

VFW 1st District of California



DISPATCH



@vfwmighty1st

February 2019

www.vfwcadist1.org

Volume 19, Issue 2

Department Auxiliary President praises North County Stand Down

I love the NCSD! It is everything Veterans and Family support is all about. I got a tour around the ranch in a golf cart driven by District 1 Auxiliary President Kathie. I was most impressed by the tremendous number of District 1 Post and Auxiliary members volunteering three days to see that our Veterans received medical, dental, fresh clothes and food. Congratulations Matt and Carrie Foster for an exceptional job three years in a row! I am so proud of all of you. Thank you for all that you do.

*Ellie Mello
Dept. of California Auxiliary President*



100%

CONGRATULATIONS DISTRICT 1!

Thanks to the hard work and dedication of the Mighty First team, District 1 is at 100% as of Feb. 12.

98.7%

GO GET 'EM MIGHTY FIRST AUX!
We are cheering on the Mighty First Aux because they are at 98.70% and thriving!

INSIDE THIS ISSUE

Commander & President — Pg. 2

Legislative — Pg. 3

Chaplain's Corner — Pg. 4

Scout of the Year Form — Pg. 5

Auxiliary Puppy Love Dance &

Special Project Fundraising — Pg. 6-7

Women Veterans — Pg. 8

Flyers — Pg. 9-11

Feb Calendar — Pg. 12



District 1 Commander Steven Williams



Mighty First,

I know it is cliché to say “I can’t find the words,” or “there are no words,” or “there isn’t enough thanks in the world” so I am not entirely sure how to write it. District 1 is already at 100% membership. And I am headed to D.C. to the Legislative Conference in March because District 1 is number 1. We are in a ground-breaking surge transforming our Posts into the veteran-supporting, family-friendly, neighborly organizations we are supposed to be, and encouraging and growing those who have already made the transformation. Please note that I deliberately never used the word ‘bar.’ We are legitimately the largest, most effective combat veteran organization in the world. Our priority was never supposed to be to run Canteens as nucleuses of our establishment. Somewhere along the way that transitioned, but as I have asked for years, it is time to stop pointing fingers and bickering about what shoulda, coulda, maybe kinda aughta happened. We have a very clear mission set forth by National, State and District leadership.

For those who don’t already know, my time being active in the District is running short. Comrade Miranda Williams received orders to the USS Carl Vinson for Aug. It is currently in dry dock in Bremerton, Wash. It is scheduled to return to San Diego in Fall 2020, but as all of us veterans know, we will believe it when the orders are in hand.

I am looking forward to finishing a fantastic year. It has been a challenge balancing being a father to a 10-year-old and 23-year-old, a husband to an active-duty Sailor, facing more illness and major vehicle repair issues in a few short months than I have my entire life, and trying to maintain the goals I set for my year as Commander. I hope some of my work helped you at some point along the way, and I wish you the best of luck moving forward into the 2019-2020 VFW year.

Semper Fi,
Steven Williams, District 1 Commander



District 1 President Kathie Okolski



Mighty 1st District Comrades, Sisters, and Brothers;
Happy Valentine’s Day, be with the ones you Love,

January was a busy month, from going to the C-of-A meeting in Sacramento, to having our Official Visit with the Department coming down. Thank you to all the Posts and Auxiliaries that stepped up to the plate and showed the visitors how Mighty the 1st District is. Thank you to all who helped in the behind scenes to make sure everything was done. I continue to pray you all are healthy, as I have been hearing a lot are having a hard time this winter.

Congratulations to the 12 that are 100% and higher. You are doing a great job on getting them in. As of this writing, we are only 81 away from being 100% as a District — please see what you can do. If you need help making calls, or sending letters contact the team. They are eager to help you hit 100%.

Reporting is almost 100%, there are a few of you who still need to get them in, contact the Chairmen and they can help you.

I appreciate all of you and what you do for our Veterans and their families! I look forward to seeing all of you at the Membership meeting, and throughout the activities going on.

Thank you for doing what you do.

Kathie

Events for month of February:

16th Carter-Smith, fundraiser 6-9 p.m.

17th -23rd I will be traveling to Massachusetts to visit my Granddaughter.

26th Membership meeting 9327 Santee, 8516 Magnolia Ave, Ste 203, Santee, CA

“DRAGONFLIES: THE KEEPER OF DREAMS, INSPIRING PASSION & CREATIVITY FOR OUR VETERANS”



Legislative



New VFW Events App launches just in time for D.C. Conference

KANSAS CITY, Mo. – With the 2019 VFW Legislative Conference only weeks away, the Veterans of Foreign Wars of the U.S. has designed a new mobile event app to give attendees the tools needed to make the most out of attending VFW national events. The new app allows attendees at the Legislative Conference and National Convention to receive important notifications and reminders throughout the events, have instant access to the daily agenda, the opportunity to connect with other attendees and more. The new app is available for download at both the Apple App and Google Play Stores by searching VFW Events.

If you are planning to attend the Legislative Conference, help the VFW promote our 2019 Legislative Priority Goals by posting about your visit with your Congressional representatives to social media, just tag your online post with #VFWDC2019. Be sure to also tag your elected officials to show your appreciation for their time and for helping us fight FOR VETERANS.



Comrades,

2019 Legislative Priorities:

Blue Water Navy Vietnam Act – Blocked by Sen Enzi in the waning days of 2018 Congress.
Concurrent Receipt re-introduced HR 303.
Repeal of SBP/DIC HR 553

CBO attempt to reduce the Federal Deficit:

New Tricare for life proposed increases of annual enrollment fee \$485 individual and \$970 for families.

Increases in Tricare Prime for annual fees \$650 and \$1300.

Decrease BAH to 80% of cost.

Limit active duty annual pay increases.

Tom Dorsey

Legislative Chairman



Disclaimer

The "Dispatch" is the official publication of District 1, Department of California, Veterans of Foreign Wars of the United States, and shall act as a periodical for the benefit and enrichment of all VFW Posts, Ship, and Auxiliaries in District 1.

As Department Officers, any and all communications from the District 1 VFW Commander and Auxiliary President are considered to be official as they have the privilege of membership on the VFW Department of California Council of Administration.

District Dispatch Editor

Steven Williams

District 1 Commander

9122 Bubbling Wells Road

Lakeside, CA 92040

vfwd1commander@gmail.com

(619) 922-0330



Chaplain's Corner



James Wright
District 1
VFW Chaplain



Greetings Everyone,

I just returned from the Council of Administration Meeting in Sacramento, and let me start by congratulating all of our Voice of Democracy and Patriot Pen winners. The speeches that were given by the two state winners there at the VOD Banquet were truly inspirational.

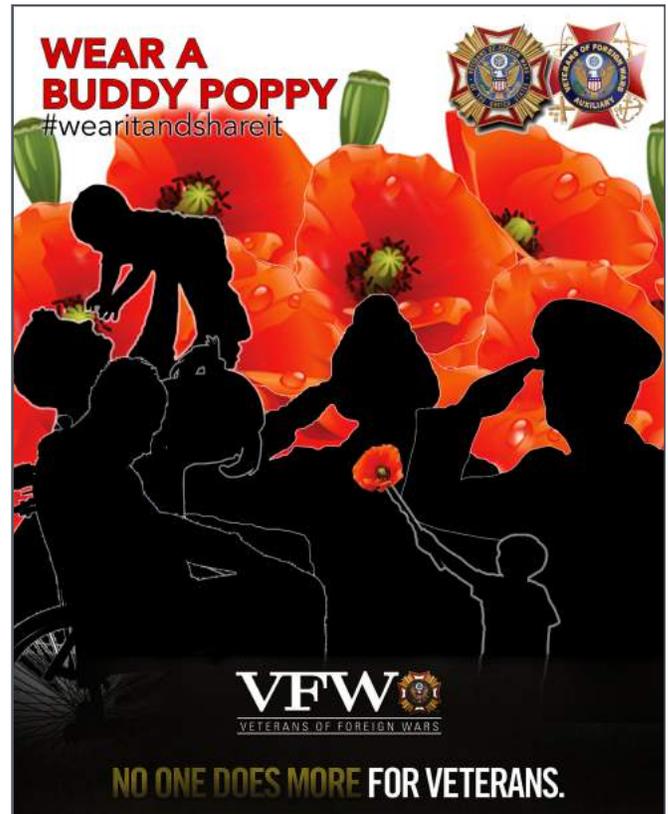
Now that C-of-A is over, it will not be long before our Department Convention in Ontario in early June. That means that the deadline for Comrades to submit reports for consideration for awards at the Convention is coming up too. Please submit reports for the Homeless Veterans/ Standdown Program by the end of April. As your Program Chair that will help me to help you.

Since we are on the topic of Homeless Veterans, the North County Homeless Veterans Stand Down just finished up at Green Oak Ranch. Many Posts donated socks and clothing to assist our veterans up there during this event. Please stop by your local Post and donate to this worthy cause.

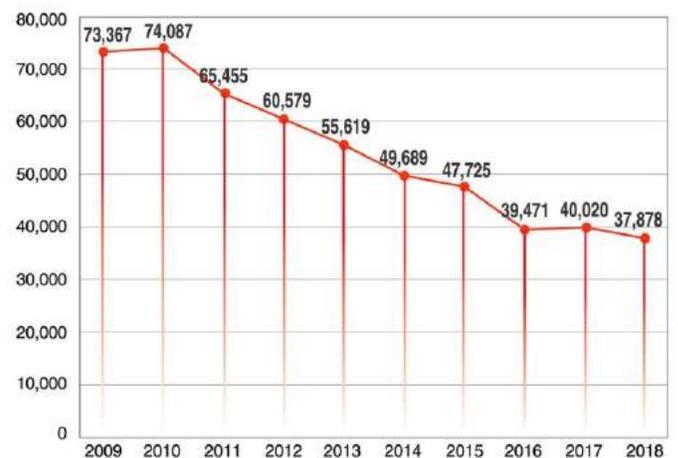
There are also relief efforts out there at our Posts that are designed to assist Coast Guard active duty personnel who are working without pay during the Government Shutdown. Please donate to help with this, as well.

There is one more thing that I want to cover. Many of you know Rolling Joe Velasquez from Department Conventions. He was the long-time Chair of the Wheelchair Games. He passed away. Please keep his family in your prayers. Thank you.

May God continue to Bless You,
Chaplain James



Homeless veterans



SOURCE: Department of Housing and Urban Development

NOGA AMI-RAV/Stars and Stripes

Scout of the Year Program



DISTRICT 1 SCOUTING CHAIRMAN
Doug Crawford, crawford5@yahoo.com, 619-723-7318

WHAT IS THE SCOUT OF THE YEAR PROGRAM?

Annually, the Veterans of Foreign Wars of the United States awards three individuals who are: Eagle Scouts, Girl Scout Gold Award recipients, Venture Summit Award recipients and/or Sea Scout Quartermasters who have risen above their peers in exemplifying the qualities of that rank. Awards are as follows:

- \$5,000 1st place National scholarship
- \$3,000 2nd place National scholarship
- \$1,000 3rd place National scholarship

AM I ELIGIBLE?

To be eligible for the award, the candidate must:

- Be the recipient of the Eagle Scout Award, Girl Scout Gold Award, Venture Summit Award or Sea Scout Quartermaster Award.
- Be a registered, active member of a Boy or Girl Scout Troop, Venturing Crew or Sea Scout Ship at the time the above reward was received.
- Have demonstrated exemplary citizenship in school, Scouting and community.

Prior National Scout of the Year winners are ineligible. Applicants still in high school who reach their 18th birthday during the nomination year remain eligible if otherwise qualified. A Scout may enter through only one VFW Post. A local Post can be identified by zip code at www.vfw.org/find-a-post.

WHAT ARE THE DEADLINES?

- Deadline for entry to VFW Post is March 1.
- One candidate with full entry criteria must be submitted by a VFW Post to the next level of judging by April 1. The VFW Department (state) Scouting chairman can provide this information.
- The Department winner must be selected and submitted by their Department (state) Scouting chairman to the VFW National Headquarters by May 1.

Questions should be directed to 816-756-3390 ext 6155 during normal business hours Monday through Friday or emailed to scouting@vfw.org.

WHAT DOCUMENTATION IS REQUIRED?

The following documentation should be submitted:

- **Photograph of the Scout** — must be attached to this form. The Scout must appear in correct, complete uniform for their current rank. Recommended size 3" x 5".
- **School Participation Record** — a single page, one sided resume of the candidate's school activities indicating academic achievements, offices held, honors received and significant participation in other activities.

Official Entry Form

VFW Scout of the Year Program

MUST BE COMPLETED BY EACH CONTESTANT
and submitted DIRECTLY TO A VFW POST IN YOUR COMMUNITY.

Name: First, M.I., Last

Address

City, State, Zip

()

Home Phone

Email

Date of Birth (dd/mm/yyyy)

Scout Troop Number

SCOUT/VENTURE CERTIFICATION

I hereby certify that the foregoing information is accurate and if I am the winner, I will make myself available to receive the award at a presentation ceremony as designated by the Veterans of Foreign Wars.

Scout/Venture Signature

Date (mm/dd/yyyy)

UNIT LEADER'S CERTIFICATION

I hereby certify that the above-named Scout/Venture is an active member of our unit or was when the award was received and the information supplied by the candidate is accurate to the best of my knowledge.

Unit Leader's Signature

Date (mm/dd/yyyy)

PARENT'S CONSENT

I hereby certify that all information on this application is correct. I willingly submit this name for consideration as the Veterans of Foreign Wars of the United States' Scout of the Year. If this individual is selected as the winner, I will ensure that he/she is allowed to attend a presentation ceremony as designed by the Veterans of Foreign Wars.

Father, Mother or Guardian Signature

Date (mm/dd/yyyy)

Auxiliaries 2275 Sable & 5867 Lakeside

accepting donations for
local shelters!



PUPPY LOVE

DINNER DANCE
February 16th, 2019

TICKETS \$20 PRESALE \$25 DAY OF EVENT

SIT DOWN DINNER WITH DANCING TO FOLLOW
RAFFLE PRIZES AND SILENT AUCTIONS

PROCEEDS GO TO DISTRICT
PRESIDENT'S SPECIAL PROJECT D.O.D



LAKESIDE VFW HALL 12650 LINDO LN, LAKESIDE CA 92040

Auxiliary Special Project

District President Kathie has combined her passion with Pets and Veterans for her Special Project. She has chosen D.O.D. (Dogs on Deployment) a local organization that helps our active duty military as well as our Veterans. This group helps our Veterans on so many levels, from finding temporary foster families while the owner serves our Country, to medical needs the pet requires. Please see the attached flyer or website. Your support of this program will mean more than you know, to our Veterans. Thank you for your continued support with all our Veterans.

www.dogsondeployment.org

Check out our Local and Regional Facebook Pages!
[San Diego Chapter](#)
[Hawaii Chapter](#)
[West Coast Region](#)



"For the common love of dog and country;
Support your troops by boarding their pets!"

Everyone is invited to the 1st District Special Projects for Commander Steve & President Kathie, please see flyer on the next Page, July 31st Lakeside Boll Weevil.

James Waterman
District 1 Auxiliary Special Project Chairman
diegovfwaux@gmail.com

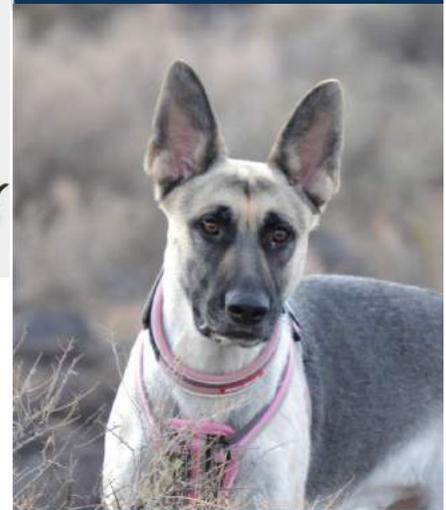


DOGS ON DEPLOYMENT is a 501(c)(3) non-profit that provides the largest military-pet fostering network—connecting pet owners with thousands of registered DoD Boarders throughout the nation. In addition, we distribute educational resources regarding responsible pet ownership tips and adoption resources.

The support from our community has contributed to hundreds of success stories, and allowed us to bestow over \$70K in financial aid* to military members for help with their pet's care during emergencies or for general assistance. Visit our website to find out the many ways you can get involved and support your troops.



SUPPORT
pets with financial needs



CONNECT
boarders and service members



REUNITE
service members and their pets

Women Veterans



Thank you to everyone who participated in our January Women Veterans activities, which included a hike and a woodworking event at Home Depot. For those of you who joined us at the District meeting, we were also able to witness as we recognized and honored Woman Veteran Cpl. Kira Lavine, an advocate for mental health wellness and a wounded warrior who won medals in both the DoD Wounded Warrior Games and Invictus Games.



Here are a few of the events scheduled for the coming months:

Thursday, February 21, 2019 from 6:30–8 PM

Women Veteran Get Together - Woodworking
The Home Depot, 255 Town Center Pkwy, Santee, CA 92071

A great way to get together as Women Veterans and get out into our community to spread awareness that we serve too! Family and friends are invited. Wear a Veteran shirt with pride! This event will be approximately \$20 depending on the materials you select.

We will make a wall-mounted industrial pipe coat hanger. The Home Depot Store Associates will show us how to measure, cut, stain and assemble a coat hanger. In addition, the Store Associate will demonstrate safe practices in using common project power tools.



Saturday, February 23, 2019 from 5:30-9:30 PM

She Served Too - Stories and Portraits of Women Veterans, Carter-Smith VFW Post 5867, Lakeside. Personal, professional free digital photos for Women Veterans. Sign up is required. Also, for women who want to be featured for the project, a short write-up will be required at the time of the photo session; a form will be provided for you to fill out and let us know more about your service. You will be given access to download high resolution digital images via Flickr. Select photos and stories will be featured on the District 1 She Served Too Facebook page, in the March Dispatch, on the VFW District 1 website and in the May California Veteran magazine.

Sign up for a time slot via this link:

www.signupgenius.com/go/30e0e4baca92ca1f49-sheserved

Saturday, April 20, 2019 at 4-6 PM

Change Direction - Focus on Women's Health
Carter-Smith VFW Post 5867, Lakeside

The Veterans of Foreign Wars has partnered with Change Direction to help change the culture of mental health in America so that all of those in need receive the care and support they deserve. The Campaign encourages all Americans to pay attention to their emotional well-being – and it reminds us that our emotional well-being is just as important as our physical well-being.

This Change Direction event will focus on Women's Health and feature various resource groups and guest speakers. Together we can help stop the stigma of mental illness and ensure our Veterans get the help they deserve. To learn more about the campaign to Change Direction visit www.changedirection.org/

Comrade Miranda Williams

VFW Mighty 1st District Women Veterans Chairman

GOLDEN ACORN CASINO

FUND RAISER

FUND RAISER

CASINO BUS ADVENTURE

DATE : MARCH 02 , 2019 SATURDAY,

TIME : 11:30 A.M. - 7:00 P.M.



FUND RAISER

FUND RAISER

DEPART -- VFW 1401 HIGHLAND AVE NATIONAL CITY

REFRESHMENTS SERVED & FUN

FUNCTION: BY AUXILIARY VFW 4630 POST

FUND RAISER \$30.00 WITH \$20.00 BACK AT CASINO

CONTACT: BRENDA JACKSON (619) 264-4269

SALLI CLAYBONE (619) 245-5017

FUND RAISER

FUND RAISER

District 1 Auxiliary presents

Sugar, Spice... Malice & Murder? Thomas Jefferson High Dance/Sock Hop



MARCH 30, 2019



5-8 p.m.

SABLE POST 2275, 136 Chambers St, El Cajon, CA 92020

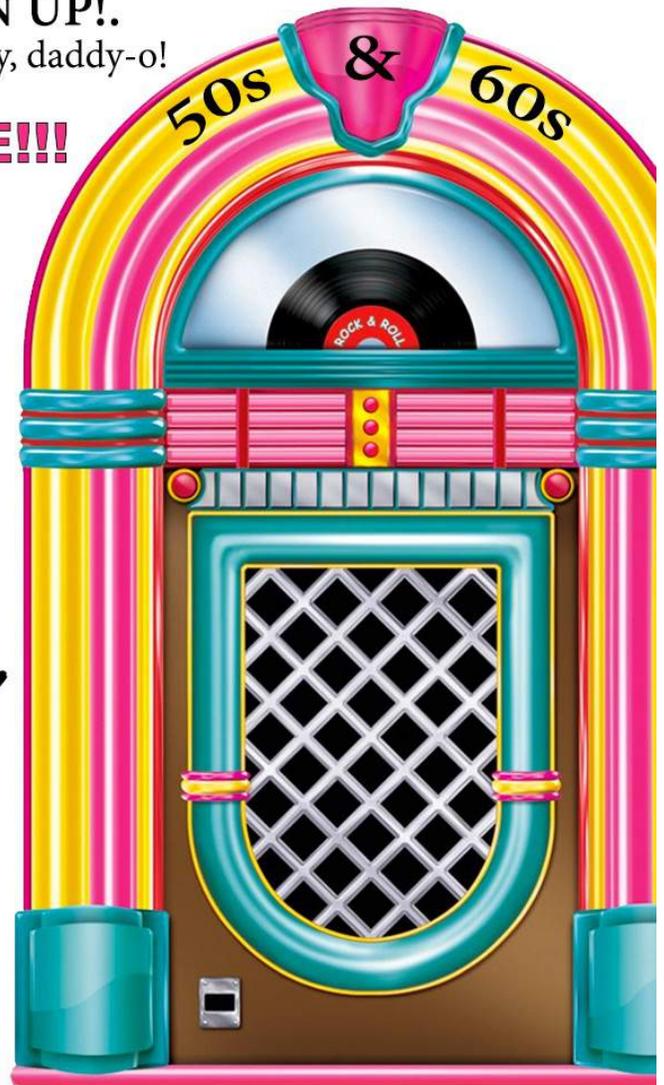
ANNUAL MURDER MYSTERY PLAY FUNDRAISER

If you would like to be a boss character in this play,
please contact Sheri Carrington at: flamingogirl1950@att.net
Number of hip cat characters limited to 40 -- First come, First serve

OCTOBER 28, 2018 FINAL SIGN UP!.

Fire up your classy chassis and email Sheri today, daddy-o!

ONLY A \$25 FUN FEE!!!



know the five signs.



not feeling like u?

feeling agitated?

r u withdrawn?

caring 4 yourself?

feeling hopeless?

#ChangeMentalHealth

visit

www.changedirection.org

Healthy Habits of Emotional Well-being



Take care

Eat well, sleep well, exercise



Check in

With family, friends & counselors



Engage

You can't be healthy emotionally if your relationships aren't



Relax

Be active, meditate, garden, dance, love, cook, sing...



Know

Know the Five Signs of emotional suffering

ALL AMERICAN

1st District

Veterans of Foreign Wars FEBRUARY 2019
Department of California
2018-2019 Year



2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 VETERANS OF FOREIGN WARS. <i>BLACK HISTORY MONTH</i> <i>AMERICAN HEART MONTH</i>						1 NATIONAL WEAR RED DAY	2 GROUND HOG DAY VAMC VOLUNTEER RECOGNITION EVENT AT MISSION BAY 9-2PM
3  SUPER BOWL	4	5	6 	7	8	9	
10 Grammy Awards NATIONAL SALUTE TO VETERANS WEEK	11 NATIONAL SALUTE TO VETERANS WEEK	12 NATIONAL SALUTE TO VETERANS WEEK	13 NATIONAL SALUTE TO VETERANS WEEK	14 NATIONAL SALUTE TO VETERANS WEEK VALENTINES DAY	15 NATIONAL SALUTE TO VETERANS WEEK	16 NATIONAL SALUTE TO VETERANS WEEK 12:00 AM	
17	18 PRESIDENTS DAY HOLIDAY	19	20	21	22	23	
24  Academy Awards	25	26	27	28 	