

VFW 1st District of California



DISPATCH



@vfwmighty1st

Congratulations to the Auxiliary members on the following awards in Div 5:

Ellie Mello Dept President (Aux 2111) Circle of Excellence Award.

Sherri Carrington Dept COS (Aux 2275) First Place,
Outstanding Performance for Chief of Staff.

Laura Ashley Americanism (Aux 2275) First Place.

Diana Rude Dept Scholarship (Aux 5867) Best Promotion of
Continuing Education Scholarship Contest.



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District 1 Commander Myles Fry

Greetings Comrades, July was a productive month filled with patriotic floats in different parades and post visits. Keep up the good work and please continue to look for new ways to reach out to veterans and integration with fellow veteran groups!

A few things that I want to bring up are Canteens and Social Media. Canteens were not part of the VFW's vision when it was first established but were opened as a way to raise money for the post and for friendship and camaraderie. We need to find the balance between our mission of the VFW, which is serving veterans and their families and working in the community. Please contact the District Leadership Team directly if you have any canteen issues. Department has made it clear that canteens should be managed at the lowest level.

Second is the proper use of social media. We need to find the balance between the canteen and the VFW when using social media. Post Events, community involvement, and programs are good examples. Commanders and Auxiliary Presidents should review posts to ensure they are used in the best interest of our organization. Please contact Sr Vice Paula Jansen or myself if you have any questions.

I look forward to seeing the comrades on August 18 at VFW Post 1513 in Escondido, CA at 1000 for our District Meeting!

In Comradeship,

Myles Fry
Commander, Mighty 1st District



District 1 President Grace Leyva

Hello Brothers & Sisters of the Mighty 1st District.

We're off to a great start. I would like to thank Auxiliary 2080 for hosting a wonderful Membership Meeting. We had quite a few Auxiliary Members in attendance.

We have started our Auxiliary Inspections. The ones that we have inspected are doing a wonderful job working together for the various programs. I would like to thank the Line Officers and all those that were able to attend. All members are encouraged to attend the Auxiliary Meetings. It starts an hour after the inspection.

This year we have a Publicity Chairman PDP Christine Edwards, she will be submitting a monthly article with the dates of the events for the month.

Congratulations to our Past Department President Ellie Mello for making the Circle of Excellence. We are very proud of you.

My Special Project is Cammies and Canines. They help homeless Veterans by providing sober living transitional housing, co-op community, emotional wellness, canine companionship, a chance to rediscover purpose and gain job skills to succeed as contributing citizens in our society. Helping others train dogs to become service dogs for themselves or for others.

Respectfully
Grace Leyva, District 1 President





August 2019

[illegible]

VETERANS OF FOREIGN WARS.

ALL AMERICAN
1ST DISTRICT
DEPARTMENT OF CALIFORNIA
2019-2020 YEAR

 VETERANS OF FOREIGN WARS ALL AMERICAN 1ST DISTRICT DEPARTMENT OF CALIFORNIA 2019-2020 YEAR				1	2	3
				INTERNATIONAL BEER DAY		
4	5	6	7	8	9	10
U.S. Coast Guard Birthday						
11	12	13	14	15	16	17
		LEFT HANDERS DAY				
18	19	20	21	22	23	24
1st District Meeting Post 1513 10 AM AUXILIARY Post 2275 9 AM						NATIONAL COUNCIL OF ADMINISTRATION MEETING KANSAS CITY, MO
25	26	27	28	29	30	31
NATIONAL COUNCIL OF ADMINISTRATION MEETING KANSAS CITY, MO					AM, Officers and Canteen Mgr Bond Deadline for submission	

VFW 1st DISTRICT 2019 – 2020

DISTRICT & INFORMATION/MEMBERSHIP MEETINGS

District Meetings Dates: (Sundays) Joint (Tuesday)

August 18, 2019 - VFW Post 1513 (Escondido) AUX – Post-2275 (El Cajon)

November 3, 2019 - CA Veterans Home (Chula Vista) AUX–Post-2111 9 AM (Chula Vista)

December 17, 2019 - Joint Membership – Post 7420 San Diego

February 9, 2020 - (State Official Visit 2-7-9-20) TBD AUX–Post-2082 9 AM (Lemon Grove) Same weekend as NCVS.

May 3, 2020 - (District Convention) VFW Post 5867 (Lakeside) AUX -TBD

1. There will be a combination of (5) five District Meetings held during 2019-2020 VFW year. Three (3) District, One (1) Joint Membership, One (1) District Convention
2. Post's will be eligible to host only one (1) Membership unless a Post in their group opts not to host a meeting
3. The Membership and District meeting sign-in fee will be \$3.00 the per meeting nothing at Joint.
4. District Meetings are usually the first Sunday of the listed month at 10:00 hours unless otherwise noted except the Official Visit due to State Commander's schedule.
5. 50/50 will be in play at these meetings. 50% to the winner and 50% to help offset the cost of the Hospitality Room at 2020 Department Convention.
6. All Comrades must sign-in before Good of the Order for the 50/50 drawing at the meeting to be eligible.

For planning purposes, the District Convention will take place on Sunday, May 3, 2020 (District 1 Convention), VFW Post 5867 (Carter-Smith) Lakeside (Incoming District Commander Post) AUX - TBD.

Jerry P. Koehmlein

GMCS (SW) USN RETIRED

VFW VAVS Deputy Representative (SDHS)

Department of California

District One Adjutant/Quartermaster

District National Home Chairman

VFW 1512 Chaplain/Surgeon/House Committee





PLANNING CALENDAR

SCHEDULE OF VFW MEETINGS AND EVENTS

Rev. July 2019



2019

July 20 - 24	National Convention Orlando, Florida
August 23	National Budget & Finance Committee Meeting Kansas City, MO
August 24 - 25	National Council of Administration Meeting Kansas City, MO
September 5 - 8	Commander-in-Chief's Homecoming Albany, NY
September 9 - 12	Fall Legislative Committee Meeting Washington, DC
September 15 - 19	Accredited Service Officer Advanced Skill Level Training Annapolis, MD
September 15 - 20	Accredited Service Officer Basic, Part 1 Initial Training Annapolis, MD
September 15 - 21	Sport Clips Salute/Appreciation Week
October 10 - 13	Junior Vice Commanders/Quartermasters Training Kansas City, MO
October 17 - 20	Southern Conference Baton Rouge, LA
October 18 - 20	Big Ten Conference Omaha, NE
October 25 - 27	Eastern Conference Rocky Hill, CT
October 31 - November 3	Western Conference Anchorage, AK
November 17 - 22	Accredited Service Officer Intermediate Skill Level Training Annapolis, MD

2019-2020 VFW PROGRAM DEPARTMENT DEADLINES

(Information from Program Guides)

OCTOBER 2019

Patriot's Pen student entry due to local VFW Post	October 31
Voice of Democracy student entry due to local VFW Post	October 31
Citizenship Education Teacher Award entry due to local VFW Post	October 31

NOVEMBER 2019

Public Service National Award (LE/FF/EMT) due to local VFW Post	November 1
Patriot's Pen Post winning entries to District	November 16
Voice of Democracy Post winning entries to District	November 15
Public Service National Award (LE/FF/EMT) Post entries to District	November 15
Citizenship Education Teacher Award Post winning entries to District	November 15

DECEMBER 2019

Patriot's Pen District winning District entries to Department	December 6
Voice of Democracy winning District entries to Department	December 6
Citizenship Education Teacher Award Winning District entries to Department	December 6
Public Service National Award (LE/FF/EMT) Post entries to District	December 10

JANUARY 2020

Legislator of the Year nominations to Department (Post and or District)	January 1
Patriot's Pen District Summary & Participation Forms to Department	January 3
Voice of Democracy District Summary & Participation Forms to Department	January 3
Public Service National Award (LE/FF/EMT) District entries to Department	January 15

MARCH 2020

Scout of the Year Award student entry to local VFW Post	March 1
Scout of the Year Award winning entries to District	March 15

APRIL 2020

Scout of the Year District Winners to Department	April 1
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AWARD PRESENTATIONS

District or School

Patriot's Pen Awards
Voice of Democracy Awards
Citizenship Education Teacher Award

Presented Locally

Firefighter, Law Enforcement & Emergency Medical Technician Awards
Scout of the Year Award

All-American Recognition. One change to the All-American Program for the 2019-2020 year is that to be recognized, you must submit THREE Teacher awards (one for K-5, one for 6-8, AND one for 9-12) to be given credit for All-American status. Monetary Donations will not be given credit for All-American – you MUST WORK THE PROGRAM!!!

DISTRICT REPORTS

MEMBERSHIP REPORT

Hello Members:

What a great start we have already in July! If we keep up the great work, we should be 100% in no time. If you did not get your new Membership program book from the School of Instruction or the last Membership meeting, email me and I'll send it electronically. There are a few changes this year so please read it. If you have any questions, please let me know.

***** **August Monthly Meeting is at** *****
 ***** **3788 LCDR Arnold E. Betcher** *****
 ***** **7785 Othello Ave, SD 92111** *****

July Monthly standing. Congratulations!

Division Winners

1.	1513 - John R Simpson	46.15%
4.	11387 - Thomas Gravelle Sr.	83.70 %
5.	4630 - National City Southeast	83.65%
6.	2422 - General Henry D Styer	94.94%
7.	1924 - Charles Swisher	98.31%
8.	3788 - LCDR Arnold W Betcher	91.32%
9.	3783 - PFC Archie McArthur	93.43%

Kathi Okolski *Spread our wings to protect our Veterans*

Chief of Staff Letter

Comrades,

Congratulations to all of the elected and appointed Officers within the District. I would like to assist you with any questions that you may have this year regarding the VFW Rituals and By-Laws. Each month my intent is to cover items of interest, training and concern to the VFW. This article, my second installment, is for ALL members.

This month the topic is **“What order does a Post meeting follow”**? I have seen that most Posts follow a general theme while conducting a meeting but there actually is a proper format. Ultimately it is the Post Commander's meeting and the manual is a “guide” but for consistency alone, it's best to follow the prescribed order.

Refer to the VFW Podium Edition in the “VFW RITUAL” (white section) to find the “ORDER OF BUSINESS”. This is the proper format. You will need to order your new Podium Edition's since they are now available after the July National Convention in Orlando. Remember also that you rap twice for stand up, once for sit down.

Should the Post opt not to use the National By-Laws, you must create your own. And the Post By-Laws MUST be approved by the National Organization before they can be adopted. Follow your Commanders Manual should you decide to do so. Remember too that the National By-Laws supersede all things VFW.

Yours in Comradeship,

PDC Douglas Carrington
 District 1 Chief of Staff, 2019-2020
slainte1861@att.net

All,

We have a schedule for School of Instruction.

Reminder: Commander, Quartermaster, and at least one trustee must attend SOI.

8/26 6-9pm Post 3788

9/15 1030-1 Post 5867

10/27 12-3 Post 1924

Dates are also published on www.vfwcadist1.org

If you have any questions contact Doug Scholl

doug.scholl.vfw3783@gmail.com

619-890-6876

Inspection dates will be published soon.

Paula Jansen, SVC



DISTRICT REPORTS

Here is PSR shotgun look for 7/3/19.

The 3rd Quarterly Audit and All American will only be addressed. National All-American Dashboard has been blanked. closed out.

The report is the same as 6/21/19 All Posts Quarterly Audit submitted on time with the following exceptions:

Late: 1924, 3788, 7041, 7420

Returned for Correction: 1513, 3783, 5477, 9327

This is the final PSR for the 2018-2019 administrative year. If you did not make All-State and you think there is an error, please contact Department HQ.

The following Posts are in the top 50 for ALL-AMERICAN in their respective

Division: 1512, (34) 5477, (46) 5867, (33) 7907, (27) 9578, (8) 10577 (4)

AA Dashboard 6/28 indicated unmet requirements.

The District is still at 2 out of 22

Department of California is 16 in the standings. State member count for the big three is as follows:

Department	Current Year Total	Standing	%
TEXAS	74,281	5	105.67%
CALIFORNIA	76,605	16	103.05%
PENNSYLVANIA	74,302	39	100.79%

Next, closest to these three is FLORDIA with 64,302.

Commanders, Quartermasters, and Trustees:

Monday, July 1st, 2019 starts a new quarter and a new VFW Year.

Your 4th (FOURTH) Quarter Quarterly Audit is due on or before at Department on July 31, 2019.

VFW Department of California does not have the requirement that Posts register their Service Officer and pay a \$25.00 fee for 2019-2020.

Remember the District is here to help if you have a question ask. If I can not or another officer answer it, we will try to find someone who can.

Post Status Report 7/12/2019

Here is PSR shotgun look for 7/12/19.

Posts Quarterly Audit submitted to date are Posts 2082 and 3788. The other Posts have about 17-18 more days to accomplish and have to Department the fourth Quarterly Audit.

When Posts submit their Quarterly audit, they should also send in their Posts Quartermaster Bond. Another check on the PSR.

At present no copies of Post audits need to be sent to District Inspector for a referral to the Department Inspector. Posts will get notified when this action is required. The District Quartermaster does not request a copy unless you have a problem and want the QM to check it. If sent, please let QM know what you need.

Email to info@vfwca.org as before. As always Posts should request a response back from Dept. when the audit is received.

Do not email to Department Quartermaster.

Posts Membership is from OMS report 7/10/19. They may be subject to change.

Jerry P. Koehmlein, GMCS (SW) USN Retired

District 1 Adjutant/Quartermaster

E-mail jerry.pk@cox.net

DISTRICT REPORTS

Auxiliary Chaplain Report

Hello to everyone:

Summertime is in full swing; we need to take care of our veterans and their loved ones including pets during the hot weather. Please make sure everyone has a safe, cool place to be with plenty of water to stay hydrated.

Check on those who are elderly, unable to get out of their homes for food and other necessities. A little assistance means the world to those who are homebound.

For this month, I have sent cards to the following persons on behalf of D-1 Auxiliary:

- **Paula Jansen, Sr. Vice Commander for District 1 VFW and Post Commander at VFW Carter Smith Post 5867**, brief illness and recovering at home. Her daughter, LeAnna Brown, is D-1 Auxiliary Guard and Auxiliary President for Lakeside. "May the Lord release the illnesses within you for a stronger, healthier time on Earth."

- **Past District 3 President - Jewel Youngblood**, left this earth on July 16. Cards may be sent to the following person for the family members:

Family of Jewel Youngblood

c/o Kalonni Tiffany

10702 Myrtle St.

Loma Linda, CA 92354

"The Lord saw you and released you from your pain, like a white dove, flying to the heavens with your new wings."

- **Annette Bongiovane, District 1 Flag Bearer, Auxiliary 9327-Santee**, has been ill for about a week, seeking medical care for improvement.

"Bless those in need of **healing** with the renewal of body, mind and spirit to return to their daily lives and activities."

- **Betty Johnson, Auxiliary Member for Don Diego Post 7420**, passed away from an illness.

Memorial services set for Sat. Aug. 3, 10am.

Location: St. Mary's Catholic Church, 426 East 7th St.,
National City 91950.

Please send cards to:

Johnson Family - 1546 Olive Ave., Chula Vista CA 91911

"The Lord saw you and released you from your pain, like a white dove, flying to the heavens with your new wings."

Please let me know of any other Auxiliary sisters or brothers who need a get-well card, sympathy card or a 'to cheer you up' card. We must make sure our Auxiliary members are not forgotten.

Thank you.

Loyally yours,

Sheila Jo Snyder, District 1 Auxiliary Chaplain



NEWS FOR THE DISTRICT

Adjutant's Scheduling Update

This is for your information. I have yet to receive word that the 2nd of February is official. As of today, the Department Commander does not have his schedule on the Department website. Will update with a firm date when known.

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February 2, 2020 - (State Official Visit), TBD AUX–Post-2082 9 AM (Lemon Grove)

Super Bowl 2/2/20, NCVSD 2nd Wk. Feb (OV date not yet set in stone)

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Jerry Koehmlein, District Adjutant/Quartermaster

jerry.pk@cox.net

NEWS FOR THE DISTRICT

House Passes NDAA

As NewsBytes goes to press the House is expected to pass its version of the National Defense Authorization Act (NDAA-H.R. 2500). The Senate passed its version of the NDAA (S.1790) this past June. A floor amendment that would extend concurrent receipt for retirees with Concurrent Retirement and Disability Payments (CRDP) rated less than 50 percent disabled was not called for a vote. A similar amendment in the Senate was also not called for a vote. The House bill includes an FRA-supported provision to repeal the SBP/DIC offset known as the Widow's Tax.

Neither bill has a TRICARE fee increase. The Senate bill allows for the Administration's proposal for drastic cuts in military medical staff (down to 18,000 from the current 130,000). The House bill delays the proposed cuts to military medical staff until FY 2021 and requires a study to review the impact. FRA supports the House provision.

Another major difference between the House NDAA and the Senate NDAA is the top-line spending for the Department of Defense (DoD). The House bill provides for \$733 billion and the Senate bill (S. 1790) provides \$750 billion. It should be noted that neither spending level will occur unless Congress eliminates or raises the spending caps on sequestration. Other key provisions in the House bill include:

- Pay increase that keeps pace with civilian pay (3.1%);
- Continuing reforms of sexual assault and prevention;
- Increasing end strength for Navy and Marine Corps;
- Prohibiting the Marine Corps from segregating men and women in boot camp within five years;
- Requiring DoD to conduct a review policy and submit a report on suicide among members of the Armed Forces;
- Requiring the DoD to develop an assessment tool to measure health and safety hazards in DoD housing to include privatized housing;
- Mandating exposures to burn pits and blast events to be recorded in a service member's medical record; and
- increasing the maximum reimbursement amount from \$500 to \$1,000 for state licensure and certification of a military spouse due to relocation.

Now that both chambers have passed their version of the FY2020 Defense Authorization, a conference committee will be appointed to resolve the differences between the two bills. That bill will be submitted to the House and Senate for approval. If approved by both chambers the bill will go to the President to be signed into law or

MAKING WAVES

Support Concurrent Receipt Amendments for NDAA

Rep. Gus Bilirakis (Fla.) has filed a floor amendment (#39) for the House National Defense Authorization Act (NDAA-H.R. 2500) that would extend concurrent receipt for retirees with Concurrent Retirement and Disability Payments (CRDP) rated less than 50 percent disabled.

Sen. Jon Tester (Mt.) filed a Senate floor amendment (#415) to the Senate version of the Defense Authorization bill (S. 1790) to expand concurrent receipt but it was not called for a vote. These amendments were filed at FRA's request. Members are strongly urged to use the Action Center to ask their representative to support the House amendment. The FRA believes now is the time to [contact your Representative](#) to urge them to support this amendment.

Jerry Koehmlein

NEWS FOR THE DISTRICT

AO/BW Claims Effective Jan. 1, 2020

Disability benefits for Blue Water (BW) Navy veterans now fall into the presumption category of service connection for conditions related to Agent Orange exposure, thanks to the FRA-supported, Blue Water Navy Vietnam Veterans Act (H.R.299 - Public Law 116-23). The law which was signed in June will take effect Jan. 1, 2020. Addressing the issue of a long delay, Department of Veterans Affairs (VA) Secretary Robert Wilkie said the postponement is designed to "ensure that we have the proper resources in place to meet the needs of our Blue Water veteran community and minimize the impact on all veterans filing for disability compensation."

Presumptive Agent Orange conditions granted for BW Navy Veterans may be retroactive to the date the VA received their original claim. If BW veterans had a previously denied claim they must resubmit their claim, the effective date will be determined on a case-by-case basis. Veterans who served in the seas around Vietnam and were previously denied claims related to Agent Orange exposure can file new claims under the changed rules. VA officials said veterans older than age 85 or with life-threatening illnesses will have priority in claims processing.

If the claimant dies while their claim is pending, a living dependent, such as a spouse or child, may file a request to be substituted as the claimant. If the veteran served on a ship that operated not more than 12 nautical miles from the demarcation line of the waters of Vietnam and Cambodia, as defined in the new law, and the cause of death was from a condition related to exposure to Agent Orange, then the VA may award entitlement to DIC on that basis.

The VA has set up an [information website for veterans](#) and family members.

CNO Nominee Drops Out

Admiral Bill Moran has withdrawn his nomination to become the next Chief of Naval Operations (CNO) and has retired from the U.S. Navy. His sudden retirement is in response to an "open investigation" of e-mail exchanges with Chris Servello, a retired former staffer. Servello was involved in an incident at a 2016 Pentagon Christmas party where he dressed up as Santa Claus and allegedly behaved inappropriately with female staff. Admiral Moran was nominated for CNO and was approved by the Senate without the issue being raised.

Navy Secretary Richard Spencer will nominate the three-star former head of Navy's Cyber Command, Vice Admiral Michael Gilday to become the 32nd chief of naval operations. He'll succeed Admiral John Richardson.

Budget Deal Eliminates Sequestration

As *NewsBytes* goes to press, the House is expected to pass a two-year budget deal (H.R.3877) this week that in effect repeals the Budget Control Act spending caps, known as sequestration. The Senate is expected to pass the measure next week. President Trump and congressional leaders reached an agreement on the budget package earlier in the week. The FRA opposes sequestration because it poses a threat to national security and would substantially impact service member pay and benefits. These automatic cuts require that 50 percent come from Defense, even though Defense makes up only 16 percent of the total federal budget.

The budget deal adds more than \$320 billion in spending for two years and will clear the way for appropriations (spending) bills for FY2020 and FY2021. Specifically, the bill provides \$738 billion in defense spending for FY2020. In addition, the agreement suspends the debt ceiling for two years. The suspension will allow the federal government to borrow and spend without having to worry about being limited by the debt ceiling. Congress had been operating under a debt holiday that ended on March 2019, when the Treasury Department was using "extraordinary measures," such as borrowing from retirement accounts, to keep the government operating.

NEWS FOR THE DISTRICT

FRA Asks VA Secretary to Start Processing AOBWN Claims Now!

The FRA signed onto a letter, along with other VSO groups, urging the Department of Veterans Affairs (VA) Secretary Robert Wilkie to begin adjudicating Blue Water disability claims immediately. The letter is in response to the VA Secretary's decision not to start processing these claims until Jan. 1, 2020. The letter states that delaying processing until Jan. 1, 2020 will unnecessarily delay thousands of aging and ill Vietnam veterans and survivors from getting benefits. Many of these men and women have waited decades for recognition that they too were exposed to Agent Orange herbicide and suffer negative health consequences as a result. It is unacceptable to make these veterans wait until January to have their claim processed.

The *Procopio* court decision mandated that veterans who served in Vietnam's coastal waters will be treated the same as those Vietnam veterans who served on land. Subsequently, the House and Senate both approved H.R.299, the Blue Water Vietnam Veterans Act, which was signed into law on June 25, 2019 (P.L.116-23). This legislation adds a new section 1116A to title 38, which extends the presumption of Agent Orange exposure to veterans who served in the waters offshore beyond the 12 nautical miles recognized by *Procopio*, up to 90 nautical miles from Vietnam's shoreline in some locations, based on a series of grid coordinates. The law, which takes effect on January 1, 2020, also expands benefits to veterans exposed to Agent Orange while serving along the Korean DMZ and to children born with spina bifida due to a parent's exposure in Thailand.



SecDef Nominee Chairman Approved

Mark Esper was confirmed by the Senate to be President Donald Trump's new Secretary of Defense (SecDef), ending a seven-month vacancy in the position. It was the longest vacancy of that position in the history of the Department of Defense. Esper won overwhelming bipartisan support in the 90-8 vote. He is a 55-year-old West Point graduate and served as an infantry officer with the 101st Airborne. Esper deployed with the Screaming Eagles during the 1990 - 91 Gulf War. His battalion was part of the famous "left hook" that led to the defeat of the Iraqi Army. For his actions, Esper was awarded a Bronze Star and the Combat Infantryman's Badge. More recently, he served as Secretary of the Army and is a former top lobbyist for defense contractor Raytheon. He had been serving as acting Pentagon chief following SecDef Shanahan's departure.

M E D I C A L N E W S

FEDVIP Provides Vision Coverage to TRICARE Beneficiaries

Routine eye exams can help keep your vision strong. The National Eye Institute reports that a comprehensive eye exam can identify common vision problems and prevent diseases that may lead to vision loss or blindness. TRICARE health plans may include an eye exam or other services to diagnose and treat eye conditions. Your [eye exam coverage](#) is different based on who you are, your health plan option, and your age. If you need more robust coverage, including glasses, you may also qualify to purchase vision coverage through the [Federal Employees Dental and Vision Insurance Program \(FEDVIP\)](#).

What is FEDVIP vision?

FEDVIP is a voluntary program that offers eligible TRICARE beneficiaries a choice among a number of vision and dental carriers. It's administered by the U.S. Office of Personnel Management. The FEDVIP vision plans provide comprehensive vision coverage. Most include routine eye exams, vision correction, glasses, and more.

Who can enroll in a FEDVIP vision plan?

Retirees, retiree family members, and active duty family members who are enrolled in a TRICARE health plan may qualify to purchase FEDVIP vision coverage.

When can you enroll in FEDVIP?

You may enroll during the annual Federal Benefits Open Season. This period is your annual opportunity to enroll in, change, or cancel a FEDVIP plan. This year, open season is from Nov. 11 to Dec. 9, 2019. If you enroll during this time, your FEDVIP coverage will be effective on Jan. 1, 2020. You may also enroll after you've experienced a FEDVIP qualifying life event (QLE). Remember, FEDVIP QLEs may be different from the TRICARE QLEs. You may check your eligibility, enroll, and manage your FEDVIP vision benefit online.

According to the Centers for Disease Control and Prevention, only half of the estimated 61 million U.S. adults at high risk for vision loss visited an eye doctor in the last 12 months. Regular vision screenings can help prevent certain vision loss. Take command of your eye health by staying informed about your available vision coverage options.

Learn more about TRICARE vision coverage. For more information about FEDVIP vision, go to the FEDVIP website at <https://www.benefeds.com>

This article provided by:

Jerry P. Koehmlein, GMCS (SW) USN RETIRED
VFW VAVS Deputy Representative (SDHS)
Department of California, District One Adjutant/Quartermaster
E-mail: jerrypk@cox.net



LOCAL & REGIONAL EVENTS



POW/MIA MEMORIAL PROGRAM



SATURDAY, SEPTEMBER 14TH AT 2:00 PM
MISSION VALLEY VFW POST 3787
4370 TWAIN AVENUE SAN DIEGO, CA 92120

POW GUEST SPEAKER (TO BE ANNOUNCED)
PROVIDING POW EXPERIENCES, POW
CEREMONY, . MISSING MAN TABLE, BAG
PIPES & REFRESHMENTS

DON'T MISS THIS INSPIRATIONAL PROGRAM

FOR MORE INFORMATION, CALL CDR MIKE (619) 583-6288
OR KATHIE O'KOLOSKI (AUX PRESIDENT)

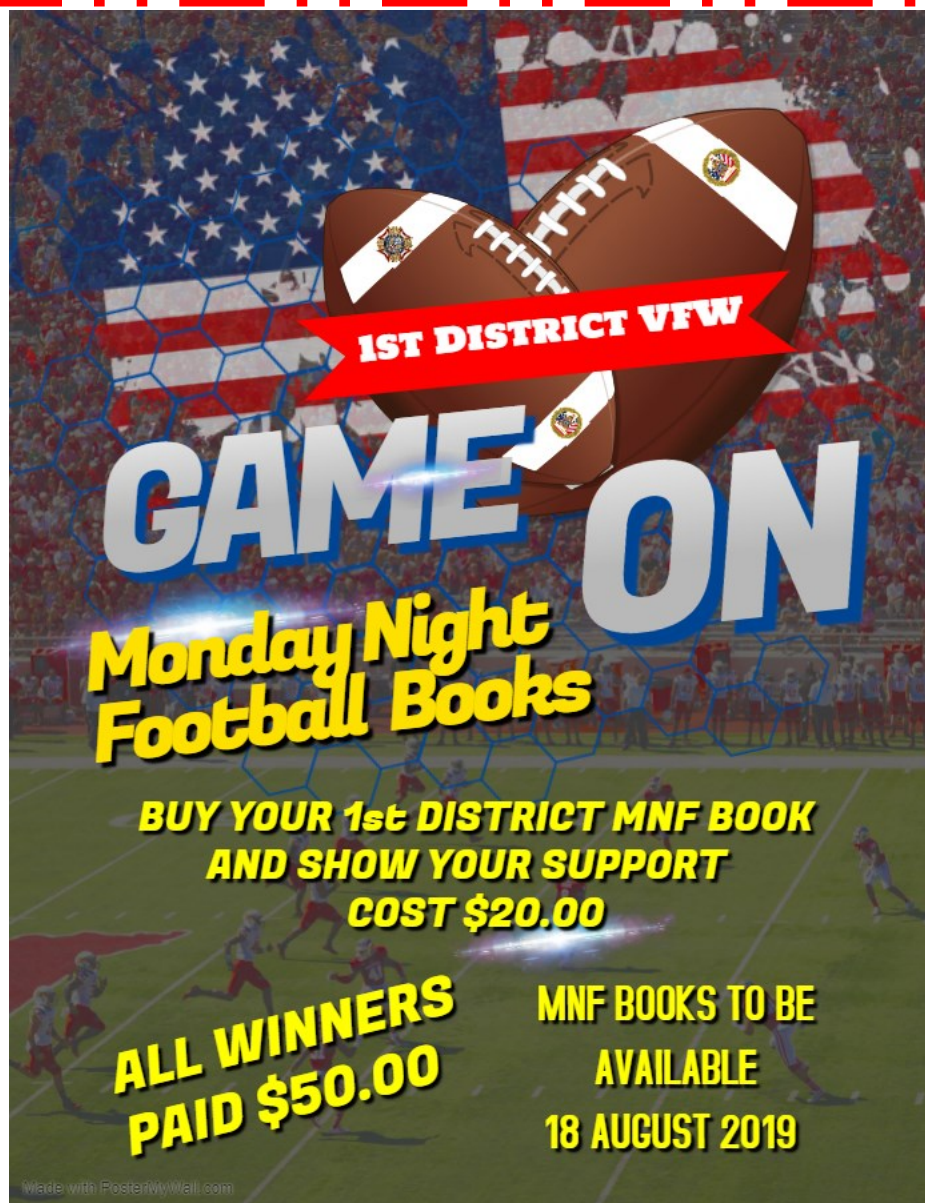
LOCAL & REGIONAL EVENTS

MONDAY NIGHT FOOTBALL BOOKS ARE BACK!

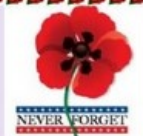
The 1st District Monday Night Football Books are coming back.

What a way to let others know about your Post. Let them know if your Post is now an All State or All America Post. Get onboard when you get back from the National Convention.

For Posts, Auxiliaries, Business, or any others who would like to place an advertisement the cost to run in the MNF book is \$25.00 for half a page and \$50.00 for a full page. The ad must in our hands print ready with payment by July 30th, 2019 The point of contact will be either PDC Ed McCoy emailed at emccoy60@cox.net or Jerry Koehmlein at jerry.pk@cox.net.



LOCAL & REGIONAL EVENTS



ICE CREAM SOCIAL Saturday August 10, 2019

12 noon – 3pm at VFW Post Auxiliary 9578 &

VFW Post Auxiliary 2080 joint venture.

Come to 844 Tavern Rd., Alpin CA 91901



Sundays \$5.00

Floats \$3.00

Open to families!

Proceeds going to:

Inner North Star Veterans Rehab.

Julian CA.

Please help us for this joint fundraiser!

Children welcome!

Thank you for your support!

We appreciate you!

Custom Heart Pillow by Shumsky Therapeutic

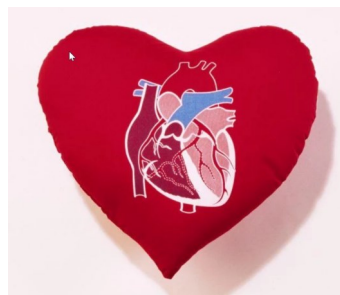
At the VAVS meeting today at the VAMC LaJolla, a Nurse from ICU asked for help from the VAVS members present in finding some way for getting more "Heart Pillows" for the patients who have just undergone Heart Surgery. The pillow is held over the heart when coughing, etc. to help with the pain. They have used the last of the Heart Pillows that were donated before. These are one of the nice to have items that are not provided by the VA. The cost per pillow is \$40.99. Am hoping 1st District Posts and Auxiliaries can find it in their hearts to donate so that the 1st District can purchase some for our Veterans who have gone through heart surgery. All donations for same, big or small need to be sent to:
VFW 1st District Quartermaster

1951 47th Street Spc 167

San Diego CA 92102-1377

Any questions, please let me know.

Jerry Koehmlein



LOCAL & REGIONAL EVENTS



All,

SeaWorld San Diego announced Wednesday it will extend its free admission program for military families into November. The Waves of Honor program will last through Veterans Day, November 11, the park said. It was originally scheduled to end July 15. Active duty military members and veterans can verify their [proof of service online](#) and receive etickets that they can present at the park's entrance.

For your service and sacrifice, we thank and salute you.

We hold the men and women that have served in our armed forces in the highest regard and are honored to host them at our parks as our guests. Through our Waves of Honor program, former military personnel and up to three guests may enjoy one complimentary admission to SeaWorld® San Diego. Please see our FAQs below for more information.

Offer extends to U.S. Military Veterans, retired Veterans, and retirees who have honorably served and includes one complimentary admission per promotional period per Veteran and up to three guests.

To take advantage of these offers, click the button to verify your Veteran status through ID.me. (Spouses must log-in under the Veteran's account in order to take advantage of the guest tickets). The ticket(s) must be obtained online by Nov. 11, 2019, and redeemed at SeaWorld San Diego for visitation by Nov. 11, 2019. The Veteran must be present with their 3 guests upon redemption at the park for visitation.

For information go to the SeaWorld website Waves of Honor section.

Jerry P. Koehmlein

Jerry P. Koehmlein
GMCS (SW) USN RETIRED
VFW VAVS Deputy Representative (SDHS)
Department of California
District One Adjutant/Quartermaster
District National Home Chairman
VFW 1512 Chaplain/Surgeon/House Committee
VFW 1512 Hospital/JROTC Chairman
E-mail jerry.pk@cox.net
Home/ Fax (619) 255-4108 Cell (619) 647-0457

CHARITABLE ORGANIZATIONS

Volunteers Needed

Want to be a star? Here's what's going on.

They are producing some videos for advertising the new web site for the 1st District Project Fund on the internet here in SD County. They will be using Google, Bing, plus social media.

What they need are some volunteers to interview. They are just looking to talk to any of the Comrades, Sisters, and Brothers that volunteer. Whether it be at the VA, Veterans Home or any other program that uses volunteers

Hopefully, you can help. Please call my cell 619-212-0742

Thank you,

Mark Filardi,
Project Fund

Please get the info out. This is the Districts Fund Raiser Program. Any questions contact the District Quartermaster.

Jerry P. Koehmlein
GMCS (SW) USN RETIRED
VFW VAVS Deputy Representative (SDHS)
Department of California
District One Adjutant/Quartermaster
E-mail jerrykp@cox.net



YOU'RE INVITED!
THURSDAY, AUGUST 22, 2019

Join Us for Our
SAN DIEGO BREAKFAST FUNDRAISING EVENT in Support of
Wreaths Across America's Mission at Fort Rosecrans and Miramar National Cemeteries.

★ Fort Rosecrans National Cemetery ★ ★ Miramar National Cemetery ★

Thursday, August 22, 2019

Town and Country Resort and Hotel
500 Hotel Circle North
San Diego, CA

Registration opens - 7:15am
Program - 8:00am

\$75 per person and \$600 for a table of 8

Keynote Speakers



Colonel Roger H.C. Donlon, USA (Ret.)
First American Soldier of the Vietnam War and the first U.S. Army Special Forces warrior to be awarded the Medal of Honor



Mrs. Norma Shinno Irving Donlon
Vietnam Era Gold Star Wife,
Military Spouse and Mother



WREATHS across AMERICA
wreathscrossamerica.org

Please RSVP by August 16, 2019, to Bre Kingsbury
at bkingsbury@wreathscrossamerica.org

REMEMBER ★ HONOR ★ TEACH

