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DENTTARTOG GRACE R Form 4 December 13, 2005									
FORM 4 UNITED STAT								PPROVAL	
UNITED STA	TES SECURITI Washin				IGE (COMMISSION	OMB Number:	3235-0287	
Check this box if no longer				~			Expires:	January 31, 2005	
subject to STATEMEN Section 16.		CHANGES IN BENEFICIAL OWN SECURITIES				NERSHIP OF	Estimated a burden hou	average	
Form 4 or Form 5 Eiled pursuant	to Section 16(a)) of the	Soouriti	oo Ev	ahana	ha h at of 1024	response	0.5	
obligations Section 17(a) of	to Section 16(a)				-		n		
may continue	(h) of the Invest	•	•	• •			11		
1(b).									
(Print or Type Responses)									
1. Name and Address of Reporting Persor DENTTARTOG GRACE R	Symbol	Issuer Name and Ticker or Trading nbol VENS & MINOR INC/VA/ [OMI]				5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle)		3. Date of Earliest Transaction				(Check all applicable)			
	(Month/Day/Y		isaction			Director	10%	Owner	
4800 COX ROAD	12/05/2005	/05/2005				X Officer (give title Other (specify below) below) Senior Vice President			
(Street) 4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line)					
GLEN ALLEN, VA 23060	T neu(monut De	uy, i cui)				_X_ Form filed by (One Reporting Pe More than One Re		
(City) (State) (Zip)	T-11-1	N. D.	· · · · · · · · · · · · · · · · · · ·	•	• • •		e D e		
					les Acc	uired, Disposed of		-	
1.Title of2. Transaction Date2A.Security(Month/Day/Year)Execution					r	5. Amount of Securities	6. Ownership Form: Direct		
(Instr. 3) any		Code Disposed of (D)				Beneficially	Indirect (I)	Beneficial	
(Mo	nth/Day/Year) (In	(Year) (Instr. 8) (Instr. 3, 4 and 5)			Owned Following Reported	Ownership (Instr. 4)			
				(A) or		Transaction(s)			
	Co		Amount		Price	(Instr. 3 and 4)			
Common 12/05/2005	(G V	350	D	\$ 29	5,832 <u>(1)</u>	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	ber Expiration Date U: (Month/Day/Year) (Invative rities hired or osed 0) r. 3,		Underlying S	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Common	<u>(1)</u>					(1)	<u>(1)</u>	Common	<u>(1)</u>	

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Reporting Owners

Reporting Owner Name / Addres	ress Relationships						
	Director	10% Owner	Officer	Other			
DENTTARTOG GRACE R 4800 COX ROAD GLEN ALLEN, VA 23060			Senior Vice President				
Signatures							
Grace R. den Hartog	12/13/2005						

**Signature of Reporting Person

Date

Explanation of Responses:

If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) combined direct ownership and indirect ownership. Shares were transferred to joint account

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.