

VFW 1st District of California



DISPATCH



@vfwmighty1st



Above: Voice of Democracy winner Megan Pratt, Post

Below: Patriot Pen Winner

Olivia Garcia, Ship 1774



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Senior Vice Commander Report

Hello Comrades,

Well, we have made it though the critical 120 days. For the most part we have done really well.



I understand from Department that they will have the PSR and reporting matrix sheets updated the week ending December 20th. Now is the time to download them and make sure you have credit for everything you should and that all of your reports are caught up. April will be here before we know it and trying to fix mistakes in the last week will just cause undue stress.

As for reporting I know that posts have done a great amount of work towards programs and we don't always follow through with the reports. It is really easy to say "I'll remember that later." Well, I know when I do that, I always forget. Here are a couple of tricks to help you remember: Take a picture, send yourself an email, put information on the notepad on your phone, text a designated person the information so they can do the report. As long as you are taking a picture, you might as well post it on your social media. One of the things people look for when researching a post to visit is social media, so please update often.

In the coming months look at what you are lacking in reporting and see if any events you have coming up will fit the bill or can be modified to fulfill a requirement.

Looking forward to seeing you all in the new year. Make sure you send in your flyers so that District can support you by publishing your events.

Paula Jansen, SVC



District 1 President Grace Leyva



Hello Brothers, Sisters and Comrades of the Mighty 1st District.

Happy New Year, I hope that everyone had a wonderful Christmas.

I would like to thank our Sr. Vice President Rachel Luke and the Line Officers for their dedication and fulfilling the responsibilities at the VOD/PP and the Joint Membership Meeting held at Don Diego Post 7420.

Thank you to Don Diego for hosting a wonderful Joint Membership Meeting.

We are currently at 96.93%. I would like to thank our Members for your committee, and help to attain a high percentage. The Membership Team is doing a wonderful job. Membership numbers are very important, it give us a voice when the Commander-in-Chief goes to Congress to let them know we are supporting our Veterans and their families in retaining their benefits.

For all of your prayers, flowers, cards, and phone calls that I have received while recuperating from surgery.

Respectfully

Grace Leyva, District 1 President




SPREAD OUR WINGS TO PROTECT OUR VETERANS





January 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 VETERANS OF FOREIGN WARS. 1ST DISTRICT VETERANS OF FOREIGN WARS DEPARTMENT OF CALIFORNIA 2019-2020			HAPPY NEW YEAR 1 	2	3	4
				LAW ENFORCEMENT APPRECIATION DAY 9 	SVA National Conference Los Angeles	SVA National Conference Los Angeles
SVA National Conference Los Angeles						
12	13	14	ALL AMERICAN DASHBOARD ADJUTANT HAVE YOU DONE YOUR ENTRIES? 15	VAVS MEETING VAMC LA JOLLA MULTI PURPOSE RM 1300 16	VOD/PP Banquet Post 67 Sacramento 17	CofA Post 67 Sacramento 1300 18
19	 Martin Luther King Jr PCC DINNER & MEETING POST 2080 CAMPO 5:30 PM 20	21	22		24	25
26	ALL AMERICAN DASHBOARD IS YOUR POST UP TO DATE? 27	28	29	POSTS 2nd QUARTERLY DUE DEPARTMENT 30	20-21 POST OFFICERS NOMINATIONS 29 DAYS AWAY 31	

MARK YOUR CALENDAR!

2020 DATE	EVENT
Wednesday, 1 January	HAPPY NEW YEAR!!
Friday, 3 January	National President Peggy Haake arrives at Palm Springs International Airport
Friday, 3 January to Sunday, 5 January	SVA National Conference, Los Angeles, CA
Thursday, 9 January	Law Enforcement Appreciation Day
Wednesday, 15 January	All American Dashboard: Adjutant, have you made your entries?
Thursday, 16 January	VAVS Meeting, VAMC La Jolla, Multipurpose Room 1:00 pm
Friday, 17 January	VOD/PP Banquet Post 67, Sacramento, CA
Saturday, 18 January	Council of Admin., Post 67, Sacramento, CA
Monday, 20 January	Martin Luther King Jr. PCC Dinner & Meeting, Post 2080, Campo, 5:30 pm
Monday, 27 January	All American Dashboard: Is your post up to date?
Thursday, 30 January	Posts 2nd Quarterly due to Department
Friday, 31 January	Post Officers Nominations 29 days away
Thursday, 6 February to Sunday, 9 February	State Commander's Visit
Sunday, 9 February	District Meeting
Sunday, 3 May	District Convention and Election of Officers
Saturday, 9 May	Mass Installation of District Officers
Thursday, June 11 to	State Convention in Ontario



REPORTS FROM DISTRICT OFFICERS & CHAIRPERSONS

Commanders, Quartermasters, Captain, Paymaster, Comrades

Fourth and Fifth 1st District Post to hit 95% in Membership for 2019-2020

Congratulations to LCDR A.E. Betcher, Post 3788. Thank you to the Commander, Quartermaster, and Comrades of Post 3788 who are at 95.22% as of 11/30/19.

Congratulations to Vietnam and Global War Veterans, Post 9305. Thank you to the Commander, and Quartermaster, and Comrades of Post 9305 who are at 96.04% as of 11/30/19.



© Can Stock Photo

Chief of Staff Report

Comrades,

I hope that everyone had a safe and enjoyable December.

So now what? Although we are halfway through our District 1 fiscal year, “we” are doing very well, but don’t let up, there is still much to do!

We still have upcoming items to check off. There will be the January 17-19 Mid-Winter Conference (VOD/PP awards) in Sacramento; our State Commander’s Official Visit in and District meeting on February 7-9; March 1st nominations for your Post Officers with elections in April; the District Convention on May 3 (election of District Officers); Mass Installation the next Saturday on May 9; then our State Convention during June 11-14 held in Ontario. Plus we have all of the Post Quarterly Audits, reporting deadlines, election reports, et cetera.

Please keep up the great work that you are doing for our community, our active duty personnel, and especially for our Veterans and their families!

See you soon.

Yours in Comradeship,

PDC Douglas Carrington



REPORTS FROM DISTRICT OFFICERS & CHAIRPERSONS

DISTRICT 1 AUXILIARY CHAPLAIN REPORT

Hello everyone, brothers, sisters and comrades:
Welcome to 2020!

2019 went by quickly but sending prayers that the situations out there will resolve in some fashion.

Please kindly remember to send me the information on any Aux or Comrade members who are having difficult times during the holiday season, are ill, in the hospital etc. Sending cards is a way to remind them they are not forgotten at any time of the year, especially now if their families are out of town or unable to visit.
Have a blessed 2020 for health, happiness and peace ahead.



Cards sent for November 19-December 19

- 11/20 - Bill Rappaport – comrade, VFW Post 9578 – cheering up, going thru cancer/chemotherapy.
- 11/20 - Courtesy sympathy card to Lupe Duggins, Past Dist. President on the loss of her father, Louis Hernandez, past Commander for both 11387 and 4630. Services and burial set for Monday Dec. 2 and Tuesday Dec. 3. Burial at Miramar National Cemetery.
- 11/21 – Courtesy sympathy card to Florida Dept. President Nancy Cone, on loss of her husband on 11/18/19.
- 11/23 – courtesy card for VFW D1 Post Chaplain James Wright, in hospital for health issues.
- 11/30 – sympathy card to the family of Shari Plotkin, Aux 1513 on her passing. Petsmart Gift card sent as husband requested donations of pet food for their fur babies.
- 12/1 – get well card for Past California Dept. President Bonnie Gladden, recovering from a stroke. (She lives in Indiana).
- 12/2 – get well card for VFW Auxiliary Dist. 1 President, Grace Leyva, from surgery.
- 12/3 – attended memorial services and burial for Past Commander Louis Hernandez, from Post 4630/11387, father of Past Dist. 1 President Lupe Duggins. English translated Jewish mourner's prayer recited at the memorial services, pre-approved by Lupe and family. I was also part of processional to Miramar National Cemetery for pre-burial ceremony. Flag draped casket in glass horse-drawn carriage. Honor guard did 12 volley gun salute, 2 Navy officers did the flag folding from casket to give to Lupe's mother on behalf of USA government. Photos included with this information. Past Dist. 1 President Sheri Carrington and her husband, PDC and current Chief of Staff Doug Carrington also attended at Miramar National. Glad to see Sheri up and moving about 2 months' post op knee surgery!
- 12/5 – cheer you up card, Dixie Wilson, Aux 3788 Past District President as we have not heard from her/family in a while. Some of the Aux members will attempt to visit Dixie to check on her welfare.
- 12/5 – "Good Job Awards" sent to Aux 1513 Loretta Cook and Aux 7907 Sara Sandoval for the participation and attendance to the Chaplain Training Class on Fri. 11/15/19.
- 12/5 – received phone call from VA Chaplain James Patterson, who had provided 2 Chaplain training classes in November for all Aux Chaplains (invite sent). Certificates of completion to be sent out at later date for all attendees. Pending info to be sent to Aux Chaplains for updated training classes x2 due for end of January 2020. Date/time(s)/location pending.
- 12/10 – sympathy card to Wylie family on passing of Barbara Wylie, life member from Aux 2275 SABLE.
- 12/10 – sympathy card to Marshall family on passing of Nancy Marshall, life member since 1974 at Aux 7041/Vista.
- 12/16 – Get well card to PDP Sheri Carrington, brief hospitalization for illness, resting at home.

I am still trying to reach out to some chaplains to obtain information on either ill/deceased Aux members and have spoken to some about what is needed for District documentation.

Please note that we are VFW Auxiliary only.

If you need assistance regarding the requirements, please reach out to me at sheilajo9578@cox.net or call/text me at 619-9900536.

I want to make sure that every Aux member who is ill is sent a card, and any Aux member who has passed is given the dignity, honor and respect for a sympathy card from District 1 to the family. Thank you for your continued assistance and feedback.

With love and loyalty,

Sheila Jo Snyder, District 1 Auxiliary Chaplain

Auxiliary District 1 Membership Report

Hello members, we are at the ½ way in the year now. Here is an update and information regarding all the Auxiliaries.

DIVISION MEDALLION WINNERS:

- | | | |
|----|--------------------------------|---------|
| 1. | 1513 - John R Simpson | 88.46% |
| 4. | 11387 - Thomas Gravelle Sr. | 90.22 % |
| 5. | 4630 - National City Southeast | 98.08% |
| 6. | 2422 - General Henry D Styer | 98.73% |
| 7. | 1924 - Charles E Swisher | 102.26% |
| 8. | 3788 - LCDR Arnold W Betcher | 100.00% |
| 9. | 3783 - PFC Archie McArthur | 104.18% |

*******Auxiliaries that reached 100%: 1924, 3483, 3787, 3788, 7420, 7907, 9578 the president and membership chairman are invited to a free steak dinner at Don Diego Post 7420 on February 7 2020. You must RSVP, to attend. (Please see email) *******

District 1 is at 95.94% as of this writing, we still need 194 more of the members to get their dues in. If you need help please contact the membership team, we can come to your post and help make calls.

Keep up the great work, Thank you for doing what you do.

Kathie Okolski, Membership Team

WEBMASTER REPORT

Hi Everyone,

Web stats by the numbers; our [Website](#) hit 32 users on Dec 3rd, [Facebook](#) has 397 followers, [Instagram](#) has 104 followers, [Twitter](#) now has 15 followers. We are slowly growing our online presence. Come join us online and get the most up-to date information.

Remember the internet has no backspace button. Anything you post is visible to the world forever. Please be respectful of others and always maintain the professionalism that is expected of us by the Post and Auxiliary.

Your loyal 'geek'

Sara Jeyes

webmaster@vfwcadist1.org

District Americanism Report

Happy New Year!

The last day to register to vote in the March 3, 2020, Presidential Primary Election is February 18, 2020. Check in with your family and friends to make sure they are registered to vote. Reach out to those that may need a ride or ask a friend for a ride to the polls. If you prefer to vote in the privacy of your home, make sure to request your absentee ballot by February 25th and mail it back in a timely manner or drop it off at a polling location on election day.

Sara Jeyes, Americanism Chairperson, Post 3787 Auxiliary

NEWS: MEDICAL AND MEDICAL BENEFITS

TRICARE EXPANDS COVERAGE FOR BREAST CANCER SCREENINGS

TRICARE is committed to improving preventive health care services for women. On Jan. 1, 2020, TRICARE expands coverage for breast cancer screenings to include digital breast tomosynthesis or 3-D mammography. TRICARE will cover 3-D mammography as a preventive health care service through the provisional coverage program.

According to the American Cancer Society, breast cancer is the most diagnosed cancer in women after skin cancers. About 1 in 10 women in the U.S. develop breast cancer in their lifetime. "Women's health is a priority at the Defense Health Agency," said Elan Green, chief of the Medical Benefits and Reimbursement Section for the TRICARE Health Plan at the Defense Health Agency. "Currently, the U.S. Preventive Services Task Force hasn't found sufficient information to develop a recommendation for or against this service. However, recognizing that 3-D mammography is rapidly becoming the standard of care, the DHA approved provisional coverage of 3-D mammograms for breast cancer screening."

Previously, TRICARE only covered 3-D mammograms for diagnostic purposes. This means a physician could order them for at-risk patients or for further diagnosis. For breast cancer screenings, TRICARE covered 2-D mammograms.

What's 3-D mammography?

3-D mammography uses an X-ray machine to create a 3-D image of the breast. This results in greater accuracy when detecting abnormalities. It also decreases false positives. So, there's less chance of having to return for a second screening and potentially unnecessary breast biopsies.

Who now can get 3-D mammography?

Beginning Jan. 1, you may be eligible for annual 3-D mammography screenings if you're a woman who is:

- Age 40 or older.

- Age 30 or older and at high risk. This means you have a 15% or more lifetime risk of breast cancer.

If you or your doctor prefer 2-D mammograms, TRICARE will continue to cover them. But you must meet the above criteria.

3-D mammography falls under the provisional coverage program. This means you need pre-authorization. Your provider must first get pre-authorization from your regional contractor.

What's the provisional coverage program?

The provisional coverage program covers certain emerging health care services and supplies. These services or supplies are under clinical trials and ongoing evaluation. TRICARE can extend coverage for up to five years. TRICARE will then determine if the service or supply will become a covered benefit.

Take command of your health.

Women with breast cancer often don't have symptoms. This is one reason why preventive breast cancer screenings are critical. Take command of your health; learn about 3-D mammography and your TRICARE benefit.

PSC Dale Smith sends:

Single size electric hospital beds, Two available to anyone that needs one. Please contact PSC Dale Smith at 619-247-0535 or email: dalemar@tmwireless.com.

NEWS: MEDICAL AND MEDICAL BENEFITS

WANNA QUIT SMOKING, VAPING OR SMOKELESS TOBACCO?

Do you want to quit tobacco, including smoking, vaping, or smokeless tobacco? TRICARE can help you. Using these products is harmful to your health. Over time, using them can shorten your lifespan and quality of life. According to the Centers for Disease Control and Prevention (CDC), AT https://www.cdc.gov/tobacco/data_statistics/index.htm tobacco use is the leading cause of preventable disease, disability, and death in the U.S. You don't need to have a tobacco-related illness to use these benefits.

Are you a TRICARE beneficiary and not entitled to Medicare? Tobacco cessation services and counseling are available to you. If you have Medicare, it offers similar services that you can use.

TRICARE also covers certain prescription and over-the-counter products at no cost to you to help you quit tobacco. You must:

Have a prescription from a TRICARE-authorized provider. An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by a national organization, or meets other standards of the medical community and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network..

Fill your prescription through the TRICARE Pharmacy Home Delivery or at a military pharmacy. TRICARE won't cover your tobacco cessation products if you get them from a retail pharmacy.

Be age 18 or older if you're living in the U.S. You can't be eligible for Medicare.

Be enrolled in TRICARE Overseas Program Prime if you're living overseas or in the U.S. territories of Guam, Puerto Rico, or the U.S. Virgin Islands.

According to the U.S. Department of Health & Human Services, smokers die on average at least 10 years earlier than those who don't smoke. And more than 1,200 people in the U.S. die from smoking-related causes every day.

The sooner you quit, the better for your body. Quitting sets a good example for the children and teens in your life. It's during youth and young adulthood when tobacco use and addiction mostly start.

E-cigarette use is also a growing area of concern. According to the 2015 Department of Defense Health Related Behaviors Survey, 35.7% of service members have tried e-cigarettes. This is an increase of eightfold between 2011 and 2015. And 11.1% of service members said they use e-cigarettes daily. This is a rate higher than the 3.7% of users across the general population during a similar period.

Many people use e-cigarettes recreationally. But some people use e-cigarettes to help them stop using other tobacco products. The Food and Drug Administration doesn't approve e-cigarettes to help you quit smoking. TRICARE covers proven, safe, and effective methods to help you quit tobacco.

The Department of Defense has a campaign to help service members and their families stop their use of tobacco. YouCanQuit2

at <https://www.ycq2.org/> provides a wide range of tools. To learn more about TRICARE resources, check out the TRICARE Tobacco Cessation Program Fact Sheet at <https://www.tricare.mil/publications> .

We are committed to helping you succeed in your attempt to quit. To learn more about tobacco cessation and available resources, you can check out the Military Health System Tobacco-Free Living page.

At <https://health.mil/Military-Health-Topics/Operation-Live-Well/Focus-Areas/TobaccoFree-Living>

NEWS: MILITARY AND LEGISLATIVE

MORE VETERANS NOW QUALIFY FOR ON-BASE PRIVILEGES

Starting Jan. 1, 2020, there will be expanded access for Commissaries, Military Service Exchanges, and Morale, Welfare and Recreation facilities for newly eligible veterans.

Veterans who received a Purple Heart, were former POWs, or veterans with a service-connected disability rating will be able to physically access on-base facilities that were previously off-limits to those veterans.

Veterans seeking access to military installations will require identification. Veterans can use their current VA-issued Veterans Health Identification Card (VHIC). If a veteran is ineligible for a VHIC, DOD will temporarily accept the VA Health Eligibility Center Form H623A that indicates Priority Group 8E and an acceptable identification credential, like a REAL-ID-compliant driver's license or a U.S. passport

The Debra Sampson Act Passes the House

The House approved (399-14) the FRA-supported Deborah Sampson Act (H.R.3224), sponsored by Rep. Julia Brownley (Calif.), which will address inequities and barriers that female veterans face when accessing VA care and benefits. The bill is named after a Revolutionary War veteran, Deborah Sampson Gannett, who served in the Continental Army during the Revolutionary War and who was awarded a full military pension for her service.

"Currently, women veterans comprise the fastest-growing demographic within the veteran community, yet their invaluable service is often overlooked and forgotten, leading these women to feel invisible. The Deborah Sampson Act recognizes and honors women veterans by ensuring inclusivity and equitable access to resources, benefits, and services," said Rep. Brownley.

"This bill is a result of several roundtables, site visits, and meetings with women veterans across the country to identify issues and barriers they face, and will address many of the inequities and barriers that the Women Veterans Task Force has identified," Rep. Brownley said "The Deborah Sampson Act will build on the work that Congress has done since our nation's founding to recognize women in the military. Our women veterans deserve nothing less." The House also passed eight other veterans' bills unanimously that pertains to an increase in VA remote health care services, expand GI bill eligibility, and increase oversight of certain VA construction projects.

GI Bill Improvements Pass House

Two legislative proposals that would improve the Post-9/11 GI Bill and set an end date for the Montgomery GI Bill recently passed the House. The Protect the GI Bill Act (H.R.4625), sponsored by Rep. Mike Levin (Calif.), ensures that schools receiving GI Bill funding inform prospective students of the cost of attendance, how much their benefits cover, student outcomes, and more. The bill empowers State Approving Agencies (SAAs) to flag or suspends new enrollments to schools that violate these requirements. The bill also contains several other protections, including a ban on schools misrepresenting themselves while marketing, recruiting and enrolling students.

Further, the GI Bill Planning Act (H.R.4162), sponsored by Rep. Jack Bergman (Mich.), gives new enlistees six months rather than just two weeks, to decide to pay \$1200 or opt-out of their Montgomery GI Bill (MGIB) benefit. It also ends with new enlistee enrollments in the outdated MGIB by October 2029. Both bills were approved by voice vote and have been sent to the Senate for further consideration.

NEWS: MILITARY AND LEGISLATIVE

Spending Bills and NDAA Pass

Congress passed two bills (H.R.1865 and H.R.1158), which include all 12 spending bills for FY2020. This avoids a government shutdown that would have occurred Dec. 20, 2019, when the current Continuing Resolution expired. The FRA applauds Congress for passing spending bills rather than introducing another CR. The continued use of CRs prevents the military from starting any new programs and would further jeopardize current training, maintenance, modernization and quality of life programs. President Trump indicated he will sign the two proposals into law.

In related news, the Senate approved (86-8) the FY2020 National Defense Authorization Act (NDAA-S.1790) and sent it to the President to be signed into law. As noted in last week's NewsBytes, the House approved (377-48) the NDAA that includes a three-year phase-out of the SBP/DIC offset for military widows/widowers. The FRA has long sought the elimination of the Survivor Benefit Plan (SBP)/Dependency and Indemnity Compensation (DIC) offset for widows and widowers of service members. This offset, also known as the Widow's Tax, impacts approximately 65,000 widows and widowers of our Armed Forces. The FRA has advocated that these widows and widowers should receive both SBP and DIC benefits without the current dollar for dollar offset.

Secretary of Defense Dismisses Secretary of the Navy

Navy Secretary Richard Spencer was fired after allegedly suggesting a secret deal with the White House regarding the fate of Chief Petty Officer Edward Gallagher. This led to the "loss of trust and confidence" in the Navy leader among top officials at the Department of Defense. Gallagher was demoted earlier this year after a military court convicted him of posing for photographs with a corpse of an enemy combatant in Iraq in 2017. He was acquitted of murder and other charges in the case. Spencer launched a peer review process that was going to result in Chief Gallagher's loss of his Trident and being removed from the Navy SEALs.

Navy Undersecretary Thomas Modley will now serve as Acting Navy Secretary. President Trump has indicated that he will nominate Kenneth Braithwaite, the current ambassador to Norway. Braithwaite graduated from the Naval Academy in 1984 and was an aviator before moving on to head several Navy public affairs shops in the U.S. and overseas. After retirement as a Rear Admiral in 2011, he worked as an executive in various businesses, ran communications at the U.S. Embassy in Islamabad, Pakistan and was a senior advisor to Senator Arlen Specter (Pa.).

STATE-LEVEL BENEFITS FINDER FOR VETERANS ESTABLISHED

The Center for a New American Security (CNAS) created the "State-Level Benefits Finder for Veterans," which is a new online tool catalogue that displays benefits offered by each state across the U.S. according to CNAS. There is a total of 1,814 unique benefits which exist across the 50 states and the District of Columbia. However, there is significant variation across states in terms of available benefits, who is eligible to access them, and their value. For more information or to locate benefits that may pertain to you here in California and the rest of the states see below link.

<https://www.cnas.org/publications/reports/from-sea-to-shining-sea>

WOMEN'S VETERAN INFORMATION

Women Veterans Chairperson Report

This is a new section of the newsletter where future articles will provide women veterans with useful and valuable information about programs, benefits and opportunities available to the women who serve or served in our armed forces.

Expect to see articles and information from these organizations on many topics of interest to our women vets:

- ◆ FaceBook
- ◆ Women's Wet Alliance
- ◆ She Served Too

- ◆ Proud Women Vets
- ◆ The Veterans Ditty Bag
- ◆ VFW Department of California Women Veterans

- ◆ San Diego Women Vets Network
- ◆ SD Lady Vet
- ◆ Operation Dress Code
- ◆ Foundation for Women Warriors



Paula Jansen, Women Veterans Chairperson

RECENT EVENTS

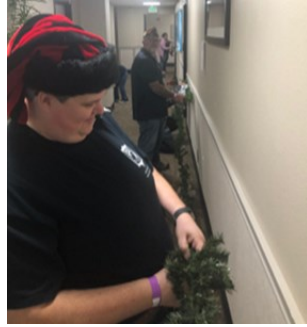
Funeral Services of Louis Hernandez, Father to Past District 1 President Lupe Duggins.

Left: Mr. Hernandez's casket was taken via horse drawn glass carriage, and included the rifle unit and 2 US Navy members folding the flag.

Bottom right: District 1 Chaplain Sheila Jo Snyder offers a prayer for the Hernandez/Duggins families during services at Funeraria Del Angel in National City.



RECENT EVENTS



District personnel pitch in to help decorate the Wounded Warrior Ward Barracks for the Warrior Foundation Freedom Station.

District 1 Commander Myles Fry and Senior Vice CDR. Paula Jansen participate in the Pearl Harbor Day Ceremony aboard the USS Midway Museum.



1st District Commander & Senior Vice Commander place a US flag and flowers at the grave of Pearl Harbor Killed In Action Coxswain Howard Carter.

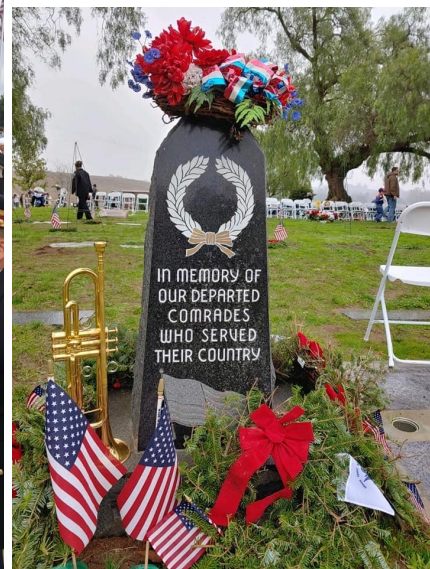


Thomas Henderson VFW Post 9305, Imperial Valley Members of WFW Post 9305 prepare to sell their "WORLD FAMOUS FISH TACOS" for "Christmas in a Small Town". Unfortunately, it became "Raining in a Small Town", nevertheless, many members came out and the camaraderie was worth it. Photos courtesy of Daniel Ochoa, Jr.

RECENT EVENTS

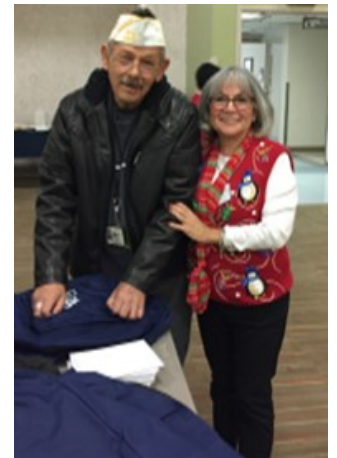


The "Wreaths Across America" event was held all across the country on December 14th. The



organizers of this event solicit donations to purchase and place as many wreaths as possible on the graves of our departed comrades.

RECENT EVENTS



At Post 5431, Randy Treadway organized a team to procure 200 backpacks and fill them with goodies for the vets at the VA Hospital.

**VFW Post 3783,
Ramona, CA
National Wild
Turkey Federation's
Mark Griffin and
daughter Ember**



**presented a \$500.00 check to the Post
Commander Alexis Henshaw. These
funds will benefit military families for
Christmas. Thank you Mark & Ember!**



**Chili Cook Off winner Bruce
Mayfield takes a photo op with
District Commander Myles Fry**

RECENT EVENTS at Post 5867



District One Senior Vice Commander Paula Jansen along with Post 5867 members participated in the Holiday Magic Children’s Christmas Party.



Department Senior Vice Commander John Lowe’s girls having fun in the kids area at Post 5867.



Auxiliary member Carrie Foster & Post 5867 Commander Matt Foster visit with Santa.

UPCOMING EVENTS



California Transition Assistance Program

GROSSMONT COLLEGE

★ ★ ★
Agenda

January 22, 2020
12:00PM - 4:00PM

* Griffin Gate, Bldg 60, Rm 180 *

- CalVet / CalTAP
- Local Interagency Network Coordinator
- San Diego Office of Military and Veterans Affairs
- CalTAP - Education
- CalTAP - Entrepreneurship
- CalTAP - Employment
- CalVet Home Loans
- One-on-one Appointments

Please register and reserve your seat on eventbrite:

<https://caltap-grossmont-012220.eventbrite.com>



TEXAS HOLD'EM 2

SIX TABLE TOURNAMENT

JANUARY 18, 2020

FIRST DEAL AT 6:00PM

****DOORS OPEN AT 5:00PM****

\$40.00 DONATION

VFW POST 1512 - FEDERAL BLVD, LEMON GROVE, CA 91945

See Post 1512 Buxtoner or Call Doc @ 619 750 3626 for tickets



Fallbrook Band Boosters, Inc

75th Anniversary Ceremonies in Pearl Harbor Memorial Day 2020 Info

- What:** 75th Anniversary Ceremonies to Commemorate the end of WWII.
- Events: Concert w/ 4 other bands, Pearl Harbor Memorial Parade, Solo Concert @ USS Missouri
 - Sites: Island Tour, Pearl Harbor tour, Polynesian Cultural Center or Island Luau
- How:** Fallbrook nominated by a Retired Military Musician along with 250 others. Fallbrook selected due to quality and professionalism of our program. Only California School, 1 of 41 high School bands from USA Mainland.
- When:** Memorial Day Weekend 2020 (May 21st - 25th)
- Thurs 5/21 Travel to Honolulu
 - Friday 5/22 Accommodate, practice, tours
 - Sat. 5/23 Gold Star Family Ceremony & Parade in Honolulu
 - Sun. 5/24 Concert on USS Missouri
 - Mon. 5/25 Veteran's Cemetery "Punch Bowl"
 - Tues 5/26 Travel Home
- Who:** Marching Band & Color Guard
Concert Band
JROTC (5 ppl — doing own fundraising)
3 Admin & 5 coaches
Chaperones (1:8 ratio with students)
Approx. 80 ppl
- Cost:** Approx. \$160,000 or \$80ppl @ 2,000 per person (currently raised \$35K)
- \$1200 for "on island" transportation, hotel, 4 Breakfasts, 2 dinners, events
 - Approx. \$500 for roundtrip Airfare
 - \$300 for other meals, bus transportation
- Donation Methods:** www.fhwariormusic.org/donate
Checks made out to: Fallbrook Band Boosters — PO Box 1604, Fallbrook, CA 92088
Venmo @fallbrook-bandboosters



SAVE THE DATE: February 6-9, 2020

Please help us help our veterans!
Cash, Clothing, Time, or Talent; we appreciate it all.
ncstanddown.org



DON DIEGO POST 7420
2100 Logan Ave
San Diego CA 92113
HOSTS

OFFICIAL VISIT STEAK DINNER

FRIDAY FEBRUARY 7th

Served with Tossed Green Salad,
 Baked Potato, Vegetable, Dinner Roll
\$15.00 per

Social Hour 5:00 PM Dinner 6:00 PM

SOMBRERO CEREMONY TO FOLLOW DINNER

Reservations cutoff will be
Friday 31 January 2020 at Noon

For Reservations send payment to Co-Chair:
 Diana R Kulhanek (c) 619-206-7828 dirude@yahoo.com or
 Doug Carrington 619-730-5610 slainte1861@att.net at
 VFW Post 5867 12650 Lindo Lane Lakeside CA 92040-4212

Please make checks payable to the 1st District.



If you served in the
 U.S. Military, you
EARNED
 the help we offer!

North County Veterans Stand Down
 February 6-9, 2020 at the Green Oak Ranch
 1237 Green Oak Rd. Vista, CA

- Medical, Dental and Vision Care | VA Benefits
- Housing & Employment Opportunities
- Tickets and Misdemeanors CLEARED
- Mental Health & Substance Counseling
- Hairstyling Services | Full Service Pet Care
- Clothing & Shoes | Hot Meals | Overnight Shelter
- ENTERTAINMENT AND MORE!
- Your family is welcome!

Interested? Click the "Attend" button at
www.ncstanddown.org



  #ncvsd | Questions? Call 866-535-2038

1st Annual 'CarVet'
CRUISE N FOR A CAUSE
CAR MEET

FREE ENTRY * CHILI COOK-OFF * FREE LUNCH

LIVE MUSIC SATURDAY 11AM-5PM
FEBRUARY 8TH

COME OUT AND SUPPORT OUR VETERANS DURING THE NORTH COUNTY VETERANS STAND DOWN

ALL DONATIONS WELCOME
 CAR SERVICE

ALL CARS WELCOME!

MUSCLE * IMPORT * TUNER
 CLASSIC * VINTAGE
 SUPERCAR * RATROD
 * MOTORCYCLE *

RSVP FOR EARLY ENTRY
 TEXT 760-487-8353
 WITH YOUR NAME AND VEHICLE INFO

 #CARVETSD

WHERE? **GREEN OAK RANCH**
 1237 GREEN OAK RD, VISTA, CA 92081

