**VETERANS OF FOREIGN WARS BLAZING STAR POST #1574**

**17 CANNON AVENUE**

**STATEN ISLAND, NY 10314**

**Website. http://blazingstarvfwpost1574.org/wp**

**October 2019**

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| BLAZING STAR POST 1574 CONTACT NUMBERS  Al Porto, Commander - 718-578-1242, albert.porto38@gmail.com  Paul Dietrich, Quartermaster - 718-698-5269, paul@the-dietrichs.com  William Alcock, Adjutant - 718-698-1923 |

**Calendar Events**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Event | Location | Time | Remarks |
| 2 October | Blazing Star Post Meeting | Gold Star Post | 1300 | Wednesday |
| 2 October | SI Commuting Town Hall | JCC Bernikow | 1830 | 718-667-3313 |
| 22-23 October | Blood Drive | College of Staten Island | TBA |  |
| 2 November | Poppy Distribution | Shoprite | 0900-1500 |  |
| 4 November | Veterans Breakfast | St Adalbert | 0830 | RSVP 718-442-2020 |
| 6 November | Blazing Star Post Meeting | Gold Star Post | 1300 | Wednesday |
| 8 November | Poppy Distribution | SI Ferry | 0700-1000 |  |
| 8 November | Poppy Distribution | Bayway Refinery | 1100-1300 |  |
| 9 November | Poppy Distribution | Stop and Shop | 0900-1500 |  |
| 10 November | Poppy Distribution | Stop and Shop | 0900-1500 |  |
| 4 December | Blazing Star Post Meeting | Gold Star Post | 1300 | Wednesday |

**Membership**

1. Consider Life Membership. You save money over the long run and eliminate the need to renew yearly. Below are the membership rates for Life membership and Installment Plan Life Membership.

**Age on 31 Dec             Payment in Full             Installment Plan Option                               
                         Total:                   Initial Fee:        11 payments of:**

Through Age 30               $425.00                $45.00                $38.64

31-40                                  $410.00                $45.00                $37.27

41-50                                  $375.00                $45.00                $34.09

51-60                                  $335.00                $45.00                $30.45

61-70                                  $290.00                $45.00                $26.36

71-80                                  $225.00                $45.00                $20.45

81 and over                        $170.00                $45.00                $15.45

2. Dues Renewal Reminder:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Eans, Ernest** | **UnPaid** | ***6/30/2019*** | **EXPIRED** |
|  | **Gomes, Dannyel** | **UnPaid** | ***6/30/2019*** | **EXPIRED** |
|  | **Nelson, Eric** | **UnPaid** | ***5/31/2019*** | **EXPIRED** |
|  | **Santiago, Luis A** | **UnPaid** | ***4/30/2019*** | **EXPIRED** |

**Service Officer**

1. Veterans are encouraged to enroll in the VA health care so they are on record should they ever need it.  No cost to apply.  Apply on line at [www.va.gov/healtheligibility/vfw](file:///C:\Users\Albert\Documents\VFW\Newsletters%202011\www.va.gov\healtheligibility\vfw) or call 1-877-222-8387.

2. DD Form 214 website. http://vetrecs.archives.gov. If you need assistance, contact the post service officer, Doug Encarcion.

3. Survivor Outreach Services. The website has a lot of information for those left behind when a service member or veteran passes. <http://www.sos.army.mil/> or <http://www.westpointmwr.com/acs/survivor_outreach_services.html>

4. To someone going through a difficult time, one simple act has the power to make a difference. Reach out to veterans and service members in your life today – <http://www.veteranscrisisline.net/ThePowerof1.aspx>.

5. Online Health Care Application.[www.vets.gov](https://www.vets.gov/).  or call 877-222-VETS (8387).

6. Veterans Representative on Staten Island. Monique L. Rada Engagement and Community Services Coordinator

NYC Department of Veterans’ Services [1 Centre Street, Suite 2208](x-apple-data-detectors://1/0) [New York, NY 10007](x-apple-data-detectors://1/0) [917-628-8487](tel:917-628-8487) [mrada@veterans.nyc.gov](mailto:mrada@veterans.nyc.gov)

7. [Vets.gov](http://vets.gov/) Connects Veterans to Services.

8. John Bartow, Assistant VSO, Veterans of Foreign Wars 518-626-5687.

9. The following web site is the medical providers close to your house who have accepted the VA Choice program and are registered to do so.  Quite a few here on SI.  It gives a map where you can see them in relation to where you live or work.  You can also get contact information to reach out to them. <https://www.va.gov/opa/apps/locator/>

10. A VBA Representative at the Staten Island Vet Center every Wednesday.  **There are no walk-ins everyone must call  (718)816-4499 to set up an appointment.**  All services are free. Samuel B. Cottes, Jr., Veterans Outreach

Specialist, Staten Island Veterans Center, US Department of Veterans Affairs; Readjustment Counseling Services, 60 Bay Street, Staten Island, NY 10301 Tel: (718) 816-4499 x 7747 Cell: (929) 359-2449 Fax:  (718) 816-6899

11. Discharge Upgrade Online Tool.

<http://www.ourveterans.nyc/discharge_upgrade_online_tool?utm_campaign=180129&utm_medium=email&utm_source=nycveteransalliance>

**Employment and Education**

1. Looking for a job? Need quality employees? USE VETJOBS! [www.vetjobs.com](http://svarialce.vfwemail.org:81/CT00004002MzA1OTA1NDk=.HTML?D=2011-08-26)

2. Vets looking for jobs, the website: 100000jobsmission.com. Go there to apply and search for available jobs specifically held for veterans.

Bottom of Form

General

1. Staten Island University Hospital's Military Appreciation Program. This program entitles active duty members and veterans free parking 12 times per year at the SIUH parking lot. Go to the Security Office with proof of military/veteran status. You will be given 12 parking stamps. Place them on parking ticket and no fee.

2. Free parking for veterans at Richmond County Medical Center. Veterans can park for free in the visitors parking lot where tokens are required. Stop at the main reception desk or security post, show proof you are a veteran (drivers license with vet on it, retired ID card, VA card or similar) and they will give you a free token for the parking lot. Get it on the way in as the reception/info desk is not manned all night. Use the token to exit the lot. Saves you $4 per visit.

3. The Defense POW/MIA Office announced the identification of remains belonging to the following personnel. Returned

home are:

**Navy Radioman 2nd Class Floyd A. Wells**, 24, USS Arizona, Pearl Harbor, Dec. 7, 1941.

**Navy Seaman 2nd Class D.T. Kyser**, USS Oklahoma, Pearl Harbor, Dec. 7, 1941.

**Army Sgt. David C. Sewell**, Co M, 3rd Bn, 31st Inf Regt, 7th Inf Div, Chosin Reservoir, North Korea, Nov. 28, 1950.   
**Army Cpl. Harold Pearce**, 25, 24th MP Co, 24th Infantry Division, Taejon, South Korea. July 10, 1950.

**Army Cpl. Jerome V. Hummel**, Hvy Mortar Co, 31st Inf Regt, 7th Inf Div, Chosin Reservoir, North Korea, Nov. 30, 1950.   
**Army Sgt. Willie V. Galvan**, 24, Medical Co, 31st RCT 7th Inf Div, Chosin Reservoir, North Korea, Dec. 1, 1950.  
**Army Cpl. Kenneth E. Ford,** Co C, 1st Bn, 32nd Inf Regt, Chosin Reservoir, North Korea, Dec. 2, 1950.

4. The Defense POW/MIA Accounting Agency is seeking the public’s help to find and encourage more MIA families to donate a DNA sample to help speed the identification process of recovered remains. Each military service and the State Department has a service casualty office that can explain how to donate.

|  |  |  |
| --- | --- | --- |
| Army: 800-892-2490 | Navy: 800-443-9298 | State Department: 202-485-6106 |
| Marine Corps: 800-847-1597 | Air Force: 800-531-5501 |  |

5. Staten Island Community TV: Veterans TV Shows are available 24 hours a day via Youtube. To view, google "Youtube, Ed Salek, In Honor of" or go to Youtube.com and search for Ed Salek, In Honor of.

6. Now you can shop online at the PX.  For more information on the Veterans online shopping benefit, please go to  <https://www.shopmyexchange.com/community> and click on Veteran info.

**7. Vaccines You’ll After 50**

**Influenza vaccine**

**Who needs it:** All adults, no matter what their age.

**How often**: Once a year. “The virus itself changes every year,” says Katz. “Researchers try to predict what will be the most common strain that season, then reformulate the vaccine accordingly.” [Flu season](https://www.aarp.org/health/conditions-treatments/info-2018/flu-prevention-tips-fd.html) typically begins in October and ends in March; the CDC recommends rolling up your sleeve by the end of October since it takes about two weeks after a vaccination for flu-fighting antibodies to develop in the body.

**Why you need it:**The flu can lead to hospitalization and sometimes death — and seniors are the most vulnerable. Studies show that a vaccination can reduce the risk of illness by as much as 40 to 60 percent.

**Talk to your doctor if:** You’ve had a severe reaction to the flu shot in the past, are allergic to eggs (funny enough, the flu vaccine is most commonly grown in them), have (or have had) Guillain-Barré syndrome, or have a fever. (In that case, you'll likely be asked to wait until your temp is back to normal before you get the vaccine.)

**Parting shot:** Even if you’re vaccinated, there’s a possibility you *could* get the flu. How well the inoculation protects depends on different factors, including your age and health status. That said, a flu vaccination may lessen the severity of illness if you *do* get sick. A 2017 study found that flu vaccination reduced ICU admissions and the length of hospital stays among flu patients.

**Pneumococcal vaccine (pneumonia)**

**Who needs it:** Healthy adults 65 years and older, or adults 19-64 with certain risk factors (smoking, or health problems, such as chronic lung or heart disease, leukemia, lymphoma or alcoholism).

**How often**: The CDC recommends two pneumococcal vaccines for healthy adults 65 and older. Don’t get them at the same time. You should receive a dose of the pneumococcal conjugate vaccine (PCV13), then a dose of pneumococcal polysaccharide vaccine (PPSV23) one year later. Those who have any of the risk factors above should get one dose each of PCV13 and PPSV23 *before* age 65, separated by eight weeks.

**Why you need it:** Pneumococcal disease, which can cause pneumonia, kills more people in the U.S. each year than all other vaccine-preventable diseases combined. An estimated 28,000 cases and 2,900 deaths from invasive pneumococcal disease occurred in 2014. Young children and those over 65 have the highest incidence of serious illness, and older adults are more likely to die from it. Experts estimate PCV13 prevented more than 30,000 cases of invasive pneumococcal disease and 3,000 deaths in its first three years of use.

**Parting shot:** If you work around chronically ill people — say, in a hospital or nursing home — you should get the vaccine, even if you’re healthy.

**Tdap (tetanus, diphtheria, pertussis) vaccine and/or the Td (tetanus, diphtheria) booster**

**Who needs it:**The Tdap vaccine came out in 2005, and along with protecting against tetanus and diphtheria, like the vaccine it replaced, it also includes new, additional protection against whooping cough, also known as pertussis. If you can’t remember ever getting this shot, you probably need it. And doing so, says Katz, can also count for one of the Td boosters you’re supposed to get every 10 years. (You know the one ... it's the shot you wonder if you're current on after you step on a rusty nail during your vacation.)

**How often:** You get Tdap only once, and after that, you still need the Td booster every 10 years. Otherwise, your protection against tetanus and diphtheria will fade.

**Why you need it:**Due to a rise in whooping cough cases in the U.S., you really do need to be vaccinated against it, even if you’re over 65. In the first year after getting vaccinated, Tdap prevents the illness in about 7 out of 10 people who received the vaccine.

**Talk to your doctor if you:**Have epilepsy or other nervous system problems, had severe swelling or pain after a previous dose of either vaccine, or have (or have had) Guillain-Barré syndrome.

**Parting shot:** This vaccine is especially crucial for people who have close contact with infants younger than 12 months of age — including parents, grandparents, and child care providers.

**Shingles (herpes zoster) vaccine**

**Who needs it:** The CDC recommends that everyone 50 and older get the new [shingles vaccine](https://www.aarp.org/health/conditions-treatments/info-2018/shingles-vaccine-available-fd.html), Shingrix, even if they had the earlier recommended vaccine, Zostavax — which was much less effective — and even if they've already had shingles.

**How often:** For now, the CDC is recommending only that you get this new vaccine, which is given in two doses spaced two to six months apart, to prevent both shingles and its complications. It remains to be seen if the agency will recommend getting it again, after, say, five years, as its effectiveness starts to wane.

**Why you need it:** One in three people will get shingles, usually after age 50. The risk rises with age. By 85, half of adults will have had at least one outbreak. Chicken pox and shingles are caused by the same virus, varicella zoster. After a person recovers from chicken pox, this virus stays dormant for decades in the body, ready to appear when the immune system is weakened by stress, medication or disease. This infection causes a red rash and painful blisters. About 15 percent of sufferers are left with extreme nerve pain — a condition called postherpetic neuralgia (or PHN), which can last for months or years. Shingrix can protect 97 percent of people in their 50s and 60s, and 91 percent of those in their 70s and 80s.

**Talk to your physician if you:** Are not feeling well, or currently have shingles. There are few other reasons not to get the vaccine.

**Parting shot**: Older adults should also get this vaccine whether or not they remember having had chicken pox as a child. Why? More than 99 percent of Americans over the age of 40 have been exposed to the varicella zoster virus, even if they don’t recall getting chicken pox.

**Hepatitis A vaccine**

**Who needs it:** People 50 and older who are at high risk for hepatitis A (HAV), a disease of the liver. Infections result primarily from travel to another country where hepatitis A virus transmission is common, through close contact with a hepatitis A-infected individual, or recreational drug use.

**How often**: Once, but given in two doses over six months.

**Why you need it:** Hepatitis A rates in U.S. have declined by more than 95 percent since the hepatitis A vaccine first became available in 1995. In 2016, there were an estimated 4,000 hepatitis A cases in the U.S.

**Parting shot**: This is a sneaky disease. You may not have any telltale signs — and the likelihood of symptoms decreases as you age.

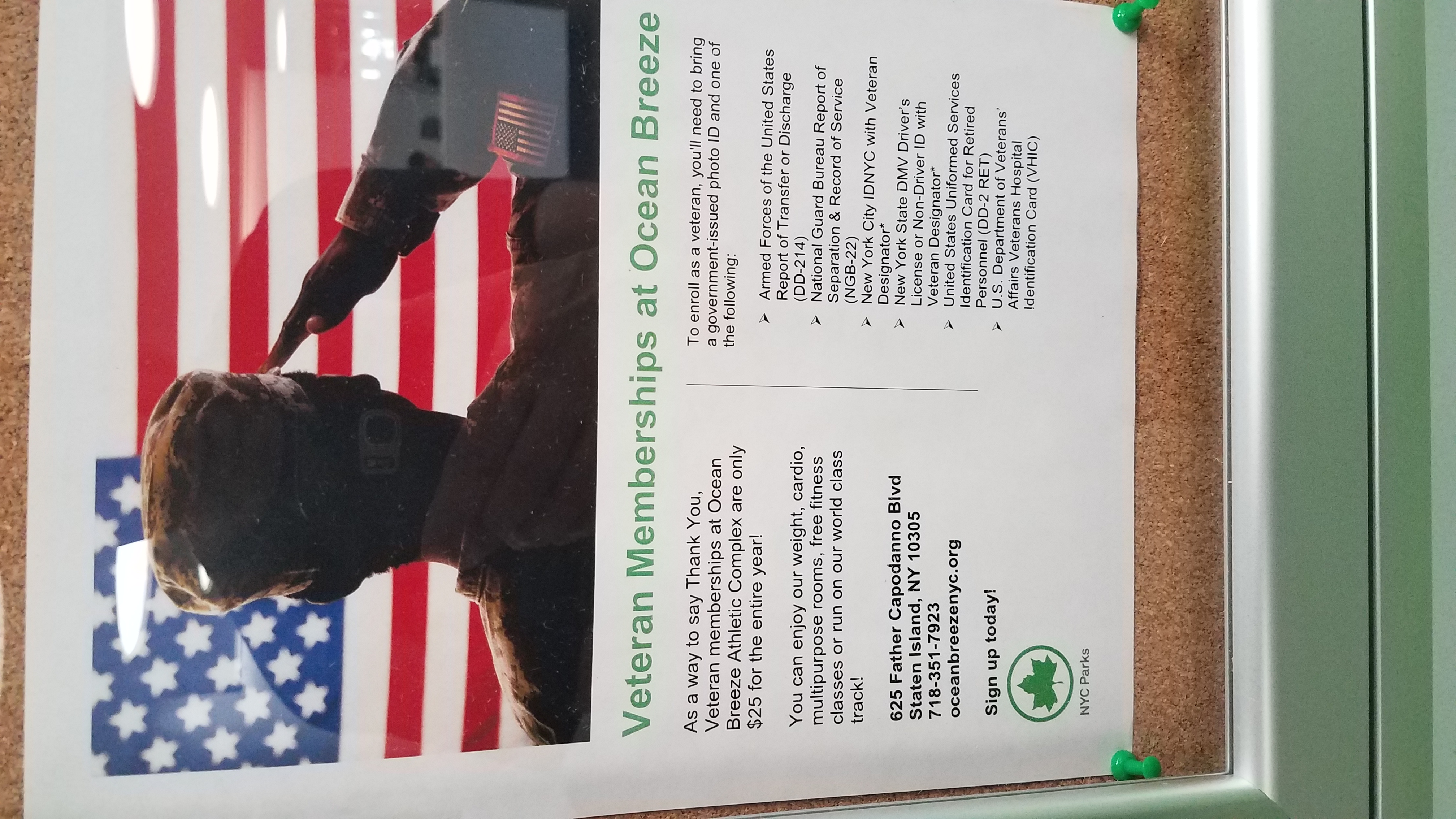
**Hepatitis B vaccine**

**Who needs it:** Adults 50 and older who are at risk for contracting hepatitis B, a liver infection. [Hepatitis B](https://www.aarp.org/health/conditions-treatments/info-2018/hepatitis-b-vaccine-fd.html) is transmitted when a body fluid (blood, semen, saliva) from a person infected with the hepatitis B virus enters the body of someone who is not infected. This can happen through sexual contact, or things like contact with blood or open sores (say, from a job that exposes you to human blood or other bodily fluids), or sharing anything from a needle to a razor to a toothbrush with an infected person. Other risk factors for infection include being on kidney dialysis, traveling to countries where hepatitis B is common, or having HIV.

**How often:** Adults getting the vaccine need three doses — the second dose given four weeks after the first; the third dose five months after the second. There is also a combination vaccine for both hepatitis A and B called Twinrix, which is given in three doses over six months.

**Why you need it:** The CDC estimates that the estimated number of new HBV infections in 2016 was 20,900.

**Talk to your physician if you:**Have a life-threatening allergy to yeast, or to any other component of the vaccine, or are moderately or severely ill when a dose of vaccine is scheduled.



**9. Senator Andrew Lanza Continues Free Civil Legal Services for Veterans Tuesday, October 8, 2019**

**Free civil legal services available to veterans, current service members & their families**In support of Staten Island's veterans, I am continuing to host pro bono attorneys from the New York Legal Assistance Group (NYLAG) at my district office for a series of one-on-one appointments. **Veterans, current service members and military connected family members are invited to schedule a free appointment with a NYLAG attorney on civil legal issues.**

**Legal Issues That Veterans Can Discuss With NYLAG**

* **Veterans Benefits:** VA service connected compensation, VA non-service connected disability pensions, accessing VA healthcare, discharge upgrades
* **Consumer Protection:** debt matters, bankruptcy, mortgage and foreclosure issues
* **Family Law:**child support, custody/visitation, uncontested divorce
* **Housing Issues:** eviction prevention, landlord disputes, unsafe or hazardous housing conditions
* **Advance Planning:** last wills and testaments, medical advance directives, powers of attorney
* **Public Benefits:** Medicaid, Medicare, Social Security Disability (SSD), Supplemental Security Insurance (SSI), SNAP (Food Stamps)

**Senator Lanza’s District Office - 3845 Richmond Avenue, Suite 2A Staten Island, NY 10312**

**\*\*APPOINTMENTS ARE REQUIRED\*\***  
Tuesday, October 8, 2019, Appointments from 12pm-3:30pm, **To schedule an appointment, please contact:  
NYLAG representative Isabelle Muhlbauer at (212) 613-6526 or** [**imuhlbauer@nylag.org**](mailto:imuhlbauer@nylag.org)

**Items of Interest**

**'Top Ten' American Flag Myths**

**The Flag Code.** The 77th Congress adopted this codification of rules as public law on June 22, 1942. It is Title 4, United States Code Chapter 1.

**A flag that has been used to cover a casket cannot be used for any other proper display purpose.** A flag that has been used to cover a casket can be used for any proper display purpose to include displaying this flag from a staff or flagpole.

**The Flag Code prohibits the display of a United States flag of less than 50 stars.** According to the U.S. Army Institute of Heraldry the United States flag never becomes obsolete. Any officially approved American flag, irrespective of the number or arrangement of the stars and/or stripes may continue to be used and displayed until no longer serviceable. (Nike – TAKE NOTE!!!)

**The Flag Code does provide for penalties for violations of any of its provisions.** The Flag Code is simply a guideline for proper flag etiquette. The law does not provide penalties for violation of any of its provisions.

**You must destroy the flag when it touches the ground.** As long as the flag remains suitable for display, the flag may continue to be displayed as a symbol of our great country.

**The Flag Code prohibits the washing or dry-cleaning of the flag.** There are no provisions of the Flag Code, which prohibit the washing or dry-cleaning of the flag. The decision to wash or dry-clean would of course depend upon the type of material.

**There has been a change to the Flag Code that no longer requires the flag to be properly illuminated during the hours of darkness.** There has been NO CHANGE to Flag Code section 6(a), which states: “It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flag staffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.”

**The mayor, a town official, or the Post Commander can order the flag to be displayed at half-staff.** The gesture of placing the flag at half-staff means that the Nation or the state mourns the death of a highly regarded National or state figure, hence only the President of the United States or the Governor of the state may order the Flag to be half-staffed in accordance with Flag Code section 7(m). Those individuals and agencies that usurp authority and display the flag at half-staff on inappropriate occasions are quickly eroding the honor and reverence accorded this solemn act.

**The Flag Code states that when the flag is no longer a fitting emblem for display it is to be disposed of by burning in private.** The Flag Code as revised and adopted by the Congress of the United States in 1942 has never included the word(s) "private" or "in privacy." Section 8(k) of the Flag Code states: "The flag, when it is in such a condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning." Since 1937, The American Legion has promoted the use of a public flag disposal ceremony. This ceremony is a fitting tribute and an overt expression of patriotism, which enhances the public's understanding of honor and respect due the American flag.

**The Flag Code prohibits the “fringing” of the flag.** Fringing of the flag is neither approved of nor prohibited by the Flag Code. It is considered that fringe is used as an honorable enrichment to the Flag. Additionally, the courts have deemed without merit and frivolous, lawsuits that contend that the gold fringe adorning the flag conferred Admiralty/Maritime jurisdiction.