tomatoes).....  | 3 ounces (6 mess kit spoons)   |              |
| Pepper.....               | ¼ ounce (1 mess kit spoon)     |              |
| Noodles.....              | 12 pounds                      |              |
| Salt (for noodles).....   | 6 ounces (¾ mess kit cup)      |              |
| Water, boiling.....       | 12 gallons (48 No. 56 dippers) |              |
| Cheese, shredded.....     | 9 pounds (9 No. 56 dippers)    |              |
| Bacon, thinly sliced..... | 3 pounds                       |              |

1. Mix tomatoes, salt, and pepper together. Heat to boiling point; reduce heat and simmer until slightly thick.
2. Add noodles to boiling salted water; boil 10 to 15 minutes or until tender. Drain well.
3. Arrange alternate layers of noodles, tomatoes, and cheese in well-greased baking pans. Cover with bacon slices.
4. Bake in moderate oven (350° F.) 20 minutes or until bacon is crisp.

**NO. 643. BAKED, STUFFED TOMATOES**

Yield: 100 servings, one  
tomato each.

| Ingredients                  | 100 servings                  | ... servings |
|------------------------------|-------------------------------|--------------|
| Tomatoes.....                | 100 tomatoes                  |              |
| Peppers, green, chopped..... | 1 pound (1 No. 56 dipper)     |              |
| Onions, chopped.....         | 8 ounces (½ No. 56 dipper)    |              |
| Parsley, chopped.....        | 1½ ounces (8 mess kit spoons) |              |
| Bacon, diced.....            | 2 pounds                      |              |
| Butter, melted.....          | 1 pound (½ No. 56 dipper)     |              |
| Bread crumbs, moist.....     | 3 pounds (6 No. 56 dippers)   |              |
| Salt.....                    | 1½ ounces (3 mess kit spoons) |              |
| Pepper.....                  | ½ mess kit spoon              |              |

1. Wash tomatoes. Cut piece from top of each tomato; scoop out pulp.
2. Fry green peppers, onions, parsley and bacon together.
3. Pour butter over crumbs; combine crumbs, green pepper and bacon mixture, salt, pepper and tomato pulp. Mix well.
4. Fill tomatoes with mixture.
5. Bake in moderate oven (350° F.) about 20 to 30 minutes or until tender but not soft.

**WAR DEPARTMENT TECHNICAL MANUAL**  
**TM 10-412**

This manual supersedes TM 10-412, 15 August 1944, and TB 10-412-1, 1 September 1944.

## Baked Stuffed Spaghetti Squash

1/2 onion, diced  
1 spaghetti squash  
1/2 orange bell pepper, diced  
1 tsp Italian seasoning  
1 tsp minced garlic  
Salt and pepper to taste  
1 zucchini, diced  
1 tomato, diced  
1/4 cup grated parmesan cheese

350 degree oven

Cook the spaghetti squash.

To use microwave: cook for 5 minutes, cut in half, scoop out seeds. Cook for another 6 minutes until tender.

To use oven: slice in half, scoop out seeds, place cut side down on parchment lined cookie sheet. Cook til tender. About 45 min - 1 hr.

Once cooked. Use fork and scrape out the insides, it will look like spaghetti.

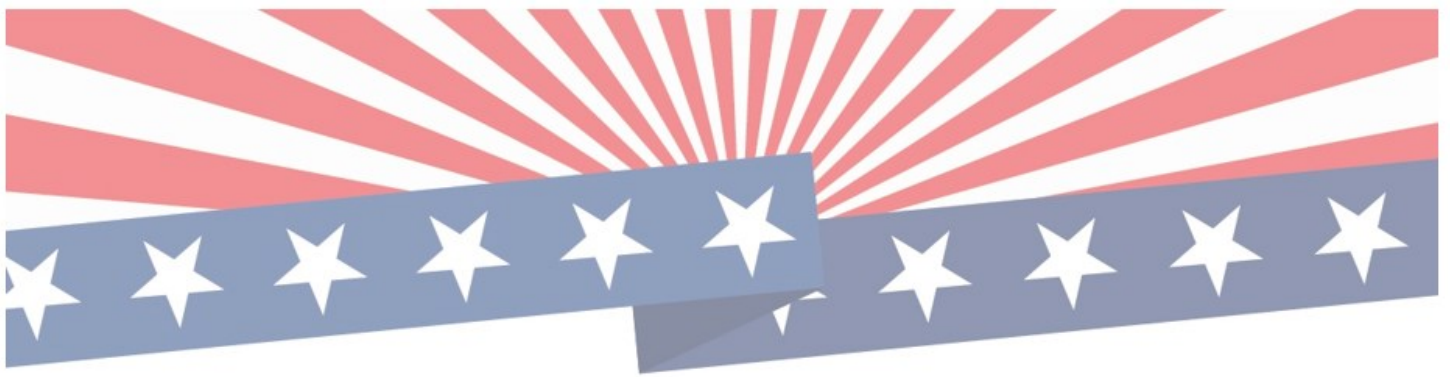
Mix together all other ingredients (except cheese) with the squash. Put it back in the shell.

Bake 1 hour

Remove from oven, sprinkle with cheese and serve.







### New Patch Board :

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



### Local history Pages:

We are interested in finding anyone who would like to share items to be published in our newsletter :

Pictures of local Veterans \* Family Stories \* Local History





## 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

VeteransAffairsEmail@lyco.org

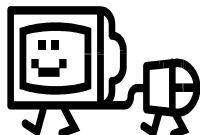
### County Commissioners

*Scott Metzger  
Mark Mussina  
Marc Sortman*

**Visit Our  
New Website :**

**[www.lycomingcountypa.gov](http://www.lycomingcountypa.gov)**

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

**Natalie S. Steppe  
Director of Veterans Affairs**

**Jeff Hamilton  
Assistant Director of Veterans Affairs**  
• US Marine Corps

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**Keely J. Hitchens  
Secretary**

### Office Hours

**Scheduled Appointments on:**

Monday, Tuesday, Thursday and Friday 8:30 AM – 4:00 PM

**Walk-Ins Welcomed every 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:**

Independence Day - Friday, July 3, 2026

Labor Day - Monday, September 7, 2026

Veterans Day - Wednesday, November 11, 2026

Thanksgiving - Thursday, November 26, 2026

Friday, November 27, 2027

Christmas - Friday, December 25, 2026

# VETERANS MEMORIAL PARK OF PICTURE ROCKS

A 501 © (3) Non-Profit Corporation

## PERSONALIZED VETERAN BRICK ORDER FORM

Honor or memorialize a Veteran with a personalized brick permanently placed within the walkways of the newly constructed Veterans Memorial Park of Picture Rocks. ALL Veterans, not just those from Picture Rocks, are eligible to have a brick.

The park is located on South Main Street (US Route 220) in Pictures Rocks, Pennsylvania.

Bricks may be engraved with three (3) lines of text. Each line can accommodated a maximum of eighteen (18) characters (which includes letters, punctuation and spaces.)

The \$50.00 price includes the cost of one brick with three lines of engraving and a tax deductible donation of \$32.00.

---

The following contact information is requested of the person placing the brick order:

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

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

City, State & Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

Using the blocks provided below, please PRINT clearly the information you wish to have engraved on the brick.

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**Please submit your completed brick order form, along with a check for the amount of \$50.00, to the following address:**

Veterans Memorial Park of Picture Rocks, Inc  
P.O. Box 410  
Picture Rocks, Pa 17762-0410

Checks are payable to the Veterans Memorial Park of Picture Rocks, Inc.



LYCOMING COUNTY

**The Lycoming County CareerLink office is located at:**  
**329 Pine Street in Williamsport**

**Hours :**

Monday, Tuesday, Thursday and Friday - 8:30 a.m. to 4:30 p.m.

Wednesday - 9:00 a.m. to 4:30 p.m.

**Phone:** 570-601-5465

For a dedicated professional to help veterans find job opportunities:

**Contact:** Timothy French

Phone: 570-601-5934

E-mail: [tifrench@pa.gov](mailto:tifrench@pa.gov)

Online: [pacareerlink.pa.gov](http://pacareerlink.pa.gov)

**Do you know about VRRAP?**  
**Veteran Rapid Retraining Assistance Program**  
**(VRRAP)**

The Veteran Rapid Retraining Assistance Program (VRRAP) offers education and training for high-demand jobs to Veterans who are unemployed because of the COVID-19 pandemic.

Go online or visit Pennsylvania Career Link to learn more!

<https://www.va.gov/education/other-vb-education-benefits/veteran-rapid-retraining-assistance/>



# VA Outpatient Clinic

The VA Outpatient Clinic was established July 1997 on the Campus of Divine Providence Hospital in the Wenner Building,  
1705 Warren Avenue, Suite 304, Williamsport, PA

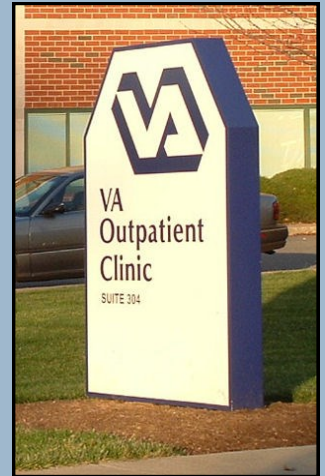
**Phone:** 570-322-4791

**Fax:** 570-322-5170

Open: Monday—Friday 9:00 a.m. to 5:00 p.m. Scheduled appointments only

**Services Include:** Primary Care, Enrollment/Eligibility forms, Psychiatry, Post Traumatic Stress Disorder (PTSD) Social Services, Counseling, Lab, Nutrition services, and Immunizations.

**The VA Clinic has a social worker at the clinic on Tuesday and Thursday. Please call the clinic at (570) 322-4791 to schedule an appointment.**



## Vet Center

The Vet Center is located at Suite 104, 49 East Fourth Street, Williamsport.  
Next to the James V. Brown Library.

Phone 570-327-5281.

All services provided by the Vet Center are FREE OF CHARGE.

These include readjustment counseling and outreach services to all veterans who served.

Services are also available for their family members.

These include:

- individual and group counseling: women, spouses, WWII, Korean, Vietnam, OEF/OIF, and other combat veterans.
- group counseling
- marital and family counseling
- bereavement counseling
- substance abuse information and referral
- referral in applying for VA Benefits, job counseling and educational VA benefits
- referral for homeless vets
- military sexual trauma (male and female) counseling & referral
- outreach and community education

**Not sure who your representative is? Find out at:**  
<http://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/countylist.cfm?CNTYLIST=LYCOMING>



**PA State Representative Jamie Flick — 83rd Legislative District**

**Water Tower Square Suite 104  
Williamsport, PA 17701  
Phone: 570-337-7638**

**155A East Wing  
P.O. Box 202083  
Harrisburg, PA 17120-2083  
Phone: 717-787-2885  
Fax: 717-782-2948**



**PA State Representative Joe Hamm — 84th Legislative District**

**274 Broad Street  
Montoursville, Pa 17754**

**Phone: 570-546-2084  
Fax: 570-368-5668  
Website: <http://www.repjoehamm.com/>**

**Tiadaghton Valley Mall  
Room 105  
Jersey Shore, PA 17740  
Phone: 570-398-4476  
Fax: 570-398-5963  
Email: [jhamm@pahousegop.com](mailto:jhamm@pahousegop.com)**



**PA State Senator Gene Yaw — Senate District 23**

**175 Pine Street, Suite 105  
Williamsport, PA 17701  
Phone: 570-322-6457  
Fax: 570-327-3703  
Toll-free: 1-800-443-5772**

**Website: <http://senatorgeneyaw.com/>**

**362 Main Capitol  
Senate Box 203023  
Harrisburg, Pa 17120-3023  
Phone: 717-787-3280  
Fax: 717-772-0575**

**TTY: 800-364-1581**

**Email: [gyaw@pasen.gov](mailto:gyaw@pasen.gov)**



**U.S. Representative Dan Meuser — 9th Congressional District**

**Washington, DC Office  
350 Cannon House Office Building**

**Washington, DC 20003  
202-225-6511**

**Executive Plaza 1st Floor  
330 Pine Street  
Williamsport, PA 17701  
570-202-0658**

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# Letters From Long Binh Vietnam

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1968-1969



Harry Joseph Grafius

## Letters From Long Binh Vietnam

*Letters From Long Binh, Vietnam* is a compilation of the letters Harry Joseph Grafius wrote home to his family members during his year of duty in Vietnam, 1968-1969, courtesy of the United States Army. As a member of the 20th Engineer Brigade, of the 169th Engineer Battalion, Company C and later of the 43rd DT, Joe maneuvered dump trucks on the Long Binh Post while he was based



20th Engineer Brigade



To order an  
autographed copy  
contact  
Joe Grafius, author.  
\$20

Call : 570-777-0957

Mr. Grafius started working on this in 2018 when he found letters his Mom saved from his time in service. He used them to make a chronological timeline. These are his memories.

The book is also for sale at Otto's Bookstore in downtown Williamsport.

\$1.00 from each purchase goes to the VetCenter.