



# THE CENTURION

## DELAWARE COMMISSION OF VETERANS AFFAIRS

*Robbins Bldg. – 802 Silver Lake Blvd., Suite 100, Dover, Delaware 19904*

**(302) 739-2792 or (800) 344-9900 (in State)**

**Internet Website: <http://www.veteransaffairs.delaware.gov/>**

**Fax (302) 739-2794**

*Ruth Ann Minner, Governor*

*Dr. Harriet Smith-Windsor, Secretary of State*

Volume 15, Number 1

*Richard "Dick" E. Ennis, Chairman*

*Antonio Davila, Executive Director*

Jan-Mar 2008

## CHAIRMAN'S UPDATE

My Fellow Veterans,

All members of the Delaware Commission of Veterans Affairs (DCVA) and Staff wish each of you and your families a very Healthy, Happy and Prosperous 2008. We sincerely pray that you enjoyed the holidays, took an opportunity to visit or share with the less fortunate and remembered our comrades-in-arms that are in "harm's way" every day maintaining the freedoms we enjoy. We wish for them a safe return to their loved ones. I am happy to report that we have a full complement of Commissioners on board. There were many Commissioners whose terms had expired and their reappointment and/or replacement has now been finalized. The most recent additions to the Commission include Mr. Robert P. Corsa (VVA), Mr. Maurice G. Evans (American Legion), and Mr. Henry L. Smith (AMVETS). Names and telephone numbers of all Commissioners and the veteran organizations represented are located on page 8 of this newsletter. Our immediate past Chairman, Gary "Mo" Morris, was appointed as a Commission Advisor, along with Charles E. Farrell and George K. Hastings. We thank Governor Ruth Ann Minner for making these additional appointments to the DCVA. Don't hesitate to contact your organization's representative should you have any questions. You are welcome to attend the Commission's Monthly Meeting held on the fourth Tuesday at 1000 hours, 802 Silver Lake Boulevard, Suite 100, Dover 19904. We request your help in disseminating accurate and complete information concerning services offered at the Commission and our new Veterans Home. Teamwork is the key to accomplishing all major important tasks. By being proactive you will guarantee that Delaware Veterans will receive "the best" veteran services within these United States. God Bless You and may God Bless America.

Richard (Dick) E. Ennis  
Chairman

❧THOUGHT FOR THE QUARTER❧  
“A multiplicity of words indicates poverty of thought”

**VETERANS HOME FUND**

The Veterans Home Fund is listed on the Delaware Personal Income Tax Return Form so that Delawareans can make a contribution when they pay their taxes or receive their refund. Also public and private donations can be made with a check payable to: Delaware Veterans Home Fund, and sent to the Department of State, 401 Federal Street, Suite 3, Dover, DE 19901. Your donation is tax deductible.

**2<sup>ND</sup> ANNUAL SYMPOSIUM  
FOR DELAWARE WOMEN VETERANS**

This year’s event will be held at the Delaware Technical Community College – Terry Campus, on Saturday April 26<sup>th</sup>. See the registration form on page 9 for additional information. Register today – seating is limited!

**TRICARE DEBUTS NEW WEB SERVICE**

TRICARE Prime and Prime Remote beneficiaries in the United States can now manage their health care online. Prime and Prime Remote beneficiaries can log on to the [TRICARE Beneficiary Enrollment](#) website to enroll, disenroll, update personal information and perform other procedures. The site also allows standard beneficiaries to update personal information, add other health care information and enroll in Prime. Enrollment forms are still available at the [TRICARE My Profile](#) Website to fill out and mail to TRICARE Service Center to enroll and obtain assistance with other health-care needs. (*Military.com, November 26, 2007*)

**VIETNAM VETERANS OF AMERICA  
CHAPTER 83 HONOR  
DELAWARE GOLD STAR FAMILIES**

Saturday, September 15, 2007 Delaware Gold Star Families were honored at a luncheon hosted by Vietnam Veterans of America Chapter 83. President Tom Daws and his fellow members came together stating, “we must never forget the sacrifice

these families have made”. VVA Chapter 83 Gold Star Chairperson, Judy C. Campbell was the guest speaker. Judy’s brother was killed in Vietnam on February 8, 1967 serving as a Combat Medic with the 173<sup>rd</sup> Airborne Brigade. This was the first of its kind and many of the families came forth sharing how meaningful this was for them. As a Gold Star Sister, Judy shared, ‘it is our duty to perpetuate the memory of those who have paid the ultimate price to secure the freedoms we hold so dear. It is the goal and desire of Chapter 83 to show the Delaware Gold Star Families that we acknowledge their loss and show them support and we look forward to many more programs for the Gold Star Families’. If you are a Gold Star Family member or know of others, please have them contact Judy at PO Box 8167 Wilmington, DE 19803 including information of the deceased veteran, combat theatre (or act of terrorism) he/she died in, date of death, date of birth and name/address/phone of nearest relative.

**VA CLAIM TIPS**

Three things that will help a veteran with a claim are to know the process; to know how to find info about your illness or injury; and to determine how the VA has handled cases like yours in the past.

- 1.) A web site where you can see the C&P Exam the VA uses, and print it out, and can show it to your private doctor [www.vba.va.gov/bln/21/Benefits/exams/index.htm](http://www.vba.va.gov/bln/21/Benefits/exams/index.htm). These 57 Disability Examination Worksheets are in use both by the doctors of VHA (Veterans Health Administration) who do the disability examinations and by the rating specialists, hearing officers, and Decision Review Officers of VBA (Veterans Benefits Administration) who do the disability evaluations.
- 2.) A web site you can search, review and print out various pages of regulations, etc about the VA system and claims is [www.warms.vba.va.gov/TOCindex.htm](http://www.warms.vba.va.gov/TOCindex.htm), which includes:
  - == Compensation and Pension - 21
  - == 38 Code of Federal Regulations - REGS
  - == Book A - General
  - == Book B - Adjudication
  - == Book C - Schedule for Rating Disabilities

3.) A web site where you can search Veteran Board of Appeals to see how the VA has handled your illness or injury, what they were looking for, and what paragraphs in VA regulations apply is <http://www.index.va.gov/search/va/bva.html>.

Decisions are current through 31 AUG 07.(USDR Daniel Cedusk, Dec 07)

### **NAMI LAUNCHES VETERANS RESOURCE CENTER ON MENTAL HEALTH; ONLINE**

The National Alliance on Mental Illness (NAMI) has established an online Veterans Resource Center [www.nami.org/veterans](http://www.nami.org/veterans) to help support active duty military personnel, veterans and their families facing serious mental illnesses such as depression, posttraumatic stress disorder (PTSD) and schizophrenia. "We are a nation a war," said NAMI executive director Michael J. Fitzpatrick. "The war includes mental illness. Many veterans who return from active duty face a second war at home, confronting profound mental health problems. Their families also are affected." The Center's resources include a growing compilation of fact sheets, self-help information, online discussion groups, research and policy updates, and links to government agencies and other private organizations. NAMI has made the Center a priority to meet a growing need.

- Almost a third of veterans returning from Afghanistan and Iraq confront mental health problems. In 2006, the suicide rate in the Army reached its highest level in 26 years.

- Approximately 30% of veterans treated in the Veterans health system suffer from depressive symptoms, two to three times the rate of the general population.

- Earlier this year, the chairman of the Veterans Affairs Committee of the U.S. House of Representative told NAMI's annual convention that more Vietnam veterans have now died from suicide than the 55,000 who were killed directly during the war in the 1960s and 70s.

- Approximately 40% of homeless veterans have mental illnesses. Approximately 57% of whom are African American or Hispanic veterans.

- Families of Soldiers deployed in Afghanistan or Iraq face increasing pressures from repeated and longer tour of duty. Unlike the civilian suicide rates, greater numbers of young soldiers are taking their own lives, with broken relationships or marriages considered to be factors.

"The human toll of any war is felt for years to come," Fitzpatrick said. "NAMI hopes to expand the Center's resources over time and provide whatever support we can through our other programs." The Center's resources are organized into 12 on-line categories:

- Post Traumatic Stress Disorder
- Traumatic Brain Injury
- Suicide Prevention
- Veterans & Mental Illnesses
- Veterans Affairs and Veterans Integrated Service Network (VISN)
- Families, Children and Spouses
- Women Veterans Resources
- Homelessness & NAMI's Missing Person's Network
- NAMI Veterans Council
- On-Line Discussion Groups

(The National Alliance on Mental Illness, November 6, 2007)

### **VA/DOD COMMENCE SINGLE DISABILITY EXAMINATION PILOT FOR WOUNDED WARRIORS**

*Evaluation to Provide Smoother Transition to Disability Benefits and Compensation*

The Department of Veterans Affairs (VA) and the Department of Defense (DOD) this week began a pilot program to test a new single disability evaluation system for wounded warriors at the three major military medical facilities in the Washington D.C. area. This initiative is designed to eliminate the duplicative and often confusing elements of the current disability processes of the two departments. Key features of the disability evaluation system (DES) pilot include one medical examination and a single-sourced disability rating. The single disability examination pilot is another improvement as a result of the President's Commission on Care for America's Returning Wounded Warriors (Dole/Shalala) and is aimed to simplify health care

and rehabilitation for injured service members and veterans. This pilot program will seek to ease the transition of wounded service members through the disability evaluation system to reentry into the civilian community with more efficient delivery of disability compensation at the time they leave military service. VA is providing the medical professionals performing the examinations. The pilot is being conducted for service members at the Washington, D.C., VA Medical Center, Walter Reed Army Medical Center in Washington, D.C., the National Naval Medical Center in Bethesda, Md., and the Malcolm Grow Medical Center at Andrews Air Force Base, Md., and will run for one year. Throughout the pilot, VA and DOD officials will monitor progress to determine potential expansion into other locations. The pilot includes all non-clinical care and administrative activities, such as case management and counseling requirements associated with disability case processing from the service member's initial referral to a Military Department Medical Evaluation Board to VA's compensation and benefits program. (VA News Release, Oct 29, 2007)

### **PAY IN VETS WORK PROGRAM RULED TAX-FREE**

#### *Ruling on Compensated Work Therapy Retroactive Three Years*

Payments provided to veterans under two specific programs of the Department of Veterans Affairs (VA) The Compensated Work Therapy (CWT) and Incentive Therapy (IT) programs are no longer taxable, according to Internal Revenue Service. Veterans who paid tax on these benefits in the past three years can now claim refunds. Recipients of CWT and IT payments no longer receive a Form 1099 (Miscellaneous Income) from VA. Veterans who paid tax on these benefits in tax-years 2004, 2005 or 2006 can claim a refund by filing an amended return using IRS Form 1040X. Nearly 19,000 veterans received CWT benefits last year, while 8,500 received IT benefits. The IRS agreed with the U.S. Tax Court decision earlier in 2007 that CWT payments are tax-free veterans' benefits. In so doing, the agency reversed a 1965 ruling that

these payments were taxable and required the VA to report payments as taxable income. The CWT and IT programs provides assistance to veterans unable to work and support themselves. Under the CWT program, the VA contracts with private industry and the public sector for work by veterans, who learn new job skills, strengthen successful work habits and regain a sense of self-esteem and self-worth. Veterans are compensated by VA for their work and in turn, improve their economic and social well-being. Under the IT program, seriously disabled veterans receive payments for providing services at about 70 VA Medical centers. (VA News Release, January 07, 2008)

### **DELAWARE MILITARY HERITAGE AND EDUCATION FOUNDATION TO START MEMBERSHIP DRIVE**

This Spring the Delaware Military Heritage and Education Foundation will initiate a membership drive for a new organization called "Friends of the Delaware Military Museum. The purpose of our membership organization is threefold:

\*To gain recognition for Delaware's Military Heritage

\*To engage Volunteers,

\*To publicize our existence in the community through outreach, events, and educating the public to our activities.

Friends of the Delaware Military Museum will be open to all interested persons who share our interest in preserving our military history, and keeping the memory alive of those who gave so much on behalf of their country. We will offer some membership choices, establishing Individual Annual Membership at \$35, Families at \$50, Sustaining or Corporate at \$250. A Lifetime Membership is also under consideration. We plan to offer the following benefits to our members:

Free admission to the (future) Museum

Invitations to special events

Subscriptions to the Newsletter

Discount at the on-line museum Gift Shop

Invitation to an Annual Meeting and Mixer

Admission to lectures

Our hope is to generate interest, enthusiasm and the participation of our membership. We plan to sponsor activities like a mixer or dinner in conjunction with our annual meeting. We're considering events like lectures or field trips to historic military sites, as well as possible fund-raising events such as a silent auction, or a military memorabilia show and swap meet. We also anticipate tapping into the talents and the expertise of our members and getting them involved in volunteer activities. We're sure there is a lot of pent up desire from individuals to participate in this exciting journey. If you'd like to know more about the Delaware Military Heritage and Education Foundation see our web site at [www.MilitaryHeritage.org](http://www.MilitaryHeritage.org), or contact Brig Gen (DE Ret) Kennard Wiggins at [milheritage@aol.com](mailto:milheritage@aol.com).

### THE STORY BEHIND 'TAPS'

It all began in 1862 during the Civil War, when a Union Army captain, Robert Ellicombe, was with his men near Harrison's Landing in Virginia. The Confederate Army was on the other side of this narrow strip of land. During the night, Captain Ellicombe heard the moan of a soldier who lay mortally wounded on the field. Not knowing if it was a Union or Confederate soldier, the captain decided to risk his life and bring back the stricken man for medical attention. Crawling on his stomach through the gunfire, the captain reached the soldier and began pulling him back toward his encampment. When the captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead. The captain lit a lantern, suddenly caught his breath and went numb with shock. In the dim light of the lantern he saw the face of the soldier...it was his own son! The young man had been studying Music in the South when the war broke out. Without telling his father, he had enlisted in the Confederate Army. The following morning, the heartbroken father asked permission of his supervisors to give his son a full military burial, despite the young man's enemy status. The captain's request was partially granted. He asked if he could have a group of army band members play a dirge for his son at

the funeral. His request was refused, since the soldier was a Confederate. Out of respect for the captain, they said they could loan him one musician. He chose the bugler. The captain asked him to play a series of musical notes found in the pocket of the dead youth's uniform. This wish was granted. That music was the haunting bugle melody, we know as "Taps".

### CERTIFICATE OF APPRECIATION TO DELAWARE VETERANS

In January 1946, Walter W. Bacon, then elected Governor, authorized a state award to those who served in World War II. To honor this commitment to Delaware Veterans, Governor Ruth Ann Minner has announced that the State of Delaware will provide a "Certificate of Appreciation" to all Delaware residents who shall have served honorably in the Armed Forces of the United States during time of peace, conflict or war. To request a "Certificate of Appreciation" the veteran/spouse or next of kin must submit the enclosed application (see page 13) along with a copy of a Certificate of Release or Discharge from Active Duty, (DD Form 214). DO NOT SEND ORIGINAL.

### COMBAT VETERANS COUNSELING SERVICES AVAILABLE IN KENT & SUSSEX COUNTY

Angela Hoag, MSW, LCSW, Clinical Social Worker is presently conducting a *War Veteran's Support Group* every Thursday afternoon at 2:00 PM. This group is for combat veterans struggling with Post Traumatic Stress Disorder (PTSD). Ms. Hoag also facilitates a *Significant Other Support Group* every Friday morning at 9:00 AM for wives, significant others, and family members of a veteran diagnosed with PTSD. This group is a Psycho-Educational program to assist family members in understanding the symptoms of PTSD, and teaches effective coping techniques. In addition, Ms. Hoag & Eric Young (302) 354-8653 (The Vet Center Iraqi Outreach Counselor) facilitate an Iraqi/Afghanistan OEF-OIF PTSD support group which meets every Friday morning at 10AM. Ms. Hoag also facilitates a *Military Sexual Trauma*

**Group** every Friday morning at 12:00 PM for female veterans who have experienced military sexual trauma during their active duty service. All groups are held at the Dover Vet Center Outreach Office located at the Delaware Commission of Veteran's Affairs Office, 802 Silver Lake Blvd., Suite 100, Dover, DE 19904. Similar services are held at the Vet Center Outreach Office in Georgetown, Sussex County, and the Vet Center in Elsmere, Wilmington, DE. For additional information or to request individual therapy, please contact Ms. Hoag, MSW, LCSW, at (302) 739-2792 x. 1003 or (800) 344-9900 x. 1003.

**VETERAN SERVICE OFFICERS**

**Delaware Commission of Veterans Affairs**

(New Castle County) - Mr. John K. Williams - located in Bear, DE, may be reached Monday - Friday, 8:00 AM - 4:00 PM, (302) 834-8046. Please call for an appointment.

(Kent County) - Mrs. Melanie E. Bronov - Dover office - may be reached Monday -Friday, 9:00 AM - 4:30 PM, (302) 739-2792 or (800) 344-9900 (in State). Please call for an appointment.

(Sussex County) - Ms. Laurie A. White - Pyle State Service Center located in Roxanna, DE, may be reached Monday-Friday, 8:30 AM - 4:30 PM, (302) 732-9560. Please call for an appointment.

**MOBILE VETERANS SERVICE CENTER**

Ms. White will be providing services for veterans from the mobile Service Center at the following locations:

- JAN 30 Milford Vets Home
- FEB 05 Georgetown Senior Center
- FEB 06 Laurel Town Hall
- FEB 08 Home of the Brave
- FEB 13 Milford Vets Home
- FEB 15 Seaford Senior Center
- FEB 19 Georgetown Service Center
- FEB 20 Milford Vets Home
- FEB 26 Bridgeville Town Hall
- FEB 27 Milford Vets Home

- MAR 04 Georgetown Senior Center
- MAR 05 Milford Vets Home
- MAR 12 Milford Vets Home
- MAR 14 Home of the Brave
- MAR 19 Milford Vets Home
- MAR 21 Seaford Senior Center
- MAR 25 Ocean View Town Hall
- MAR 26 Milford Vets Home

For more information, contact Ms. White at the Pyle State Service Center, (302) 732-9560.

**DELAWARE VETERANS MEMORIAL CEMETERY**

- New Castle Co. Section (Bear, DE).....834-8046
- Sussex Co. Section (Georgetown, DE).....934-5653

**American Legion**

Robert McBride, Dept. Service Officer, (302) 633-5323, will visit the following posts between 9:00 AM and 1:00 PM on the following dates:

- FEB 01 Oak Orchard/Riverdale, 945-1673  
Post 28 (8:00-12:00)
- FEB 08 Walter L Fox, Post 2 674-3922
- FEB 15 Laurel Post #19 875-9948
- FEB 22 David Harrison, Post 14 633-1711
- FEB 29 Nanticoke Post #6 629-9915
  
- MAR 07 Oak Orchard/Riverdale, 945-1673  
Post 28 (8:00-12:00)
- MAR 14 Walter L Fox, Post 2 674-3922
- MAR 21 Laurel Post #19 875-9948

**Disabled American Veterans (DAV)**

Paul Lardizzone, Dept. Service Officer (DAV).  
 Every Tuesday DAV Headquarters Building  
 & Wednesday 183 South Street  
 (Kent) 8:00-12:00 Camden, DE 19934  
 (302) 697-9061  
 Every Thursday: Department of Labor  
 (Sussex) 8:00-12:00 Div. of Emp & Trng  
 (302) 856-5230 600 N. DuPont Hwy.  
 Georgetown, DE 19947

**Military Order of the Purple Heart (MOPH)**

Richard Magner, National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Wilmington, DE 19805, (302) 633-5508.

**Paralyzed Veterans of America (DE/MD PVA)**

Darrell Johnson, Sr., National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Room 26, Wilmington, DE 19805, (302) 633-5325 or (302) 633-5392. Mr. Johnson will make home visits upon request for Vets who do not have transportation to the VA. He will be in the Oak Orchard area the 1<sup>st</sup> Tuesday, Dover the 2<sup>nd</sup> Tuesday, Frederica the 3<sup>rd</sup> Tuesday and at the Home of the Brave on the 4<sup>th</sup> Tuesday of each month. In addition to our service officer at the Wilmington VA Regional Office, we also have a representative, David Timberman, National Liaison Service Officer, at the Home of the Brave on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays from 10:00 AM until 2:00 PM. The Home of the Brave is located at 6632 Sharps Rd, Milford, DE (302) 424-1681 or 1682.

**USN Veterans Association**

CDR Jim Anderson.....(302) 295-7051

**Veterans of Foreign Wars (VFW)**

James Withrow, Dept. Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Room 21, Wilmington, DE 19805, (800) 461-8262 ext. 5326 or (302) 633-5326.

1<sup>ST</sup> Thursday

Delaware DOL	(633-5326)	8:00-11:00 AM
Milford VFW	(422-4412)	1:30-4:00 PM

2<sup>nd</sup> Thursday

Delaware DOL	(633-5326)	8:00-11:00 AM
Milton VFW	(684-4975)	1:30-4:00 PM

3<sup>rd</sup> Thursday

Delaware DOL	(633-5326)	8:00-11:00 AM
Rehoboth VFW	(227-3469)	1:30-4:00 PM

4<sup>th</sup> Thursday

Delaware DOL	(633-5326)	8:00-11:00 AM
Seaford VFW	(629-3092)	1:30-4:00 PM

5<sup>th</sup> Thursday

Delaware DOL	(633-5326)	8:00-11:00 AM
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NOTE: All persons interested in Outreach Services should first call our office so that some advance information may be obtained to accelerate the application process. Kent & Sussex County residents may call 1-800-461-8262 ext 5326. New Castle County residents may call 633-5326.

NOTE: persons desiring assistance at the Thursday-downstate locations should be at the Delaware DOL no later than 9:00 AM or at the afternoon locations by 2:00 PM. The VFW provides services to veterans and their dependents without respect to veteran service organization affiliation; membership in the VFW is NOT required for service.

**Vietnam Veterans of America (VVA)**

Terry Baker, National Service Officer, VA Regional Office, 1601 Kirkwood Hwy, Wilmington, DE 19805, (302) 633-5357

**VETERANS ORGANIZATIONS POC**

Air Force Sergeants Association

Bill McMullen.....(302) 697-9750

American Legion

Richard "Ric" Santos.....(302) 628-5221

AMVETS

Ray Landon.....(302) 875-1338

Colonial Paralyzed Veterans of America

Wayne Carter.....(302) 368-4898

DELVETS

Robert Wasson.....(302) 798-2951

Disabled American Veterans

Paul Lardizzone.....(302) 697-9061  
40 & 8

Eugene "Chip" Rosan.....(302) 678-8077

Jewish War Veterans

Barry Newstadt.....(302) 475-2820

Korean War Veterans Association

Richard Ennis.....(302) 653-6765

Marine Corps League

James Thompson.....(302) 284-2708

Military Officers Association of America

Lou Spitzfaden.....302) 697-6805

Military Order of the Purple Heart

Cornelius "Bill" Carroll.....(302) 655-3820

Military Order of the World Wars

COL (Ret) Eugene A. Hebert.....(302) 335-0110

E-Mail [gene@hebert.net](mailto:gene@hebert.net)  
The Reserve Officers Association  
 CWO John V. Hawkins, Sr. (Ret)...(302) 328-8115  
U.S. Navy Veterans Association  
 Jim Anderson.....(302) 295-7051  
Veterans of Foreign Wars  
 Paul Phillips Jr.....(302) 656-5022  
Vietnam Veterans of America  
 Tom Daws.....(302) 738-8875  
WAVES Nat'l  
 Ruth Harden.....(302) 998-1373

**VETERANS ADMINISTRATION**

Claims, Benefits, Veterans Services  
 (Regional Office).....1-800-827-1000  
 VA Hospital Scheduling.....1-800-461-8262  
 .....302-994-2511  
 Veterans Outreach Center  
 (New Castle County).....302-633-5360  
 (Kent and Sussex Counties).....302-422-8011

**EMPLOYMENT SERVICES**

Al Barclift (Wilmington).....302-761-8093  
 Allen Jones (Wilmington).....302-761-8141  
 James Williams (Newark).....302-368-6622  
 Steve Flaherty (Dover).....302-739-5473  
 Joann Johnson (Dover).....302-739-5473  
 Cliff Rumph (Georgetown).....302-856-5230

**RETIREE ACTIVITIES**

**Retired Activities Office**

Lt. Col Ken Smith, (USAF RET), Bldg 520, Room 105, Dover AFB, DE 19902, (302) 677-4612.

**Retired Navy Activities Affairs Office**

Leon Stajkowski, Naval & Marine Corps Reserve Center, 3920 Kirkwood Hwy, Wilmington, DE 19808, (302) 998-5194.

**COMMISSION OF VETERANS AFFAIRS**

Commissioners may be reached by calling (800) 344-9900.

Richard Ennis (Chairman).....KWVA  
 Paul Lardizzone (Vice-Chairman).....DAV  
 Cornelius "Bill" Carroll.....MOPH  
 Robert P. Corsa.....VVA  
 John Endres.....40 & 8  
 Maurice Evans.....American Legion  
 Ruth B. Harden.....WAVES NAT'L  
 Jesse Kitson.....VFV  
 Joseph "Joe" Lank.....MOWW  
 Barry Newstadt.....JWV  
 Lou Spitzfaden.....MOAA  
 Henry L. Smith.....AMVETS  
 David W. Timberman.....PVA  
 Jim Thompson.....MCL  
 Robert E. Wasson.....DELVETS

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The Centurion is published for informational purposes only and does not necessarily reflect the views of the Commission of Veterans Affairs or the State of Delaware. Paid for with State Funds.

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If you are not already on our mailing list and wish to receive this newsletter on a continual basis, please provide the following information below: (Articles should be submitted to the Commission Office directly)

**NAME/ORGANIZATION**\_\_\_\_\_

**STREET**\_\_\_\_\_

**CITY**\_\_\_\_\_ **STATE**\_\_\_\_\_ **ZIP**\_\_\_\_\_

**MAIL TO: DELAWARE COMMISSION OF VETERANS AFFAIRS  
 802 SILVER LAKE BLVD, SUITE 100  
 DOVER, DE 19904**

If you have a name or address change, please contact our office at (302) 739-2792 or (800) 344-9900.



**DELAWARE TECHNICAL & COMMUNITY COLLEGE**  
**TERRY CAMPUS – CORPORATE TRAINING CENTER**  
**(SCARBOROUGH RD ENTRANCE)**  
**DOVER, DELAWARE**  
**APRIL 26, 2008**  
**8:30 AM – 4:00 PM**

**LAST NAME**   
**FIRST NAME**   
**ADDRESS**   
**CITY**  **STATE**  **P**   
**PHONE (DAY)**    
**EMAIL**   
**BRANCH OF SERVICE**  **YEARS**   
**DATES OF SERVICE: FROM YEAR**  **R**

**Please circle four (4) workshops you would like to attend from those listed below:**

- 1. Women Veterans Benefits & Beyond** - *Ever wonder about what Federal and State benefits you may be entitled to, but aren't receiving? Find out more about: disability compensation, veterans pension, vocational rehabilitation, medical care, survivors benefits, and much more. This workshop also includes State medical and financial benefits.*
- 2. Mental Wellness – Strategies for Reducing Stress** - *This workshop will introduce holistic approaches to reducing stress of everyday living: experience the calmness and well being you will learn from Tai Chi movements for centering the body's energy fields. Also learn how to use your senses to tap into your mind-body healing connection.*
- 3. Women Veterans Health Services & Related Issues** - *Primary health care, gender specific health care, reproductive health services, cancer, and behavioral health services. Includes benefits unique to OIF/OEF veterans.*

- 4. Strategic Ways to Get Out of Debt** - *Getting out of debt and ways to accelerate debt reduction. Budgeting to get out of debt as well as creating an overall plan to get out of debt.*
- 5. Finding the Secrets in the 5X Mirror “Knowing Yourself”** - *A look into that 5X mirror to learn about your behavioral style and how the good and not so good affect others! By understanding ourselves we can improve our effectiveness in dealing with others. The workshop goal is to learn to understand, respect, appreciate, and value individual differences!*
- 6. Building Relationships & Empowerment** - *Basic steps to becoming more assertive, 10 signs of a healthy relationship, setting goals, and ABC’s of Daily Motivation.*
- 7. Wills & Estate Planning** - *The workshop will explain the importance of wills, tips on what should be included in a will and criteria for making a valid will. This class will inspire you to plan for the future and will assist you in exploring the creation of a will and an estate plan.*
- 8. Domestic Violence Shouldn’t Happen to Anyone, Ever...Period!**  
- *A panel of experts will provide information and resources everyone should know about domestic violence and sexual assault. Learn how to take care of yourself. Transition your thinking about being embarrassed and or feeling it could never happen to you. Recognize the dynamics of domestic violence and sexual assault and understand the laws that protect you.*

**SYMPOSIUM REGISTRATION FEE - \$15.00**  
(INCLUDES CONTINENTAL BREAKFAST AND LUNCH)

**Please mail this form and registration fee to:**

Delaware Commission of Veterans Affairs  
802 Silver Lake Blvd, Suite 100  
Dover, DE 19904  
Attn: Sherri Taylor

**REGISTRATION FEE MUST BE RECEIVED BY APRIL 11, 2008.**

**NOTE: RECEIPT OF YOUR REGISTRATION FEE, CONFIRMS ATTENDANCE AND  
WORKSHOP SELECTION.**

**FOR FURTHER INFORMATION, CONTACT THE COMMISSION OFFICE AT 302-739-2792 OR 1-800-344-9900 (IN STATE).**



Vietnam Veterans of America  
Kent County, Chapter 850  
Joseph G. Startt Jr., President  
3878 Savannah Road  
Dover, De. 19901

The members of the Vietnam Veterans of America come from all walks of life. We are farmers, factory workers, civic and corporate leaders. We are doctors, lawyers and dentists. We are your neighbors, colleagues, family and friends. Kent County Chapter 850's motto is "Never again shall one generation of veterans abandon another". We are committed to improving the lives of our veterans and fallen comrades.

We recently received a donation of land from Kent County, and are in the process of building a monument to honor local service members killed and/or missing in action in Vietnam. We are asking the merchants and citizens of our fine state for donations to help build the monument

**The success of this monument depends on your support!** Thank you for taking the time to read this letter. Any help you can provide will be appreciated, and donations are tax deductible. Donations can be made payable to "Vietnam Veterans of America, Kent County Chapter 850".

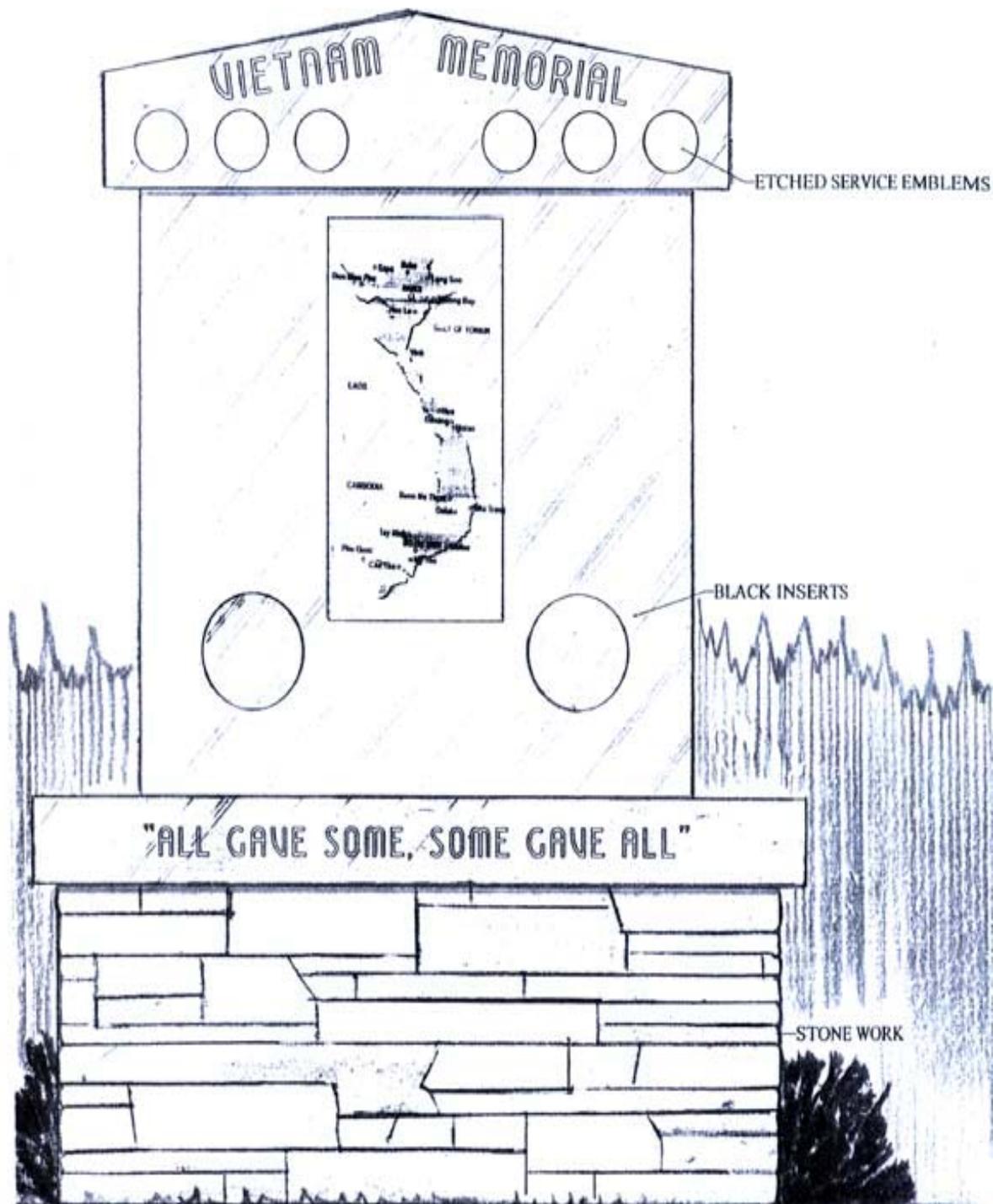
Care of

First National Bank of Wyoming,  
28 Deak Drive  
Smyrna, De. 19977  
ATTN: Teresa Swartz

Our Tax ID # is EIN-51-0399228

Respectfully Yours,

Joseph G. Startt Jr., President



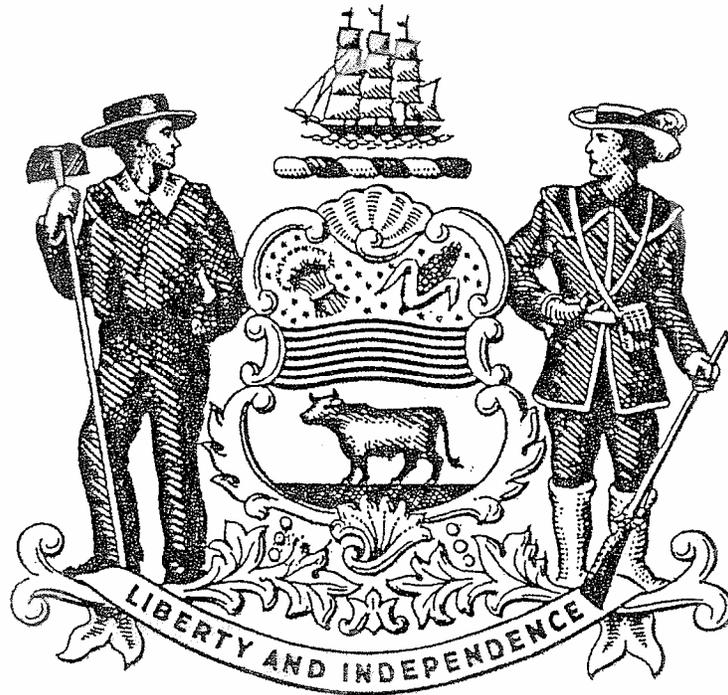
**VIETNAM WAR MEMORIAL**

- CAP STONE BLACK GRANITE 4-2 X 0-8 X 1-0 ALL POLISHED  
S B LETTERED AND ETCHED SERVICE EMBLEMS
- CENTER TABLET INDIA RED ALL POLISHED
- BLACK INSERTS ATTACHED AND ETCHED S/B CARVED 2
- BOTTOM BASE BLACK GRANITE 5-2 X 1-4 X 0-6  
ALL POLISHED S/B LETTERED FRONT ONLY



# STATE OF DELAWARE

"Serving Delaware's Veterans"



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