

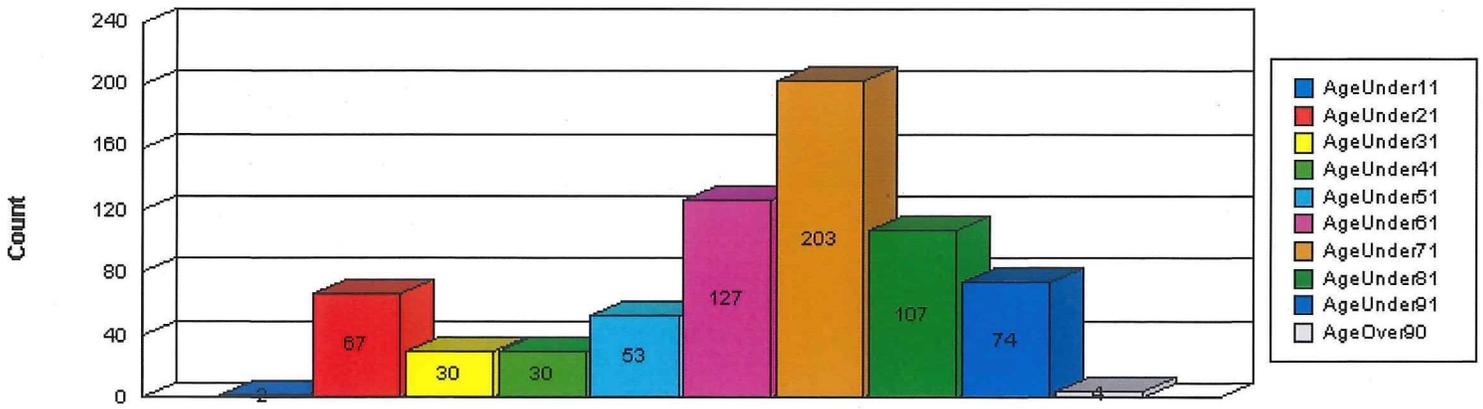


Voluntary Services RS and Occasional Hours - VS01 Part 2 Summary

Selected Station Input: Facility (Single) Selected Fiscal Year Input: 2012 Months Input: 12
 Station: Canandaigua-Upstate NY HCS 528B 400 Fort Hill Avenue, Canandaigua, NY 14424

	Count Current From 10/01/2011 For 12 Months	Count Prior From 10/01/2010 For 12 Months	Increase Decrease	Percent Change	Current Percent Of Total
All RS on rolls end of period	697	751	-54	-7.19	100.00
Non-affiliated RS on rolls	320	292	28	9.59	45.91
RS on rolls logging hours end of period	578	575	3	0.52	82.93
Male RS on rolls end of period	396	417	-21	-5.04	56.81
Female RS on rolls end of period	301	334	-33	-9.88	43.19
Student RS on rolls end of period	69	94	-25	-26.60	9.90
Number recruited in period	139	128	11	8.59	19.94
Number terminated in period	150	193	-43	-22.28	21.52
Net gain or loss in period	-11	-65	54	-83.08	-1.58
<hr/>					
Regular Scheduled Hours	48,412	50,697	-2,285	-4.51	76.07
Adjustment Hours	0	239	-239	-100.00	0.00
Occasional Hours	<u>15,229</u>	<u>12,307</u>	<u>2,922</u>	<u>23.74</u>	<u>23.93</u>
Total Hours	63,641	63,243	398	0.63	100.00
<hr/>					
RS Volunteers Aged 0 to 10 years	2	3	-1	-33.33	0.29
RS Volunteers Aged 11 to 20 years	67	91	-24	-26.37	9.61
RS Volunteers Aged 21 to 30 years	30	42	-12	-28.57	4.30
RS Volunteers Aged 31 to 40 years	30	29	1	3.45	4.30
RS Volunteers Aged 41 to 50 years	53	60	-7	-11.67	7.60
RS Volunteers Aged 51 to 60 years	127	134	-7	-5.22	18.22
RS Volunteers Aged 61 to 70 years	203	194	9	4.64	29.12
RS Volunteers Aged 71 to 80 years	107	116	-9	-7.76	15.35
RS Volunteers Aged 81 to 90 years	74	75	-1	-1.33	10.62
RS Volunteers Aged over 90 years	4	7	-3	-42.86	0.57

Age of RS Volunteers



ATTACHMENT A

LOCAL NEWS

messenger@messengerpostmedia.com

Veterans remember Pearl Harbor



ALEXA COOPER/MESSENGER POS

From left, Bernard Vanderwall, Terry Noaker, and Bob Redman participated in the Pearl Harbor remembrance ceremony.

The Canandaigua VA yesterday remembered the Pearl Harbor attacks with a remembrance ceremony. About 75 people attended the event, which included prayers, poems and stories about Pearl Harbor.

— Alexa Cooper

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ALEXA COOPER/MESSENGER POST

Local veterans and community gathered to share their experiences with Pearl Harbor.



OPINION

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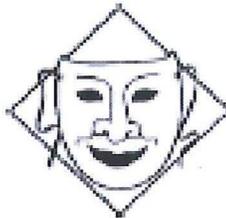
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QUESTIONS? Contact Kevin Frisch, managing editor

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CHEERS & JEERS



A CHEER ... to volunteers who on Thursday will be wrapping some 1,000 gifts for more than 800 veterans who are patients or receiving services at the Canandaigua VA and the Rochester VA Outpatient Clinic. If you'd like to volunteer and/or make a donation to the annual effort, contact the Canandaigua VA Medical Center Voluntary Service at (585) 393-7761.

SUNDAY INSIGHT

FINGER LAKES TIMES — DEC. 4, 2011

**Used Cars Priced
from
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How to provide holiday support

Since I started writing this column earlier this year, I have been getting valuable information not only from the Veterans Administration but also from Military.com on the Internet.

The site is a great source of information concerning both our servicemen and women overseas and our veterans here at home. Years ago, according to a recent article, you could wrap up a care package and mail it to any service member for the holidays. However, with increased mail restrictions, the Pentagon is asking people to help through financial contributions, letter writing and email, purchasing authorized pre-made care packages or vel-

FRANK PULLANO



Thank You
For Your
Service



unteers time through non-profits.

Last week I checked in with Geneva Postmaster Vernon Piraglia about deadlines for overseas mail and packages, and he informed me that there are two deadlines: for letters, cards and priority pack-

ages for APO and FPO zip codes the deadline is Dec. 10; for Express Mail it is Dec. 17.

There are more than 300 non-profit organizations dedicated to helping our troops and their families. The American Red Cross, Blue Star Mothers, Operation USO, American Legion, VFW, Operation Enduring Freedom and The Wounded Warrior Project are just a few.

Recently the American Legion Auxiliary of Geneva was involved in a project that sent hundreds of pairs of new socks to our military overseas. Mary Ann Green, the head of the auxiliary, also mentioned that

• See PULLANO on Page 2D

PULLANO

• Continued from Page 2D

troops desperately need white sheets for single beds or cots. If you would like to donate sheets to be sent overseas, drop them off at the Legion anytime during the week.

There is a myriad of ways to help our veterans any time of the year. We are most fortunate to have a VA Medical Center nearby. Most of us are familiar with the Canandaigua VA Medical Center, but maybe you don't realize that the center always needs volunteers, especially in the following services it provides:

- **ACTIVITIES** — Various recreation activities, socialization, games, cleanup, wheelchair escort. Evenings/weekends.
- **VOLUNTEER TRANSPORTATION NETWORK DRIVER** — Driving DAV van to get ambulatory veterans to/from clinic appointments. Weekdays/flexible.
- **SEAMSTRESS** — Laying out patterns, measuring material, familiar with using a sewing machine. Some clerical assistance as needed. Flexible days/hours.
- **LOVING SPOONFUL VOLUNTEER** — Assist nursing and nutrition staffs at meal times — training

required (provided). Evenings/weekend meal times.

- **LIBRARY** — Mail, fax articles, shelve books, trips to the mailroom, cleaning, convert tapes to DVD, cover desk in librarian's absence. Saturdays/ill in as needed weekly.

- **ESCORTING VETERANS** — To Canteen and outdoor areas around lunchtime, socialization, breaks from routine, etc. Mondays 11 a.m. to 2 p.m.

- **MEAL TIME ASSISTANT/PATIENT FEEDING** — All days around meal times.

- **VAN DRIVERS FOR DAY TRANSPORTATION** — Weekdays plus some on-call flexibility.

- **COMPASSIONATE COMPANION FOR HOSPICE CARE UNIT** — As needed; prefer hospice-trained volunteers but all applicants considered.

- **WHEELCHAIR ESCORTS** — Various shifts available.

- **PROTESTANT AND CATHOLIC SERVICES** — Wheelchair escorts to help veterans to Mass and services.

- **CLERICAL ASSISTANT** — Filing, organizing, answering phone.

- **LAUNDRY VOLUNTEER** — Assist in the laundry folding, sorting, moving clothes.

- **CLERICAL/RESOURCE COMPILER** — Compile social work resource into a standard format for ease of use and improved planning.

If you want to help, the VA will help you with complete orientation. All you need is some of your spare time and desire to serve. The contact person at the VA for volunteers is Louise Motyka, and the phone number is (585) 393-7729. The center is located at 400 Fort Hill Ave., Canandaigua.

We Americans are a generous people who have always volunteered when needed. During this holiday season it is important to reflect on the care and respect we owe our troops and our veterans. Volunteering can be one way of saying "Thank You For Your Service."

May you and yours enjoy this special time of year!

Frank Pullano is a retired Geneva businessman and club leader who served 27 years as chief warrant officer in the Army National Guard. His last tour of duty was as public information officer for the upstate New York area.

NEIGHBORS

The Neighbors page offers good news about local people, places and events.
Submit neighbors photos, news and events to: Linda Barry at messenger@messengerpostmedia.com

CANANDAIGUA

VA vets welcome Elks from Newark, other lodges

Mark Clingerman, veteran's service chairman, along with several members of Newark Elks Lodge No. 1249, recently joined six other West Central Elk Lodges on the annual visit to the Canandaigua VA Medical Center to deliver gifts and cheer to the residents.

The visitors distributed such items as lap robes, personal hygiene products, winter clothing, paperback books, puzzles and games. The Elks visited the different units at the center and spent time with the veterans and listened to stories from their days of service to our country.

Newark Lodge collects needed items throughout the year to ensure a large supply of appropriate gifts for each of the residents at the Center. This year, a special thank-you was given to Darren Pynn from Newark Village Pharmacy for donating numerous boxes of toiletries and personal hygiene items to be distributed. Once again, many of the hand-crocheted lap robes made by Sue House seemed to be especially appreciated by the veterans. For further information on veteran, youth, and charities supported by the Elks, call (315) 331-1249.



SUBMITTED

Mark Clingerman, Veteran's Service Chairman at Newark Elks Lodge No. 1249, is pictured with Shaw Wolkenberg (left) and George Scheg (right), both residents of the Canandaigua VA Medical Center. Wolkenberg and Scheg were surprised and pleased to receive hand-made lap robes along with notepads and personal hygiene items as gifts from the Elks. They were also happy to have the opportunity to share past stories about their service to our country.

YOUR LIFE

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WINE PICK OF THE WEEK

RYAN'S
WINE

(585) 394-4740
Parkway Plaza
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7/22 - 7/28



**Avoldeva
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There is a touch of sweetness to the apple, pear and citrus flavors from this premium blend. Mango and other tropical fruits shine in on the spicy finish. A great wine for sipping on the deck!

Sale: \$8.99

VOLUNTEER PROFILE

Spotlight on...

NAME: Michael Sackley
AGE: 63
HOMETOWN: Rochester, NY
EDUCATION/EXPERIENCE: Attended University of Rochester; worked in sales and customer service for 35 years
FAMILY: Married for 37 years, two children and one grandchild
VOLUNTEER POSITION: "My Healthy Vet" and computer room at Canandaigua VA Medical Center

What made you choose this organization?

I chose the Veterans Administration because I am a Vietnam veteran and somehow, somehow I wanted to "give back."

What skills did you bring to this organization?

By working in sales and customer service for 35 years, I feel it gives me an advantage to be able to communicate and help my fellow veterans.

What do you like most about your work?

I like working at the Canandaigua VA Medical Center because of the positive atmosphere. I feel it just glows all over.

How long have you been a volunteer here?

For approximately three years.

How has volunteering affected your life?

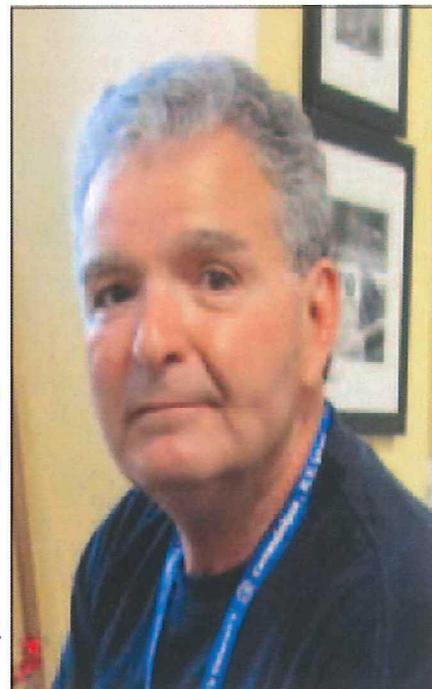
Volunteering here has given me a real appreciation for all the good things God has blessed me with.

What's one thing about this organization that most people don't know about?

I wish more veterans would take advantage of all the great people and facilities here.

What was your most memorable moment?

There's no one memorable moment that I can think of. Just being able to put a smile on someone's face certainly makes my day.



Michael Sackley

YOUR NEWS

ONLY **ONLINE**

TARYN WINDHEIM: Family Fun in the Finger Lakes
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JULIE SHERWOOD/MESSENGER POST

Valentines for vets

Students (from left) Ryan Marrero, Thomas Elliott, Mikel Blair, Paul Woodhams and Adam Boor spend time with veteran Don Speers at the Canandaigua VA Medical Center. The students brought Valentine cards thanking veterans for their service and hand-delivered them to the vets.

ONLY IN PRINT

Notes of gratitude



Veteran Sam Alu surrounded by jazz students from Canandaigua Middle School. PHOTOS SUBMITTED

Veterans treated to special jazz concert

By Rachel Repard
repard@messengerpostmedia.com

CANANDAIGUA — Feet were tapping and heads were bobbing last week at the auditorium at the Canandaigua VA Medical Center as the Canandaigua Middle School Jazz Band played a special concert for the veterans.

The band has been performing a summer concert — the last for the school year — for the past several years.

The morning starts with the students unloading their instruments and equipment from the bus, and then escorting the veterans to the audience themselves.

Cheryl Drake, the band's director, thanked the veterans for their service and told them



Veterans take in some jazz at the Canandaigua VA Medical Center.

how much the students enjoy the concert. "They all want to have a chance to get to know you a little bit," said Drake. It was apparent the audience enjoyed the performance, as well. After such standards

"All they did for us — this is the least we can do for them."

— Canandaigua Middle School eighth-grade saxophone player Matt Hovey

as "In the Mood" and Duke Ellington's "Don't Get Around Much Anymore," the band was treated to loud applause and whistles.

This will be the last time eighth-grade saxophone player Matt Hovey will be playing the VA concert — which he says is his favorite of the school year — but his gratitude for the veterans will play on.

"All they did for us — this is the least we can do for them," he said.

OPINION

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OUR VIEW

CA-VA program offers benefits to vets, students

THE ISSUE A work-study program matches Canandaigua Academy seniors with veterans at the Canandaigua VA Medical Center, with the students teaching the veterans computer skills.

OUR OPINION The program is mutually beneficial. The veterans receive valuable information, while the students have the opportunity to gain a better understanding of the sacrifices made to defend their country.

The Canandaigua VA Medical Center and Canandaigua Academy are teaming up to offer a learning opportunity that goes both ways.

Through the Seniors Helping Seniors program, seniors at Canandaigua Academy work with veterans at the Canandaigua VA to teach them how to use computers and other high-tech devices. Among the skills they help the veterans with in four-week sessions are Internet searches and email accessing.

Some of the program's benefits are obvious. Students, for example, earn work-study credit and they get a chance to practice teaching others, a valuable, real-life experience in leadership.

“The students are getting a key lesson in the importance of giving back. They are taking time to pass on valuable skills and to share knowledge — a reversal for most school-age kids. ... And what better way to give back than to help true heroes who have given so much to their country?”

and to share knowledge — a reversal for most school-age kids. The program may give students a desire to help others that will continue the rest of their lives.

And what better way to give back than to help true heroes who have given so much to their country?

Veterans have their own wealth of knowledge and experiences, and amid the instruction on computer skills, they have the opportunity to share their own insights and experiences about what it means to dedicate your life to protecting your country. These are important life lessons that students should be learning.

Classrooms and textbooks can offer an education in history, but not nearly so vividly as can the men and women who have lived that history.

Seniors Helping Seniors does just that.

Veterans get to develop or hone their computer skills — no small advantage with computers now an important tool in communicating and gathering information.

But the biggest benefits of the program may be less apparent.

First, the students are getting a key lesson in the importance of giving back. They are taking time to pass on valuable skills



WHECCOM

WHEC-TV ROCHESTER, NY COVERAGE YOU CAN COUNT ON

"Seniors Helping Seniors"



A group of local high school students are spending one day a week giving back to those who've served our country.

The "Seniors Helping Seniors" program is run through Canandaigua Academy. For the past three Wednesdays, students have been meeting with veterans at the Canandaigua VA to teach them about technology.

Right now, vets are learning how to use the internet and send e-mails. They are also learning how to program a PDA so they can keep to their schedules. But there's more to the program than that.

Canandaigua Academy senior Rachel Melchionne said, "You get to learn more about them and hear about their experiences and everything, so it's just interesting."

Navy veteran Jeffrey Bottoms said, "They're very sharp and they're very caring. They're good people."

The program continues for five more weeks.

For more Rochester, N.Y. news go to our website www.whec.com.

YOUR LIFE

COMICS, TV & BUSINESS

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QUOTABLE "There is always some madness in love." — Friedrich Nietzsche (1844 - 1900)

WINE PICK OF THE WEEK

RYAN'S
FINE SPIRITS

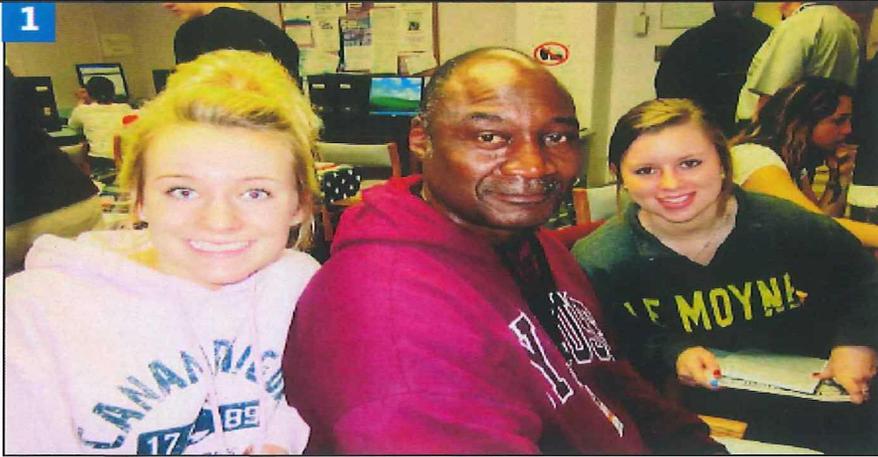
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Seniors Helping Seniors is a program that matches senior veterans with high school seniors, providing both with a chance to help one another and learn. Seniors at Canandaigua Academy earn work-study credit and also serve as volunteers at the Canandaigua VA Medical Center, helping the veterans develop skills with computers and other electronics.

1 Madison Dixon-Schwabl, veteran Donnie Jones and Jordan Boylan at the Canandaigua VA Medical Center Dec. 7, where students took part in the Seniors Helping Seniors program.

2 Madison Dixon-Schwabl and Jordan Boylan at the VA.

3 Student Tyler Reals and veteran Earnest Loyd

4 Students (from left) Tyler Reals, David Pitt and Dillon Hutchens

5 Student Rachel Melchionne.

Photos by JULIE SHERWOOD
Messenger Post Media