I received a message from a family member, who asked me to call them regarding their veteran brother. I get these requests quite often and look forward to providing assistance. After calling, I was connected with a sister who was extremely distraught. Her younger brother, an Iraq and Afghanistan combat veteran was having a rough time. She told me he had been involved in three separate IED explosions during his multiple deployments. Although, he had no physical injuries, his post-traumatic stress was extreme and just riding in a car, on Route 13, caused flashbacks. She added, how he’s underemployed because his occupational specialty (disarming bombs) did not translate into civilian jobs. In addition, he began self-medicating to dull his pain. At first it was alcohol and then she disclosed that he is using heroin. We spoke about his service to our country and how she blamed herself for his issues, because she encouraged him to join the military. I provided multiple behavioral health, substance misuse, and employment interventions ensuring she had specific points of contacts and not generic phone numbers. Because of her caring, I know this veteran is on his way toward cleaner living and focused therapy. This story highlights the serious issues facing our veterans. I am asking you to become familiar with veteran resources (behavioral health, substance misuse treatment, suicide, homelessness, employment) so that you can help. We all respect veterans’ service to our nation, regardless of era, and must do what we can to eliminate their demons. Our agency will continue to help all veterans and with your input, we can make a positive difference in their lives.
John R. Knotts of Davis, CA, formerly of Dover, passed away on April 16, 2019. John was drafted into the U.S. Army during the Vietnam war. He eventually served 22 years in the armed forces, retiring from the U.S. Navy in 1999. John completed his Master of Business Administration at Charleston Southern University while serving in the Navy as a hospital administrator. He retired again in 2014 as the Executive Director of the State of Delaware Commission of Veterans Affairs. John was a dedicated public servant and friend to all. He loved sailing, golf, good conversation, and spending time with friends and family. John is survived by his wife, Dianne; daughter, Tiffany; son-in-law; granddaughter; sister, Nancy, and nieces and nephews. John was placed to rest in the Sacramento Valley National Cemetery in Dixon, Calif. on June 10, 2019.

John was born and raised in Dover. He graduated from Dover High in 1970. John began his career with the Commission of Veterans Affairs as the Senior Accountant in 2001. In addition to his regular duties, he was responsible for procuring several grants for the Veterans Memorial Cemeteries and instrumental in the design process and logistical requirements for the Delaware Veterans Home. He served as the Executive Director of the Commission from 2013-2014 and was well known for his dedication to Delaware veterans. In 1959, John’s grandmother, Susie Roberts Knotts, donated 59+ acres of land to the State of Delaware for the Veterans Memorial Cemetery located in Bear.

John was a Life Member of Delaware Veterans Post 2 in Dover (Life members have to have been there and active for 20 consecutive years). He served as the Commander of DelVets Post 2 from 2000-2002. His father Ralph D Knotts Jr. served as Commander of DelVets Post 2 from 1962-1963. John’s contributions to the Post and the Community were numerous in helping Veterans in need and established a great relationship between DCVA, DelVets, and numerous community organizations advocating for Service Members and Veterans. He was a great mentor to many Veterans and very passionate about assisting veterans.
Chuck was very active in the community; American Legion Post 18, Sons of the American Legion Squadron 18, VFW Post 5447, Vietnam Veterans and Del Vets Post 1. He was the State Commander of the American Legion in 1998 - 99 and was currently serving as a member of the Governor's Commission of Veterans Affairs. He was also active in Brandywine Little League, the Romeo Club and Crestview Pool. Several of Chuck's favorite legion programs were American Legion baseball, Boy's State and The Oratorical Program.

In addition to his parents, Chuck is predeceased by brother James Russell Armbruster and sisters Margarella Armbruster and Mary Helen Peko. He is survived by his loving wife of 42 years, Patricia, children Chip (Sarah), Katie Socorso (Vince) and Carrie Sawyer (Paul), five grandchildren Lily and Charlotte Armbruster, Porter Sawyer, and Charlie and Drew Socorso and brother Joseph Surace. Survivors also include brothers-in-law Ray Tomasetti (Christine) and Rich Tomasetti (Tracy), niece Amanda Tomasetti and nephews Jeff, Michael and Christopher Tomasetti. He will be missed by all who knew him.

Mass of Christian Burial was offered on Tuesday July 2, 2019 at Holy Rosary Church, 3200 Philadelphia Pike, Claymont, DE. A committal service was held Thursday July 11, 2019 at Delaware Veterans Cemetery, Bear. For online condolences, please visit: Chandlerfuneralhome.com

Commissioner Armbruster was always a big supporter of our Annual Freedom 5K. We truly missed him this year, but we all knew that he was looking down and rooting for everyone!

Thank you to all our participants, sponsors and volunteers! A special thank you to Tri Sports Events; City of Dover; Mission BBQ, Jennifer “Rambo” Davidson; Valerie Camarillo with Veterans Community Outreach and Tracy Moore with “wear blue: run to remember.” Also, thank you to Commissioners Bill Farley, Anna Lopez and Doc Sarg for coming out! Another great year, Dave Skocik! Dave is always out there in our community trying to raise more funds for the DVTF.

Thank you everyone for helping raise over $5,000 at this year’s 5K!
Please note that next month’s Commission Meeting, Tuesday, August 20th will be held at Del Vets Post 1 at 3pm. Delaware Veterans Post #1, 2535 Veterans Drive, Wilmington, DE 19810 (302) 475-9891.

You can also contact DCVA office to confirm any new changes: (302) 739-2792. Thank you!
Back in May, Governor Carney helped reveal the memorial bell at the Delaware Veterans Home in Milford. The bell will ring on the passing of the residents. On the bell, the plaque displays the following:

In remembrance of those who served with valor and courage.

This bell was recovered and rededicated to the men and women who lost their lives on September 11th, 2001 by Franciscan Brother David Schlatter.

Here this bell is placed to honor those who have defended the freedom of our country and our state.

In memory of Bereavement Counselor Alex Tyree and with appreciation to Delaware Hospice’s Camp New Hope for this generous gift, and to the Friends of the Delaware Veterans Home for assisting in its donation.

PLEASE HELP WELCOME THE NEW DVH ADMINISTRATOR, MR. TERRY HOLLINGER!
Friends Foundation

The Friends of Delaware Veterans, Inc., a 501c3 and the official fund-raising organization of the Veterans Trust Fund, has created a foundation to build a self-sustaining endowment for the Trust Fund.

Twenty-five individuals and organizations contributed a total of $25,000 to begin the drive with the Delaware Community Foundation managing the fund. The effort was initiated by Friends board member Charles “Chuck” Baldwin who worked with contributors to raise the initial amount to establish the fund and create an ongoing source of revenue that will ultimately provide emergency financial grants to Delaware veterans.

“This effort is in addition to the Friends ongoing work of raising money for the Trust Fund,” said board President Dave Skocik. The Friends board, all veterans, volunteer their time and effort and work in conjunction with the Commission of Veterans Affairs. Tax deductible contributions for the foundation can be made to Friends of Delaware Veterans Foundation, c/o Delaware Commission of Veterans Affairs, 802 Silver Lake Blvd., Suite 100, Dover, DE 19904.

WWII veteran and wife contribute to the Veterans Trust Fund

DOVER -- WWII Veteran and former Prisoner of War William “Bill” Willis and his wife Betty have reached out to veterans of succeeding generations by contributing $15,000 to the Delaware Veterans Trust Fund.

Mr. Willis was shot down over Holland in February 1945 and held captive by German forces until April 1945 before being liberated and will never forget the sacrifices of veterans of all generations.

The Trust Fund is administered by the Commission of Veterans Affairs and makes one time hand up grants to Delaware veterans in demonstrated financial difficulties. Contributions are tax deductible. Signed into law in 2013, the fund has stopped cutoff of utilities, paid for emergency repairs on homes and auto, prevented repossessions, and sometimes puts food on the table.

“It’s heartening to accept this contribution from a member of The Greatest Generation to assist our current veterans who find themselves challenged by financial emergencies,” said Dave Skocik, president of the Friends of Delaware Veterans. The Friends board is made up of veterans who work as volunteers throughout the year to raise money for the Trust Fund.

Association of the United States Army contributes to the Delaware Veterans Trust Fund

Larence Kirby, Executive Director, Delaware Commission of Veterans Affairs; Dave Skocik, president, Friends of Delaware Veterans; and Col. Gary Dawson, U.S. Army (retired) of AUSA (Association of the United States Army), presents a check for $1,750 to the Delaware Veterans Trust Fund on June 27. The donation was the proceeds of a May 17 golf tournament at Salt Pond Golf Club, Bethany Beach and was the second event in two years by AUSA for the Trust Fund.

Since 1950, the Association of the United States Army has worked to support all aspects of national security while advancing the interests of America's Army and the men and women who serve.
Delaware Gold Star Families have had a busy few months. In February they held their 5th Annual Delaware Gold Star Ladies Tea. We had Gold Star Families as far away as Oregon in attendance and the laughter from our event was sure to have been heard in Oregon! Congratulations to Gold Star Mother Deb Marekese for being the winner of our door prize. However, no lady went home empty handed. The Gold Star Families were each given an engraved gift honoring their hero.

The Elsmere VA Patient Carnival was a major success and Vietnam Veterans of America Chapter 83 Gold Star Program won 2nd place for the best decorated booth. Gold Star Mothers Deb Marekese and Donna Graves assisted Gold Star Representative Judy C. Campbell with ensuring each of our veterans had a wonderful time. Our veterans went away with prizes consisting of “Proud Veteran” t-shirt, socks, pocket games, etc.

Gold Star Families received a heartfelt ovation at the Delaware National Guard All Military Ball. We enjoyed an evening of saying thank you to the Delaware National Guard for all they do and dancing the night away! By Judy C. Campbell

On June 12, 2019, the Delmarva Hand Dance Club donated $2,000 to the Vietnam Veterans of America Chapter 850 to train a service dog through their program "Canines Assisting Service Heroes". The program trains service dogs to be given to a disabled Veteran who has been diagnosed with Post Traumatic Stress Syndrome or Traumatic Brain Injury. Pictured from left to right are Board Members Joan McHale, Barbara McArdle, Clarence Emmons, and Howard Simons; Vietnam Veterans of America President Joe Startt, Board Members Mac Smith, Judy Martin, President of the Club Eileen Smith and Kevin Matthews, Exalted Ruler, The Elks 2645, Ocean City. Ray Harris of the Vietnam Veterans of America is pictured with "Gunney" a canine in training in the program.

Submitted by: Eileen Smith, President and The Delmarva Hand Dance Club Team

Kent County Vietnam veterans honor Mission BBQ on national holiday

Kent County Chapter 850, Vietnam Veterans of America’s Vice President Paul Davis made a surprise presentation to the crew from Mission BBQ during the line up for the 4th of July parade in Dover.

It was pre-planned so it could be made on our national holiday, according to Mr. Davis, chapter 850’s vice president, who also serves as Delaware VVA Council president.

"Every Mission BBQ restaurant supports its local USO and its communities in many ways, with a focus on support of fire, police, first responders and our military. They serve great food with a huge side of patriotism. Every day at noon everything comes to a halt and teammates place their hand on their heart and rise for the National Anthem. Mission BBQ is the only restaurant in the country that does this," he said.

"This presentation is an awesome thing and will be displayed in our restaurant. God Bless America," said Jennifer Rambo, the Dover restaurant's community ambassador in accepting the plaque.

(L-R): Logan Strickland, Gus Bloom, Paul Davis, Jennifer Rambo, Dave Skocik, Courtney Neely and Jamie Ryan.
The event started on 16 May through 19 May, President Joe Moore and his son carried panels to the setup site (below-r); Rhona Prescott read names and presented 50 yr Commemorative pins and Bob DeRose joined the motorcycle escort, bringing the Wall in. Many more of our members volunteered and for multiple days. It was a heart rending experience. Our chapter people acted the part of “wounded healers” to those paying tribute for the first time. Two former ARVN officers expressed their appreciation for American intervention in that war; Dover Air Base sent a C 5 flyover and the State Police pipe and drum corps added special reverence to the event. A good number of Sussex Chapter #1105 helped with the “heavy lifting”!

Three Generations Honoring Vietnam Veterans

My grandkids would always ask me about the Vietnam War after hearing someone talk about it or hearing about it on TV. I would talk about the war on their level. I was honored to take them to the wall to see all the names of the Troops that gave their lives for our country. I asked them if they wanted to Salute the names as though it was the Troops, they couldn't wait for me to tell them to "Present Arms." They were amazed at how all names on the wall died in Cambat. (58,276) I want to thank the American Legion for bringing the Wall to Lewes, Delaware. My grandkids have memories they can share with their grandkids. We visited the Wall on May 19, 2019 at the Ferry parking area in Lewes, Delaware. I am James Hooper, my son Bryan, my granddaughter Kameryn, grandsons, Bryan Jr and Isaiah. -James Hooper, Sr.
VA hosts Veterans Town Hall at Walter Fox Post in Dover

DOVER -- Leaders from the Wilmington Veterans Administration Medical Center held a Veterans Town Hall meeting at the American Legion's Walter L. Fox Post, Dover on May 6.

The team, led by VAMC Director Vince Kane, reviewed the efforts of the VA locally, regionally, and nationally to work with veterans to provide outstanding health care services tailored to those who have served. Updates on existing and planned expansion of services in all three counties were provided, including the planned move of the Kent County CBOC (Community Based Outreach Clinic) to the Blue Hen Corporate Center in Dover, which will provide nearly 30,000 sq. ft. of space.

The meeting included Dover Mayor Robin Christiansen who was recognized for his previous and ongoing work with the Delaware Commission of Veterans Affairs on veteran homelessness and suicide prevention. Charles Parisan, First Vice Commander, Walter L. Fox Post 2, was presented a certificate of appreciation for hosting the event that included coffee and snacks along with information tables of available services.

"Veterans are grateful for this level of information and service brought to them in multiple venues," said Dave Skocik, president of the Delaware Veterans Coalition. "The purpose of the meeting was twofold: to educate veterans about the increasing levels of service and care available to them, and to hear feedback about ways to improve what they offer to their fellow veterans." Additional regularly scheduled meetings in each county are planned.

(L-R): Valerie Camarillo, Kent & Sussex counties outreach specialist; Charles Parisan, First Vice Commander, Walter L. Fox Post 2; Vince Kane, Wilmington VAMC director; Mark Taylor, community outreach specialist.

D-Day Tribute and recognition of a hero

DOVER -- WWII veteran William "Bill" Willis of Dover was honored on June 6 by a House of Representatives tribute commemorating the 75th anniversary of the D-Day landings in France. Setting the tone for the ceremony, multiple representatives rose in turn from their seats, reading portions of President Roosevelt's D-Day prayer.

Mr. Willis was seated beside House Speaker Peter Schwartzkopf during the session. A nose turret gunner in a B-24 Liberator, Mr. Willis was shot down in February 1945 over Holland and spent two months as a German prisoner of war before being liberated in April 1945.

After being introduced to the assembled delegates by Dave Skocik, president of the Delaware Veterans Coalition, the 94-year-old veteran received a prolonged standing ovation.

Pearl Center Veterans Home is Turning 1

The Pearl Center is a community style home in Wilmington, Delaware with more than 50 apartments for veterans of all kinds. This September 2019 marks a year of establishing veterans in need with a sense of freedom and safety, and connecting them to resources that enhance their quality of life.

Within the first 3 months of opening, The Pearl was completely leased out in December. 40 of the 51 apartments are subsidized via Project-Based HUD-VASH vouchers. Resident amenities include 24-hour emergency maintenance, supportive services programs, a community lounge and easy access to public transit.

The service doesn’t stop here, The Pearl’s new RV, funded by a grant from the Longwood Foundation, has set up weekly trips throughout New Castle and Kent counties in search of unsheltered homeless Veterans. The Pearl is managed by Ingerman property management and supportive services are provided by the DCHV Programs Director - Teresa Sharpe, MSW. The VA VASH (VA Supportive Housing) Coordinator office is located at the Pearl Center. By: Chyna Spencer

If interested in applying for an apartment contact Dawn the property manager. All veterans welcome - single men and women and veterans’ families!

A matter of time: Watchmaker Initiative provides skilled training for disabled veterans

ODESSA — The 45-minute graduation ceremony was nearly done Friday when Jonathan Dunn’s muted phone buzzed. The Smyrna resident answered shortly afterward and received a job offer to repair watches. His time in the Veterans Watchmaker Initiative was already providing career possibilities. “It’s the hardest thing I’ve ever done but well beyond worth it,” said the former Coast Guard member, who was joined by his wife and two children not yet old enough for school. Three other veterans smiled brightly too after receiving diplomas from the only technical school of its kind nationally supporting honorably discharged veterans. There’s a nationwide shortage of mechanical watch specialists, so quickly finding employment seems likely. “I’m going to begin a job search,” Gumboro resident and Army veteran Jason Adams said. “I could see myself going to New York City or any other number of places.”

Program founder Sam Cannan and Swiss-trained watchmaker doggedly worked for seven years to start the school to assist disabled veterans who have an 83 percent unemployment rate. Wife Pauline was with him every step and described as "the backbone of the operation" during closing remarks before approximately 80 onlookers. Attempts to use sites in Kenton and Middletown failed before New Castle County Council and then executive Tom Gordon donated the 3.7 acre property and commercial. Of Cannan, emcee Dave Skocik said "He just kept pushing forward and wouldn’t take no for an answer. He was very specific about what he wanted." Mr. Cannan described the experience as a "long, long road" to seeing the fruition of his and others efforts. Joining the veteran graduates were Ellendale resident Giancarlo LoRusso (Marine Corps) and Dover resident Don Morton (USAF) Mr. Morton plans to remain in the program to teach the incoming class his trade, and the dream is to eventually have 50 students in the program. "The last 17 months was a lot of work but very enjoyable at the same time," Mr. Morton said. "It was all about meeting challenges, developing skills, making contacts and being introduced to the world that is watchmaking." With no interest in city living and desiring to stay close to home, Mr. Stanton pictures himself at a nearby watch repair service center fixing Bulova products and other brands. "From beginning to end it was an incredible experience," he said.

Staff writer Craig Anderson can be reached at 741-8296 or canderson@newszap.com.
On 16 April 2019, members of Delaware's Sussex County Chapter 1105, Vietnam Veterans of America, joined church and community volunteers to prepare boxes of food for families in need. Continuing a 25 year tradition of giving, Mountaire Farms Inc packed 2,500 boxes of food during the annual Thanksgiving at Easter event at its Selbyville processing plant. Each box contain items for a complete Easter meal for a family. Over 30 food pantries, shelters and churches will distribute the food boxes to families in their communities.

VVA #1105 has been helping with this endeavor for several years and plans to participate on a regular basis.

Submitted by Rhona Prescott, BVA #1105

July 13th was the first Convoy of Hope in Delaware. It was an amazing event and we helped and served over 3,000 in the community. We were blessed to have so many thoughtful volunteers. Thank you for all our Veteran Volunteers!

L:R: Billy DeGraffenreid & Mike Pfeiffer, (DelVets Post 2), Katrinka Contant (Veteran Spouse), Anna Lopez (Convoy’s Vet Lead & DCVA Commissioner) & Ron Garcia-Williams (Stand Down).

Also, thank you to all our Veteran Organizations and Agencies who participated to help our community!

Veterans Affairs Outreach Coordinators
Delaware Commission of Veterans Affairs
Veterans Awareness Center
Goodnights Counseling LLC

Veterans Affairs Vet Center RV
Veterans Multi-Service Center
Victory Village Shelter
Delaware Veterans Court

Veterans United Outreach Trailer
Connections, SSVF
Veterans Stand Down Committee
A Warrior’s Journey
SPONSORSHIP OPPORTUNITIES

RUN, WHITE & BLUE
5K RUN/1MI WALK

ALL PROCEEDS BENEFIT DELAWARE TECHNICAL COMMUNITY COLLEGE OWENS CAMPUS SCHOLARSHIPS FOR VETERANS AND FIRST RESPONDERS

POST RACE COOKOUT ★ FAMILY FRIENDLY FUN AND GAMES

SEPT. 5 2019

5K RUN/1MI WALK REGISTRATION
5 p.m. ★ Student Services Center

WARM-UP
5:30 p.m. ★ Student Services Center Patio

5K RUN/1MI WALK RACE START
6 p.m. ★ Start Line

$25 Adults (Until Sept. 3)
$10 All Students, Military, Veterans, and First Responders (Until Sept. 3)
$25 Silent Marcher (Donation)
$30 All Late Registration (After Sept. 3)

To register online, visit www.SeashoreStriders.com | For more information, visit go.dtcc.edu/run5k
Here are some of our Committee Members: (L-R), Annette Fletcher, Freddy Allan, Freddy Rodriquez, Liz Byers-Jiron, Anna Lopez, Mindy Bacchus, Mary Lambert. Second row: (L-R), Gail Gartner, James Gulley, Amber Lara, Donna Lawson, Kevin Gunning, Beth Turrant and Mike Tiedeman.

Please come join us again this year! We’re always looking for more volunteers and are always accepting donations. Contact information is above on our flyer. Thank you!
SATURDAY, SEPTEMBER 28, 2019

8:00 AM – 3:30 PM // TOWN OF WHITEHALL

801 MAPLETON AVENUE, MIDDLETOWN, DE 19709

Join us as we celebrate our family, friends, and neighbors in the military with a day filled with great music, laughter, and fun!

8:00 AM  Registration Opens
10:00 AM  5K Run, 10K GoRuck, and 1 Mile Family Walk
11:30 AM  Parade to Honor Our Veterans
12:30 PM  Music Festival

Featuring: Dance band, Patrice & The Show

(Annual 22in22 Award Presentation between sets at approximately 1:30 PM)

ADMISSION: SUGGESTED CONTRIBUTION OF $5 TO $10 AT THE DOOR

The mission of 22in22 is to connect the military and civilian communities in order to better equip our active duty and veteran military for life. We do this by supporting the non-profit Stop Soldier Suicide, Inc. and their mission, educating the community about the needs of our warriors, and engaging the community to take action.

The Cause

Every day, approximately 22 veterans and active duty military take their own lives as they succumb to the hidden battles of combat. 22in22 is an organization that helps fund Stop Soldier Suicide, a non-profit that seeks out and pairs veterans with the resources needed to prevent this avoidable end.
THE WALL THAT HEALS
VIETNAM VETERANS MEMORIAL REPLICA & MOBILE EDUCATION CENTER
A PROGRAM OF THE VIETNAM VETERANS MEMORIAL FUND
FOUNDEES OF THE WALL

OCTOBER 3rd - 6th 2019

hosted by:
Veterans of Foreign
Wars Post 7234
Ocean View, DE
29265 Marshy Hope Way
Ocean View, Delaware 19970

sponsored by:
Veterans Veterans
Memorial Fund (VVMF)
founders of the Wall

The WALL THAT HEALS is a 3/4 scale replica of the Vietnam Veterans Memorial in Washington DC. The Wall That Heals travels to communities throughout the United States and allows the souls enshrined on the Memorial to exist once more among family and friends in the peace comfort of familiar surroundings. This traveling exhibit allows thousands of Vietnam Veterans to see the Wall within their own communities giving them strength to begin their own healing process.

ATTEND / HONOR / VOLUNTEER / DONATE

- EDUCATIONAL EXHIBITS
- VIETNAM ERA UH-1 HUEY HELICOPTER ON DISPLAY
- HONORS CEREMONIES
- CANDLELIGHT CEREMONIES
- READING NAMES OF THE MEN ON THE WALL FROM SUSSEX, WORCESTER AND WICOMICO COUNTIES

FREE ADMISSION / FREE PARKING / FREE SHUTTLE SERVICE
OPEN 24 HOURS EACH DAY

For more information, call: 302-539-9981 or visit:
http://www.vfw7234.com
The Woodbridge High School MCJROTC has partnered with Communities in Schools Delaware to collect items needed for middle and high school students. The program is currently in need of the below items for the 2019-2020 school year.

**Adult size clothing:**
- Socks
- Coats
- Gloves
- Scarves
- Hats
- Bras
- Pants
- Shirts
- Hoodies/sweat shirts

**School Supplies:**
- Backpacks
- Pens/Pencils
- Highlighters
- College ruled paper
- Spiral notebooks
- Composition notebooks
- Binders
- Index cards
- Dividers

**Personal items:**
- Shampoo/Conditioner
- Soap
- Deodorant
- Tooth brushes/Toothpaste
- Mouthwash
- Feminine hygiene
- Toilet paper/Paper Towels
- Laundry detergent/Fabric softener
- Cleaning supplies

**Silent Hero:**
Can’t make it to this event but would like to show your support? Register as a Silent Hero!

**Awards:**
Awards to overall male/female and master winners, top 3 male/female runners in categories 10 and under through 70 & over and top 5 male/female walk finishers. Ribbons to all Kiddie K finishers.

**Benefits:**
Woodbridge High School MCJROTC program. This year the MCJROTC is excited to partner with Communities in Schools to help their program stock up on school supplies, clothes and toiletries for Woodbridge students in need. More information about Communities in Schools DE can be found at http://www.cisdela.org/. Items listed on page 2 can be donated at this event.

This is a TriSports Events Chipped Timed Production

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**ENTRY FORM – ONE SIGNED ENTRY FORM PER PARTICIPANT REQUIRED**

**WAIIVER AND RELEASE OF LIABILITY:** I acknowledge that running/walking or rolling (wheelchair) in a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, extreme cold, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting my entry to participate in the Halloween 5K Run & Walk, I, for myself and anyone entitled to act on my behalf, waive and release TriSports Events Management, Woodbridge School District, the Town of Greenwood, the State of Delaware and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby give permission to the event organizers and sponsors to use my name and/or picture in any publication, broadcast, telecast or other account of this event without limitation or obligation of further compensation thereof. I certify that I have read this waiver and release and fully understand its significance. I fully understand that my entry fee and bib/chip number is non-refundable or transferable. We discourage unofficial entrants, roller blades, and bicycles for the safety of all participants. Entry fees are non-refundable.

Age Day of Race _____ Sex: □ M □ F T-shirt Size: □ S □ M □ L □ XL □ XXL

Print Name: __________________________ Email: __________________________

Address: __________________________ (Street or P.O. Box)  City: __________ State: ________ Zip: _________

Phone: ( ) __________________________ Circle One: □ SK Run (Run/Walk) □ SK Walk (Walk only) □ Fun Walk (No Awards) □ Silent Hero (Donation)

Signature: __________________________ (Signature is required by all participants. Signature of guardian if entrant is under 18)
POSITION: VOLUNTEER MENTOR COORDINATOR
FOR NEW CASTLE COUNTY VETERANS TREATMENT COURT

QUALIFICATIONS: A Veteran who cares about other veterans.
ROLE: Recruit and Train Mentors who provide peer support to Veterans Court Participants
Manage the Mentor Program
BENEFITS: This volunteer position is ideal for a retired philanthropist or someone who is interested in hands on
experience with program development and/or personal and professional enrichment.
WHEN: The 3rd Friday of Every Month
WHERE: The Leonard L. Williams Justice Center, 500 N. King St. Wilmington, DE.

SERIOUS INQUIRIES MAY CONTACT CECILIA GONZALEZ, LCSW VETERAN JUSTICE OUTREACH SPECIALIST WILMINGTON VA
MEDICAL CENTER AT CECILIA.GONZALEZ2@VA.GOV

SAVE
THE
DATE
11.09.2019

6th Annual
Veterans Trust
Fund Dinner

11.09.2019
SAT, 6-9 PM
ROLLING CENTER,
DOVER DOWNS HOTEL AND CASINO
DOVER, DELAWARE

Benefiting Delaware Veterans in need
FOR MORE INFORMATION, CONTACT:
SHERRI TAYLOR
302.257.3117
SHERRI.TAYLOR@DELAWARE.GOV
WWW.DELAWAREVETERANSFUND.COM
Connect with Your VA Care Team Over Live Video

VA Video Connect App

Talk with your VA care provider about using the VA Video Connect app. The app makes it easy to interact with your care team if:

- You live far away from your VA facility.
- You’re dealing with health conditions that make it difficult to travel to the specialist you need.
- You have a few minor questions for your doctor that can be answered over live video.
- You don’t have time to attend an in-person appointment.
- A hands-on physical examination is not required.

Real-Time Access to VA Care That Works for You

Use your phone, computer, or tablet to securely connect with your VA care team and get easier access to checkups and medical advice.

VA Video Connect Help Desk Support

Contact the National Telehealth Technology Help Desk for help with:

- Getting started
- Conducting test calls
- Troubleshooting technical issues
- Testing your device prior to appointments

Call 866-651-3180 or 703-234-4483, Monday through Saturday from 7 a.m. to 11 p.m. Eastern time
New Castle County: Lisa Smith
Veterans Memorial Cemetery in Bear, DE
Monday – Friday: 8:00 AM – 4:00 PM
Please call for an appointment:
(302) 365-8231

Kent County: Josh Matticks
DCVA office in Dover, DE
Monday–Friday: 8:30 AM - 4:30 PM
Please call for an appointment:
(302) 257-3119

Sussex County: Laurie Corsa
Veterans Memorial Cemetery in Millsboro, DE
Monday–Friday: 8:30 AM - 4:00 PM
Please call for an appointment:
(302) 648-3068

New Castle County: Gerald Loudon: (302) 993-7258
1601 Kirkwood Hwy, Bldg. 13, Room 27
Wilmington, DE 19805
9:00 AM-12:00 PM & 1:00 PM-3:00 PM
Mon, Tues, Wed & Fri: Walk-in Basis
Appointments Recommended

Kent County:
DAV Dept. Service Officers: (302) 697-9061
Paul Lardizzone: (302) 382-3448
H. Mark Wischmann: (302) 382-3449
DAV Headquarters Building
183 South Street
Camden, DE 19934
Monday - Thursday 8:00-11:00 AM (Walk-ins)
1:00-3:00 PM (Appt. only)

Sussex County:
(302) 856-5230
Dept. of Labor
Div. of Employment & Tng.
20093 Office Circle, Georgetown, DE 19947
Thursday 8:00-12:00 PM (Walk-ins)

Kent & Sussex evening appointments prescheduled by request only.

Joseph T. Houghton
Dept. Service Officer:
(302) 993-7255

Quarterly Scheduled Post Visits:
*Times/dates are subject to change.

Friday, July 12, 2019:
Oak Orchard/Riverdale/Post #28-Millsboro
10:00 AM-1:00 PM: (302) 945-1673

Thursday, July 18, 2019
Walter L Fox/Post #2-Dover
10:00 AM-1:00 PM: (302) 674-3922

Friday, August 2, 2019
Oak Orchard/Riverdale/Post #28-Millsboro
10:00 AM-1:00 PM: (302) 945-1673

Friday, August 16, 2019:
Walter L Fox/Post #2-Dover
10:00 AM-1:00 PM: (302) 674-3922

Friday, September 6, 2019:
Oak Orchard/Riverdale/Post #28-Millsboro
10:00 AM-1:00 PM: (302) 945-1673

Friday, September 13, 2019:
Walter L Fox/Post #2-Dover
10:00 AM-1:00 PM: (302) 674-3922

Friday, September 20, 2019:
Post #6, Seaford, DE
10:00 AM-1:00 PM: (302) 629-9915

VA Regional Office
1601 Kirkwood Hwy, Rm 26
Wilmington, DE 19805
(302) 993-7252/7253

2114 S DuPont Hwy, Suite 2, Dover DE
Thursdays: 8:00 AM - 12 PM

Dover CBOC:
1st & 3rd Thursdays: 1PM - 4PM

Georgetown CBOC:
2nd & 4th Thursdays: 1PM - 4PM

Nolan Lewis at (302) 345-6911
Nabvetsde.chat94@gmail.com

Hours: 11am-3 pm (1st and 3rd Mondays of month)
Please contact for more schedule info.
VETERANS SERVICE OFFICERS: VFW and VVA

David Hilliard,
VA Regional Office
1601 Kirkwood Hwy, Rm 21
Wilmington, DE 19805
(302) 993-7260
*Please call for appointments.

Dover DOL: (302) 993-7260
1st – 4th Thursdays: 8:30-11:30 AM
Blue Hen VFW Post 6483: (302) 422-4412
1st Thursdays: 1:30-4:00 PM
Virgil Wilson VFW Post 4961: (302) 629-3092
2nd & 4th Thursdays: 1:30-4:00 PM
Rehoboth VFW: (302) 227-3469
3rd Thursdays: 1:30-4:00 PM

Terry Baker
National Service Officer
VA Regional Office
1601 Kirkwood Hwy
Wilmington, DE 19805
(302) 993-7250/7251 or (302) 540-8772

*For all medical facilities

http://www.wilmington.va.gov/

Mark Taylor
Community Outreach Specialist
Office of Director
Office: (302) 994-2511 ext. 4598
Work cell: (302) 932-7519
Fax: (302) 633-5591
Email: mark.taylor10@va.gov

Valerie Camarillo
Community Outreach Specialist
Kent & Sussex Counties
Office: (800) 462-8262
Work cell: (302) 357-8715
Fax: (302) 633-5591
Email: Valerie.camarillo@va.gov

*For all medical facilities

http://www.wilmington.va.gov/
<table>
<thead>
<tr>
<th>Benefits in receipt of Pension Benefits</th>
<th>1-877-294-6380</th>
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<tbody>
<tr>
<td><strong>Benefits (VA):</strong></td>
<td><strong>1-800-827-1000</strong></td>
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<tr>
<td>- Burial</td>
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<td>- Death Pension</td>
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<td>- Dependency Indemnity Compensation</td>
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<td>- Direct Deposit</td>
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<td>- Directions to VA Benefits Regional Offices</td>
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<td>- Disability Compensation</td>
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<td>- Disability Pension</td>
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<td>- Education</td>
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<td>- Home Loan Guaranty</td>
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<td>- Medical Care</td>
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<tr>
<td>- Vocational Rehabilitation and Employment</td>
<td></td>
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<tr>
<td>CHAMPVA Meds by Mail</td>
<td>1-888-385-0235 (or) 1-866-229-7389</td>
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<tr>
<td>Combat Call Center</td>
<td>1-877-WAR-VETS (1-877-927-8387)</td>
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<tr>
<td>Debt Management Center (Collection of Non-Medical Debts)</td>
<td>1-800-827-0648</td>
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<tr>
<td>Children of Women Vietnam Veterans (CWVV)</td>
<td>1-877-345-8179 (or)</td>
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<tr>
<td>Foreign Medical Program (FMP)</td>
<td>1-888-820-1756</td>
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<tr>
<td>Spina Bifida Health Care Program</td>
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<tr>
<td>Civilian Health and Medical Program of the Dept. of VA (CHAMPVA)</td>
<td>1-800-733-8387</td>
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<td>CHAMPVA In-House Treatment Initiative (CITI)</td>
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<tr>
<td>eBenefits Technical Support</td>
<td>1-800-983-0937</td>
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<tr>
<td>Education (GI Bill)</td>
<td>1-888-442-4551</td>
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<tr>
<td>Health Care Benefits</td>
<td>1-877-222-8387</td>
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<tr>
<td>Life Insurance:</td>
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<tr>
<td>Service members and/or Veterans Group Life Insurance Program</td>
<td>1-800-419-1473</td>
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<tr>
<td>All other VA Life Insurance Programs</td>
<td>1-800-669-8477</td>
</tr>
<tr>
<td>Mammography Helpline</td>
<td>1-888-492-7844</td>
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<tr>
<td>Smoking Cessation Counselors</td>
<td>1-855-QUIT-VET (1-855-784-8838)</td>
</tr>
<tr>
<td>Special Issues - Gulf War/Agent Orange/Project Shad/Mustard Agents and Lewisite/Ionizing Radiation</td>
<td>1-800-749-8387</td>
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<tr>
<td>Status of Headstones and Markers</td>
<td>1-800-697-6947</td>
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<tr>
<td>Telecommunications Device for the Deaf (TDD)</td>
<td>Dial 711</td>
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<tr>
<td><strong>Veterans Crisis Line</strong></td>
<td><strong>1-800-273-TALK (1-800-273-8255)</strong></td>
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<tr>
<td>Vets.gov Help Desk</td>
<td>1-855-574-7286</td>
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<tr>
<td>White House VA Hotline</td>
<td>1-855-948-2311</td>
</tr>
<tr>
<td>Women Veterans Hotline</td>
<td>1-855-VA-WOMEN (1-855-829-6636)</td>
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</tbody>
</table>
### 24/7 Housing Help for Veterans
877-424-3838

If you are a veteran who is homeless and need somewhere to sleep tonight...

**Referral to Shelter**

**Housing Alliance Delaware:**
(302) 654-0126 X122

**The Department of Veterans Affairs**
(302) 994-2511 X 2445

If you are a veteran who is homeless or at-risk of becoming homeless and you need help…

**SSVF- Supportive Services for Veteran Families Programs**

**Connections Community Support Programs:**
(302) 250-5868 New Castle Co.  
(302) 518-5338 Kent Co.  
(302) 332-0913 Sussex Co.

**VMC -Veterans Multi-Service Center:**
Statewide: (302) 668-7331

*Other Resources*

**www.DelawareHousingSearch.org**  
877-428-8844

**Delaware 211**  
[www.delaware211.org](http://www.delaware211.org)

**Delaware Joining Forces**  
[http://Delaware.gov/djf/](http://Delaware.gov/djf/)

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Are you in need of emergency food assistance? The Food Bank of Delaware does not directly distribute to the public. To find assistance, please dial 2-1-1 for Delaware 2-1-2. They will refer you to a local organization that can assist.

**Food Bank of Delaware locations:**

- **Newark Branch**  
  14 Garfield Way  
  Newark, DE 19713  
  Phone: 302-292-1305  
  Fax: 302-292-1309

- **Milford Branch**  
  1040 Mattlind Way  
  Milford, DE 19963  
  Phone: 302–424-3301  
  Fax: 302-424-4160

**Our hours:**  
Monday-Friday: 8:00 a.m. - 4:30 p.m.  
(Food donations are accepted M-F / 8:30am 4:30pm)

For general email inquiries, please email [foodbank@fbd.org](mailto:foodbank@fbd.org)

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**Stand By Me**

Stand By Me can help you reach financial well-being at every stage of your life.

Personal financial coaching is available free of charge to Delawareans from all walks of life.

For more information, please contact us at:

302-255-9621  
info@standbymede.org

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**Home Repairs**

Statewide Emergency Repair Program (SERP)  
Housing Development Corporation  
302-491-4010  
Toll Free: 844-413-0038

**VA’s Adapted Housing Grants for Disabled Veterans**  
1-800-827-100  
[www.eBenefits.va.gov](http://www.eBenefits.va.gov)

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Please visit our DE Joining Forces website to research more resources available to veterans:  
[http://Delaware.gov/djf/](http://Delaware.gov/djf/)

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Transitional home for homeless veterans.

HOB I for Men:(302) 424-1681  
HOB II for Women & Children: (302) 422-4146

Jessica Finan (Executive Director)  
Denise Dudley (Case Manager)
Veteran Employment Services
Allen Jones (Wilmington): (302) 761-8141
Cleopatra Jones (Wilmington): (302) 761-8077
(Newark): (302) 451-3457
Todd Hilliker (Dover): (302) 857-5866
Gail Gartner (Georgetown): (302) 857-5232
Division of Vocational Rehab.: (302) 761-8275

VA Disability & Social Security programs
For more information please visit: https://www.ssa.gov/people/veterans/

Call or visit your local Social Security Office:
1-800-772-1213

Defense Finance and Accounting Services
Retired Military & Annuitants
1-800-321-1080
Retirement Pay Questions

Retired Activities Office:
Bldg. 520, Room 105, Dover AFB, DE 19902
MSgt (R) Bill Oldham: (302) 677-4610
William.Oldham.2@us.af.mil

Retired Navy Activities Affairs Office:
Naval & Marine Corps Reserve Ctr. - (866) 827-5672

Delaware State University
VA Advisor: (302) 857-6376

Delaware Technical Community College
Dover: Rebecca Craft
(302) 857-1056
rcraft@dtcc.edu
Georgetown: Angela Showell
(302) 259-6073/
ashowell3@stcc.edu
Stanton: Wilford Oney
(302) 454-3926
woney@dtcc.edu
Wilmington: Joe Limmina
(302) 571-5307
jlimmina@dtcc.edu

University of Delaware
Suzanne Staley
302-831-6592/
sstanley@udel.edu

Wesley College
Erin Elsberry
302-736-2434/ Erin.elsberry@wesley.edu

Widener University School of Law
Pattie Donoghue
302-477-2710/ pmdonoghue@widener.edu

Wilmington University
Jim Webb / Jennifer Bacci
302-342-8669 / 302-356-6962
james.s.webb@wilmu.edu
jennifer.l.bacci@wilmu.edu

Brain Injury Trust Fund
State Council for Persons with Disabilities (SCPD) currently has funding available for the Traumatic Brain Injury Fund & encourages people who may benefit to apply.

Applying for the Traumatic Brain Injury Fund
**Applications are available here:
For additional info., please contact Director John McNeal. at (302)-739-3620 or John.McNeal@state.de.us

Please visit our DE Joining Forces website to research more resources available to veterans:
http://Delaware.gov/djf/
**Community Legal Aid Society, Inc.**
302-575-0660 (New Castle Co.)
302-674-8500 (Kent Co.)
302-856-0038 (Sussex Co.)
[http://www.declasi.org/](http://www.declasi.org/)

*Provides free legal services to: People with disabilities, older citizens (60+), housing discrimination (HUD), low-income, & victims of domestic violence.*

**Legal Services Corporation of Delaware, Inc.**
302-478-8850 or 302-734-8820
*Offering Legal Advice & Assistance to low-income Delawareans.*

**Widener University Delaware Law School Veterans Law Clinic**
302-477-2090
[Delaware.widener.edu](http://Delaware.widener.edu)

*Pro Bono Representation for veterans benefits appeals.*

**Veterans Justice Outreach Program**
*Program is to avoid unnecessary criminalization of mental illness and extended incarceration.*

For more information please call: 302-468-5670

**Veterans Treatment Court Program**
*Assist justice-involved veterans with mental health & substance abuse issues to obtain necessary services & reduce recidivism.*

302-255-0800 (New Castle Co.)
302-735-1900 (Kent Co.)
302-855-7055 (Sussex Co.)

*Please ask for the Veterans Treatment Court*

**Veterans United Outreach of Delaware**
Mike Snyder: 302-678-1285
Gary Kalmus: gmkskier@gmail.com

*We are a mobile educational unit, with a variety of information for all veterans and their family. We go out to the veteran community.*

**People’s Place: Veterans Outreach**
Mike Rowe: (302) 422-8033 x 173

*Services range from career counselling; guidance to access state and federal VA benefits, such as medical care and treatment; psychotherapy referrals; mental health counseling; and door-to-door transportation to medical facilities in the region.*

**Delaware Veterans Awareness Center**
12385 Sussex Hwy
Greenwood, DE 19950

Liz & Bill Jiron: (302) 349-4898
[Veteransawarenesscenter.org](http://Veteransawarenesscenter.org)

*Veterans’ Stand Down*

*Military Women’s Tea*

*“Give a Vet a Smile” (Dental Program)*

**Veterans Nursing Home**
100 Delaware Veterans Blvd
Milford, DE 19963
(302) 424-6000

*Veterans Nursing Home*

Please visit our DE Joining Forces website to research more resources available to veterans: [http://Delaware.gov/djf/](http://Delaware.gov/djf/)
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<td><strong>AMVETS</strong></td>
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<td><strong>Fleet Reserve Association</strong></td>
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<td><strong>Gold Star Families</strong></td>
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<td><strong>Jewish War Veterans</strong></td>
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<td><strong>Korean War Veterans Association</strong></td>
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<td><strong>Marine Corps League</strong></td>
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<td><strong>Military Officers Association of America</strong></td>
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<td><strong>Military Order of the Purple Heart</strong></td>
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<td><strong>Military Order of the World Wars</strong></td>
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<td><strong>Nat’l Association of Black Veterans</strong></td>
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<td><strong>Paralyzed Veterans of America</strong></td>
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<td><strong>The Reserve Officers Association</strong></td>
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<td><strong>Veterans of Foreign Wars</strong></td>
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<td><strong>Vietnam Veterans of America</strong></td>
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Veterans of the Armed Forces of the United States, their spouses, and dependent children (under 21 years of age and not married or having a verifiable life-long dependency on eligible Veteran) may be interred at the DE Veterans Memorial Cemeteries. Please contact the cemeteries or DCVA for an application or further questions.

26669 Patriots Way
Millsboro, DE 19966
(302) 934-5653
Administrator: Greg A. Bee

2465 Chesapeake City Road
Bear, DE 19701
(302) 834-8046
Administrator: Barbara A. Cooke

The Delaware Trust Fund, signed into law in September 2013, is administered by the DCVA. The Friends of DE Veterans, Inc. was established in 2014 to serve as the fund raising arm of the Trust Fund. For more information and how to donate please visit: delawareveteranstrustfund.com

To apply for “emergency” financial assistance through DVTF, please contact any of the following offices:

New Castle Co. - 302-365-8231
Kent Co. - 302-739-2792
Sussex Co. - 302-648-3068

*Please allow 5-7 business days for processing.

Delaware State Veterans Cemeteries

Veterans of the Armed Forces of the United States, their spouses, and dependent children (under 21 years of age and not married or having a verifiable life-long dependency on eligible Veteran) may be interred at the DE Veterans Memorial Cemeteries. Please contact the cemeteries or DCVA for an application or further questions.

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Bear, DE 19701
(302) 834-8046
Administrator: Barbara A. Cooke

delaware.gov/djf

Christine F. Kubik
DNG/Community Relations
(302) 326-7582
christine.f.kubik.nfg@mail.mil

Larence Kirby
DCVA-Executive Director
302-739-2293
larence.kirby@delaware.gov
DELAWARE COMMISSION OF VETERANS AFFAIRS
Certificate of Appreciation Application

Veterans Name: __________________________________________________________

First    Middle    Last

Address: ______________________________________________________________

Street    City    State    Zip

Phone: (Home) ____________________________ (Work or Cell)____________________

Date Entered Service __________ Date Separated __________ Branch of Service _____

Date of Birth ______ Type of Discharge __________ Highest Rank Achieved __________

(Only required if requesting rank on certificate)

Is Veteran Deceased?  Yes or No (please circle one)

ELIGIBILITY REQUIREMENTS: A current resident of the State of Delaware or resident when he or she entered the Armed Forces of the United States and honorably discharged.

Please submit this application with a copy of Certificate of Release or Discharge from Active Duty, (DD-214) to:

Delaware Commission of Veterans Affairs
Robbins Building
802 Silver Lake Blvd, Suite 100
Dover, DE 19904
Phone: (302) 739-2792 or 1-800-344-9900 (in State only)

Signature of Veteran/spouse or next of kin_________________________ Date ______________

Print Name and Relationship if not veteran ________________________________

Provide alternate address if different from above____________________________

NOTE: Please anticipate 2 to 3 weeks in receiving your Certificate

TO BE COMPLETED BY DCVA:  ____ Approved  ____ Pending  ____ Disapproved

Name/Title: _______________________________ Date __________
The “DCVA Newsletter” 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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STATE OF DELAWARE
“Veterans First in the First State”

DCVA 20-01-02-19-07-01