

# VFW 1st District of California



# DISPATCH



@vfwmighty1st

January 2019

[www.vfwcadist1.org](http://www.vfwcadist1.org)

Volume 19, Issue 1

## VFW California's Firefighter of the Year from Chula Vista Post

**EMS Coordinator Chris Scott  
Chula Vista Fire Department**

*Nominated by*

**Cmdr. Jack E. Carlton VFW Post 2111**

Scott entered the EMS community in 1984, earned a Bachelors in Nursing, and has been awarded Employee of the Quarter, Employee of the Year and manages a \$2.5 million budget for the Fire Department. He has excelled in his duties in an inherently hectic job field. He was enthusiastically supported for the Post 2111 nomination by his Department and peers because he not only holds himself to a high standard, but works to ensure others in the Department are able to achieve their highest standard as well. Scott will be presented with the VFW Firefighter Gold Medal Award at the District 1 General Meeting Jan. 27.



## New logo did not replace Cross of Malta

VFW leaders have fielded a flurry of concerns about the new VFW Logo because of the significance of the Cross of Malta. It is imperative to educate everyone that this logo is for branding only - the Cross of Malta will remain the seal of the organization and be awarded to veterans who join the VFW and in formal settings.



## INSIDE THIS ISSUE

- Commander & President — Pg. 2*
- Coast Guardsmen Support — Pg. 3*
- Chaplain's Corner — Pg. 4*
- Quartermaster — Pg. 5*
- Service Officer — Pg. 6*
- Official Visit Form — Pg. 9*
- Stand Down Info — Pg. 15-17*
- Flyers & Jan Calendar — Pg. 19-23*



## District 1 Commander Steven Williams



### Mighty First,

I want to extend my sincere appreciation to all of you who work so hard to support our Veterans and Families. The holidays were an important time of the year for us and for those who need us - as always you were there for them.

Thank you Don Diego for hosting the Joint Membership Meeting in December. I was floored by the amazing Buddy Poppy entries. My own home Post Madam President LeAnna Brown ended up with a combat injury from a glue gun, but her entry was spectacular. You would have to see it to believe it.

We have a busy January ahead to include our State Commander, the next State Commander, and the next State Commander after that, who will all be here for the Official Visit later this month. I am not a politician by any means, but if you want to be part of showing why we are the Mighty First, this is your chance. There are plenty of options for you to attend a portion of the visit. Please make it a point to join us at some point during the Official Visit and come to our meeting in Lakeside. My home Post has plenty of room, breakfast, and camaraderie. Let's kick off the New Year proving why we are the Mighty First!

Finally, I want to extend my sincere condolences to Madam President LeAnna Brown of Post 5867 in Lakeside who lost her aunt this month due to a tragic event. Our hearts are always with you. Also, please keep Madam President Kathy Watts-Walker from Post 9327 Santee in your thoughts and prayers as she is still in the hospital after suffering a stroke. And Post Commander C.J. Walker — you know that we are always here to support in every way we can.

To everyone, best of luck as we finish up our VFW year, please be safe (i.e. be on the defense when it rains in San Diego County, and please don't participate in the 'Bird Box Challenge), and please let me know how our District can help you in our ongoing mission to maintain the Mighty First.

Semper Fi,  
Steven Williams, District 1 Commander



## District 1 President Kathie Okolski



### Mighty 1st District Comrades, Sisters, and Brothers;

Happy New Year! I pray that you all are healthy and happy as we start this new year. District Commander Steve, his wife Miranda, his family and I did a Post hop on New Year's. It was great seeing all of you, and we thank you for your hospitality.

Thank you to all who sent cards, calls and text messages while I was recovering from my knee surgery. As of this writing, I am back up and on the move again. I appreciate all the kind and loving words you all sent. You made me feel truly loved and blessed.

December's Joint Membership Meeting was hosted by Auxiliary Don Diego VFW Post 7420. Thank you so much for your hospitality! It was so awesome with a wonderful meal, Thank you! Congratulations to all the new 100% and 90% Auxiliaries. You are doing a great job. Please remember that as of Dec. 31, 2018, all annual members need to get their dues in. This is a new year. We are only 134 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%.

Next District Meeting will be Jan. 26 at 9 a.m., VFW Post 2275 S.A.B.L.E., 136 Chambers St., El Cajon, CA. This is also part of our Official Visit — Department will be in town.

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 District meeting, and throughout the activities going on.

Thank you for doing what you do.  
Kathie

### Events for month of January:

18-20<sup>th</sup> — Winter Conference /VOD Sacramento

24<sup>th</sup>-27<sup>th</sup> — Official Visit

24<sup>th</sup> Dinner at 1512; 5 p.m. til sold out

25<sup>th</sup> travel team of Official Visit, MCRD, La Jolla VA, Dinner at Santee 5 p.m., Don Diego Sombrero

26<sup>th</sup> Official Visit travel team, El Centro homeless shelter, lunch @ 2080 Campo, \*\*Dinner presentation at 2082 Mardi Gras theme **please RSVP**. (SEE ATTACHED FLYER IN DISPATCH)

27<sup>th</sup> District Meeting 2275 SABLE  
Please arrive by 8:30 we will have a lot of guests, and I would like to start right on time.



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

## Memorandum for Coast Guardsmen support published by VFW

The federal government has been in a partial shutdown now for three weeks due to the inability of Congress and the administration to reach an agreement over how much to spend on border security.

Caught in the midst of this shutdown are more than 41,000 active-duty Coast Guardsmen who are charged with everything from saving lives to deterring threats from transnational crime and terrorist organizations. Because of the continued impasse, these members of America's fifth service will not see a paycheck on Jan. 15, and unless an agreement can be somehow reached, their Feb. 1 paycheck could also in jeopardy.

Since Coast Guard personnel reside in every state and territory, VFW National is now offering VFW Departments who are providing direct assistance to Coast Guardsmen facing financial hardship — food, housing, utilities — due to their requirement to work in an unpaid status, a MAP grant of up to 50% of their documented assistance, not to exceed a grant total of \$5,000 per Department.

To find out more on how to apply for the grant, please contact Lynn Rolf, Director VFW Programs ([lrolf@vfw.org](mailto:lrolf@vfw.org) or 816-968-1116).

### **DISTRICT 1 RESOURCE FOR SUPPORTING COAST GUARDSMEN**

#### **UNMET NEEDS FAQ & FORM**

#### **DISTRICT VETERAN SERVICE OFFICER BUD LICHTENSTERN**



#### **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](mailto:vfwd1commander@gmail.com)**

**(619) 922-0330**

## Chaplain's Corner



**James Wright**  
**District 1**  
**VFW Chaplain**



**Sherri Mitchell**   
**District 1**  
**Auxiliary Chaplain &**  
**Buddy Poppy Chairman**

**G**reetings Everyone,

Happy New Year to all of you, and I hope that you had a great holiday season. Welcome to 2019.

Right from the start we have our Council of Administration Meeting in Sacramento where we will cheer on our District One Voice of Democracy and Patriot Pen Scholarship winners. That meeting will also include the Northern California version of the Chaplain's Workshop which will take place at 2 p.m. at VFW Post 67 in Sacramento. This is District Chaplain Leroy Adam's Post. So he is helping to coordinate this event which is scheduled to occur on Friday, Jan. 18. Our guest speaker will be Chaplain Jim Patterson of the Veterans Administration in Montana, who will cover how Chaplains should deal with veterans with PTSD, depression, and other mental illnesses that occur as a result of war. This will be a Change Direction event. So please plan to attend, if possible.

Secondly, we are still looking for volunteers for our District 1 color guard/honor guard unit. If you are interested, email me at [jwrightcts@yahoo.com](mailto:jwrightcts@yahoo.com). Please be advised that my cox email is currently down. So communicate with me via email using this email address only please.

Lastly, I want to thank Rider and Shine Restaurant Group for putting a great Christmas Dinner event together for veterans. The food was great, and they even had a toy giveaway for kids. I look forward to the event next year. Let us all work together to make it a great 2019.

God Bless,  
 Chaplain James



**C**omrades Brothers & Sisters

Happy New Year to everybody. I wish you many blessings and I hope you get all you desire in the coming year.

Please remember it is a great time of year to reach out to long standing members within your Auxiliary to wish them a happy New Year and to check and see if there is anything they might need. Prayers and kind words can make all the difference.

Congratulations to Auxiliary 3788 on the beautiful Buddy Poppy centerpiece that is going to the State contest with our District President in January. We had some wonderful submissions.

Our North County Veterans Stand Down is right around the corner in February. This year, I have the honor of Pet Zone Manager. I am trying to do something special this year by creating snack packs for pets and vets. I am looking to receive donations of human snacks or animals snacks to fill 50 bags. If you or your Auxiliary would like to donate to these snack packs, please bring them to the January District meeting. I will be putting the backpacks together the first week of February.

God bless everyone,  
 Sherri Mitchell  
 District Auxiliary Chaplain  
 & Buddy Poppy Chairman  
[sherri@meshe.net](mailto:sherri@meshe.net)





**FROM THE DESK OF  
ADJUTANT/QUARTERMASTER**

Season Greetings All,  
Hoping everyone had a wonderful Christmas and New Year. As we enter 2019, I would like to thank all the Posts and Ship for their dedication and hard work in 2018 for the VFW and 1<sup>st</sup> District. The State Commander and State President will be in town for their Official Visit from 24<sup>th</sup> to 27<sup>th</sup> of January 2019. The Banquet is on Saturday, 26 January 2019 at Michael A. Monsoor Post 2082 in Lemon Grove CA with “No Host” Cocktails starting at 5 PM. Please remember to have your reservation in by the 12 of January 2019 to Keith and Susan Mac Donald, the Official Visit Chairman. Ensure to make your payment out to VFW, 1<sup>st</sup> District. The Official Visit District Meeting will be on Sunday, 27<sup>th</sup> January 2019 10 AM at Carter-Smith Post 5867 Lakeside CA. At the meeting, each Post present will receive their Posts/Ship District Dues Assessment for 2018. Following Section VIII of the 1<sup>st</sup> District By-Laws, a Dues Assessment of FIFTY CENTS (\$0.50) per member based on the total membership as of 30 June each year is due and payable on or before the date of the next District Convention. Failure of a Post to pay this assessment or any other arrears owed the District will result in the loss of all privileges, including voting rights the District, Department and National Conventions. Remember, January starts the Posts and Ship 3<sup>rd</sup> Quarter. Posts 2<sup>nd</sup> Quarterly Audits are due at Department by 31 January 2019. The 1<sup>st</sup> District Past Commanders Club will hold a Dinner and Meeting on January

21<sup>st</sup>, 2019, at SABLE Post 2275 with Social Hour starting at 5:30 PM. All Past Commanders/Captains of Posts, Ships, District, Department, and National are eligible to join. Past Commanders, have you become a member yet?

We all know that the New Year’s holiday is a day to unwind and celebrate with friends and neighbors. Now that we are in 2019, I hope everyone will spare a few minutes for the children and families at the National Home. These are families who are facing the prospect of a New Year coping with the impacts of war, such as financial hardships, PTSD and other afflictions, and fractured family relationships. Thanks to your Post or your donations’, we can provide them with a safe refuge from the lingering effects of war. The donations will also help support the National Home Military & Veteran Family Helpline (800-313-4200) that answered the call for hundreds of families in the past year alone. The National Home depends solely on the generosity of dedicated supporters like your Post/Ship and you. Please give what you can to help the National Home provide urgently needed support for the military and veteran families at the National Home.

Again, thanks to everyone for all you do to keep the “Mighty First” first. Any Post or any Comrade needs help with audits, programs or a question; the go District Officers are here to help. You need to let one of the officers know.

*Jerry P. Koehmlein*

District One Adjutant/Quartermaster



## District Service Officer

**H**ello Comrades, lately I have been asked about Combat-Related Special Compensation (CRSC).

CRSC is one of two forms of concurrent receipt. CRDP, Concurrent Retirement Disability Pay, is the other form. Concurrent receipt is the restoration of Service retired pay that's docked due to receipt of VA disability compensation. Or in other words, concurrent receipt reimburses you what the VA Waiver removes from your retired pay. You are allowed to accept one form of concurrent receipt or the other but not both.

CRSC is the combat-related version of concurrent receipt unlike CRDP which is not combat-related. CRSC is tax-free; CRDP is not. You must apply to your Service for CRSC. The Services determine what proportion of your VA disability rating is combat-related.

Why would anyone who qualifies for CRSC take CRDP instead since CRSC is tax-free? Because it is not unusual for the combat-related rating to be lower than the VA rating. The Service determines this not VA.

Members with CRSC receive three separate payments each month. One is the Service retirement pay with the full VA waiver deducted. One is full VA compensation. And the third pay check is the CRSC tax-free payment.

### **CRSC Eligibility:**

The initial Combat-Related Special Compensation (CRSC) rules, which limited eligibility to disabilities associated with a Purple Heart and combat- or operations-related disabilities of 60-100% have been expanded to include all combat-related disabilities from 10-100%, regardless of Purple Heart status. Combat- and operations-related disabilities that qualify have an assigned medical diagnosis code from the VA Schedule for Rating Disabilities (VASRD) that was incurred either: As a direct result of armed conflict; While engaged in hazardous service (e.g., flight, diving, parachute duty); In the performance of duty under conditions simulating war (exercises, field training); Through an instrumentality of war (combat vehicles, weapons, Agent Orange, etc.)

Certain disabilities will be presumed to be combat-related when the VA disability rating form indicates that the VA rating for the disability is based on one of these presumptions: disabilities rated by the VA on the basis of exposure to radiation, mustard gas or lewisite, Agent Orange, and those associated with Persian Gulf service. Post-Traumatic Stress Disorder (PTSD) must be evaluated by the member's Service to determine if it is combat-related.

The retiree's parent Military Service will determine which disabilities qualify under the above criteria. Retirees must apply to their parent Service. CRSC will not be paid for disabilities that are not combat- or operations-related.

To qualify for either CRDP or CRSC the retiree must have signed a VA waiver of retirement pay and be receiving VA disability compensation in lieu of some or all of his/her retired paycheck. Retirees are not eligible if they have waived military retired pay to credit military service toward their civil service retirement (unless they subsequently unbundled their retirement), or for any other reason, other than to receive VA disability compensation.

Are Reservists and National Guard eligible? Yes, but please call for details and limitations.

Are Temporary Early Retirement Authority (TERA) retirees eligible? Yes.

Are Chapter 61 retirees (medical retirees) eligible? Yes, those who have more or less than 20 years of service.

Are surviving spouses eligible? No. However, if the service member passes/has passed away after the law went into effect, the estate should be able to file for compensation due between the effective date and the date of the passing.

Are former spouses eligible? No

**Applying for CRSC:** To apply, you must complete an application form and attach all supporting documentation. The links below take you to the Service web site for making a CRSC application. The sites provide eligibility criteria, detailed instructions, and explain support documentation requirements. The Army site has hints on how best to prepare your package. These can work for any Service. The forms have the mailing addresses for each Service.

**The Service sites are:** **Army:** <https://www.hrc.army.mil/TAGD/CRSC> (click on "Continue to this web site" if the security page pops-up.); **Air Force:** <http://www.afpc.af.mil/Combat-Related-Special-Compensation>; **USCG/NOAA/USPHS:** <http://www.uscg.mil/ppc/ras/CRDP-CRSC-News.asp>; **Navy/USMC:** <http://www.secnv.navy.mil/mra/CORB/Pages/CRSCB/default.aspx>

The National Veterans Legal Services Program (NVLSP) has a program to provide free legal representation to medical retirees who are interested in applying for Combat-Related Special Compensation (CRSC). For assistance with your CRSC claim, contact the NVLSP by going to their site at [www.nvlsp.org](http://www.nvlsp.org).

Retirees eligible under both CRDP and CRSC criteria have to choose between the two forms of compensation.

Recipients have the option each year. Open Season letter each December for you to make the choice.

CRSC is a separate payment deposited to the same account where you receive your retired pay or direct deposit.

CRSC is not taxable based on current law regarding taxability of disability income.

Retirees receive monthly CRSC statements. DOD members and DFAS-MyPay account holders receive monthly detailed information regarding CRSC payments, including disability ratings, unemployability, Purple Heart indicators, and other entitlement data. All other DOD retirees may continue to contact the Retired and Annuitant Contact Center by calling 1-800-321-1080. For USCG, NOAA and PHS officers, you have to call your pay agent if you want pay details.

# 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](http://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](mailto: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



Did you know that a 2016 survey by the Veterans Administration found that women veterans are still often first asked if they are the spouse or caregiver of a veteran and not if they themselves are a veteran?

Sadly, this still happens in VAs, in public, and in our own VSOs. So, what are we going to do about it?

In District 1 we have pledged to make a change and contribute to the narrative that women served too. For several months we have been getting out in our communities and ensuring we are seen and heard! At our events we wear our VFW shirts and talk about the VFW, showcasing the VFW's commitment to women veterans and the issues that affect them. Our women veteran events are open to EVERYONE, including kids, our community and anyone who wants to hang out with women veterans. If you want to be a part of this effort, read on and see what we've done in December and what we are planning for January.

In December we had two VFW District 1 Women Veterans events. The first was a DIY Christmas card holder woodworking event at the Santee Home Depot. The second event was a DIY Holiday Wine Glass craft event at the Carter-Smith VFW Post 5867 in Lakeside. Both events involved

the community and helped to further the goals of showing our communities that women serve in our nation's military too.

In January we have the two following planned events:

1. Hike at Walker Preserve Trail - Jan 12/10-11:30 a.m. Meet at Lakeside Baseball Field located at 10030 Marathon Pkwy.

2. DIY Dry Erase Board Craft - Jan. 17/6:30-8 p.m. at Home Depot Santee

Miranda Williams  
District 1 Women Veterans Chairman





VFW FIRST DISTRICT  
OFFICIAL VISIT BANQUET

WELCOMING STATE COMMANDER LAMONT DUNCAN AND  
STATE PRESIDENT ELEANOR "ELLIE" MELLO

SATURDAY, JANUARY 26, 2019  
MICHAEL A. MONSOOR POST 2082  
LEMON GROVE, CA. 91945  
5:00 6:00 P.M. NO HOST COCKTAILS  
6:00 P.M. INTRODUCTIONS/ PRESENTATION OF COLORS  
6:30 – 7:30 P.M. DINNER  
7:30 P.M. PROGRAM

***THEME: MARDI GRAS***

MARDIS GRAS SALAD, RED BEANS & RICE, JAMBALAYA, CHICKEN, DESERT  
\$25.00 PER PERSON

Please send your reservation no later than JANUARY 12, 2019 to:

Keith and Susan MacDonald, Official Visit Chairmen  
13300 Los Coches Rd. E. #63, El Cajon, CA. 92021  
(619) 806-1346 or smacdon407@gmail.com  
Make checks payable VFW First District

(OPEN SEATING, FIRST COME – FIRST SERVE)  
DOORS OPEN AT 5:00PM

Name(s)

---

---

---

---

Post/Auxiliary \_\_\_\_\_ Amount enclosed \_\_\_\_\_

**For Hotel reservations contact:**

**Best Western- Santee**  
**10726 Woodside Ave, CA 92071**  
**Phone: (619) 449-2626**

**"Be sure to inform them you are with the VFW"**  
**Room Rate for \$98.00 & 10% Room Tax**



# Buddy Poppy push for May should be active now



**“BUDDY”® POPPY: MEMORIAL DAY CAMPAIGN.** Although Veterans Day has just passed you should already be planning for the Memorial Day “Buddy”® Poppy Campaign. Contact your Department Quartermaster to place your order for poppies. Remember that your poppies should be ordered a minimum of 6 to 8 weeks in advance of your distribution date. Be sure to specify a date by which the poppies are required; do not use “ASAP.” Miscellaneous items (coin cans, caps, buttons, posters, etc.) should be ordered directly from the VFW Store at [www.vfwstore.org/category/programs/buddypoppy](http://www.vfwstore.org/category/programs/buddypoppy) or the VFW Store/Emblem and Supply Catalog.

Although we emphasize Buddy Poppies on Veterans Day and Memorial Day, it is important to realize that the distribution of Buddy Poppies should be a year-round exercise. Each time a Post participates in an activity where the public will be present, Buddy Poppies should be present as a fundraising tool and simply to recognize our fallen Comrades. Where the VFW appears, Buddy Poppies should be a constant reminder that we will never forget those who have perished in the name of liberty. Just as “They Gave, Will You?” is a year-round thing, so should the distribution of the VFW Buddy Poppies.

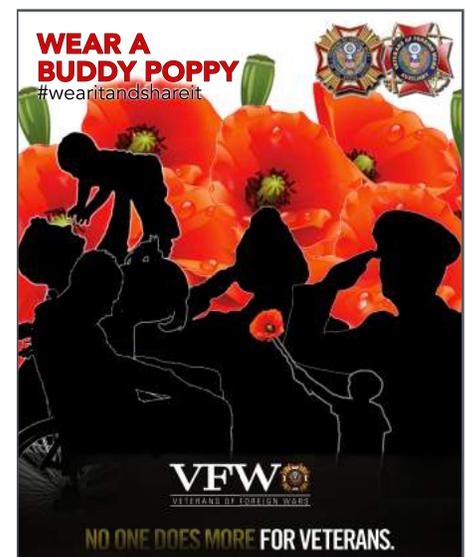
The Manual of Procedure provides that Post Relief Funds may be used for programs such as Voice of Democracy, Patriot’s Pen, Citizenship Education, and Community Service as long as suggestions in the Chairmen guidebooks are used as an example of promoting these programs.

Posts are further reminded that Section 711 of the Manual of Procedure provides that non-profit organizations, exempt from taxes under Section 501(a) of the Internal Revenue Code, may assist with the distribution of Buddy Poppies, provided there shall be no division of proceeds. A donation to these groups may be made from the Post General Fund.

Contact information: [BuddyPoppy@vfw.org](mailto:BuddyPoppy@vfw.org) or (816) 756-3390, ext. 6722 for any questions or concerns.

VFW SILVER, GOLD AND DIAMOND ANNIVERSARY POPPIES. The silver, gold and diamond anniversary Buddy Poppies are only for Posts that are currently in their 25th, 50th, 75th or 100th anniversary years. The anniversary poppies are approximately three times as expensive for us to produce, but because of the small quantities we deal in, we don’t pass those costs on to the Posts.

Please limit your order of anniversary poppies to 1,000 to ensure stock does not run out. These are ordered through the Department and processed the same as the red poppies. Annotate on the order to National that it is for anniversary poppies and specify which one.



# Valley Center observes 2nd annual Wreaths Across America

*As published by Valley Roadrunner Newspaper, By Margaret Simonsen*



There were audible “aahs!” from the crowd when Master of Ceremonies, Matt Foster, commander of Veterans of Foreign Wars Post 1513 of Escondido and Valley Center and chairman of the North County San Diego Veterans Stand Down, gave out some statistics of some of the veterans buried in the Valley Cemetery at the second annual Wreaths Across America ceremony on Saturday. Many people contributed to its success.

Foster commented, “Right now, across the country at more than two thousand memorial sites like this, we are gathered as one nation to Remember, Honor and Teach.”

Foster added, “We are all proud to be Americans that live in a free society made up of many people, from many walks of life. The freedoms we enjoy today have not come without a price. Lying here before us and in cemeteries throughout this nation are men and women who gave their lives so that we can live in freedom and without fear. We can worship as we see fit. We can raise our children to believe as we do. We can travel from one end of this great nation to the other and not have to ask permission. We are free to vote for whomever we feel should be in government office, with no explanation needed. We have the right to succeed and we have the right to fail at whatever endeavor we wish to pursue.”

He concluded, “The United States of America was founded on the ideals of Freedom, Justice and Equality. Our Nation stands as a shining beacon of liberty and freedom to the world. We thank those who gave their lives to keep us free and we shall not forget you. We shall remember.”

Once again, the Valley Center Fire Department received the crates of wreaths. A-1 Irrigation donated a truck and driver to move the wreaths from the fire station to the cemetery. The firefighters later followed up by helping to put out and clean chairs, place wreaths, and sweep gravestones. Their help was invaluable.

Both Boy and Girl Scouts contributed to the success of the day. The Boy Scouts of Troop 619 did a respectful job presenting the Colors followed by the invocation by Colonel Tyler Ryberg, a former Marine Aviator Cobra Helicopter Pilot—a very interesting person who also gave the benediction.

*See VALLEY WAA, Page 12*

### **VALLEY WAA, Cont.**

It was a morning of patriotism, pride and grateful hearts felt by all ages present. The diminutive girls of Girl Scout Service Unit 646 sang “God Bless America” and we sat spellbound as Middle Schooler Bella Mazzetti sang the National Anthem.

Some new things were added this year. For the first time there was a wreath to honor all Military War Dogs which was placed by Handler Corporal Melissa Smith, USMC from Camp Pendleton and her War Dog Fero. War Dogs have been used in our military officially since World War I.

A special treat was a harmonic version of Taps played by Michael Timson and his students from Bugles Across America. Although hearing “Taps” on one bugle is stirring, the harmonious sounds of four of them was so much more so, and there were many positive affirmations about it. Soaring above it all were the haunting and solemn sounds of “Amazing Grace” played with great dignity on the bag pipes by Andrew Hahn in full Scottish costume.

As with last year, there were commemorative wreaths laid to honor all five branches of service: The United States Air Force, Army, Coast Guard, Marine Corps and Navy as well as a remembrance wreath in honor of the 93,129 United States Servicemen from all branches of service who are POWs and MIAs. This year there was a special table set up with symbolic items depicting characteristics of their loss of freedom.

An unknowable amount of preparation and work was done by the local Center of the Valley Daughters of the American Revolution (DAR) under the indefatigable leadership of Sharon Healey Bartholomew. This included identification of the almost 300 veterans buried there, and the placing of flags on these graves, baking dozens of homemade cookies, setting up and cleaning up, organizing the event and many other tasks.

Transportation was donated free by a shuttle operated by Valley View Casino from the free car park provided by Valley Community Church on Cole Grade Road. There were many, many individuals and groups who had a part in the success of the day. It was a day to come together, a day to learn our history, to meet and honor those who had so much to do with it. All veterans, both living and dead were honored. Valley Center truly came together.

Foster praised the efforts of the DAR in putting on the event: “I am amazed at the work of the Daughters of the American Revolution, who managed to find nearly three hundred veterans in a cemetery with rudimentary record keeping. Sharon Healey Bartholomew, the WAA Location Coordinator, brought in a large part of the Valley Center community to the ceremony to celebrate our local veterans. She even managed to bring in Cpl Melissa Smith and her Military Working Dog Fero Z360, who was the subject of the photo we discussed, to the ceremony! It was a joy talking to her and her Marine Veteran husband.”

This is the second year that I have emceed this event for Valley Center. Since I found out that Valley Center’s Veterans of Foreign Wars Post merged with mine 20 years ago, I’ve made it a priority for our VFW to attend VC events, such as the Western Days parade. Last year, Sharon asked me to emcee the first one, after someone told her about me. I am honored to be a part of this ceremony.

Daughters of the American Revolution (DAR) is a women’s service organization dedicated to promoting historic preservation, education, patriotism and honoring the patriots of the Revolutionary War. DAR membership is open to women 18-years of age or older, regardless of race, religion or ethnic background, who can prove lineal descent from a patriot of the American Revolution. For more information, contact the Center of the Valley DAR webpage at: [valleycenter.californiadar.org](http://valleycenter.californiadar.org).





## Wreaths Across America San Diego welcomes 5th cemetery! Wreath laying set for Sat., Dec. 15

Wreaths Across America – San Diego supports Ft. Rosecrans and Miramar National Cemeteries, Greenwood Memorial Park and Valley Center Cemetery to carry out the mission to “remember, honor, and teach.” WAA San Diego partners with individuals, groups, businesses, organizations, and corporations to sponsor wreaths through fundraising. Additional wreaths are brought to San Diego to cover every site at participating cemeteries.

Added this year is Oak Hill Cemetery in Escondido, with 4,000 veterans laid to rest. Carrie Foster, President of VFW Auxiliary 1513 is excited to lead the ceremony to remember and honor these veterans. We look forward to seeing the Escondido community come out and participate, they support our veterans along with many active veteran services organizations.

Wreaths Across America is a national organization on a mission to REMEMBER those who’ve served in the military, HONOR their service and sacrifice, and TEACH others to do the same. Each December, wreaths are laid upon the gravesites at National Cemeteries across all 50 states.

### History of Wreaths Across America

This national honoring of fall-

en veterans arose from humble beginnings. In December 1992, Morrell Worcester of Maine, the owner of Worcester Wreath Company, found himself with a surplus of wreaths. Arrangements were then made to place the extra 5,000 wreaths in one of the older sections of Arlington National Cemetery. Morrell and his family continued the practice each year, and it became a quiet family tradition. In 2005, a Pentagon photographer published a now-iconic picture of rows of wreaths against the headstones surrounded by snow and everything changed.

The Worcesters and their business were soon overwhelmed with many media inquiries and displays of public support, that two years later the national non-profit organization, Wreaths Across America, became a reality. Its goal of providing wreaths for ceremonies across the country was part of the group’s mission to “Remember our U.S. fallen veterans, remember those who serve and teach your

children the value of freedom.”

In 2008, Congress decreed that a specific Saturday of December to be Wreaths Across America Day. The Worcester Wreath Company continues to produce the wreaths, which are then trucked all over the nation by volunteer trucking companies and drivers.

WAA of San Diego teams with individuals, groups, organizations, businesses and corporations to sponsor wreaths. Volunteers are hoping that this year more people will sponsor wreaths in order to accomplish the goal of about 113,000 wreath for every veteran headstone. More information about the wreath laying, including how to sponsor wreaths, can be found on the San Diego WAA website <http://www.waasandiego.com/>.



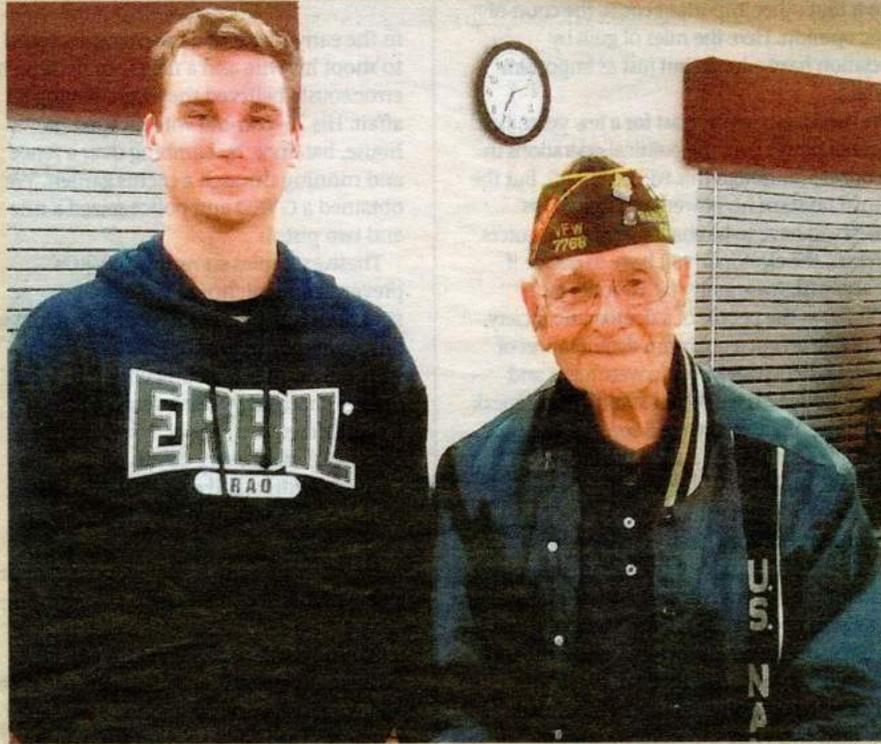
As published by

Navy Marine Corps Coast Guard Army Air Force  
 San Diego Navy/Marine Corps Dispatch [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 619.280.2985  
 Serving active duty and retired military personnel, veterans and civil service employees



We recognize Dec. 13 as the birthday of the National Guard. On this date in 1636, the first militia regiments in North America were organized in Massachusetts.

FIFTY EIGHTH YEAR NO. 28  
THURSDAY, DECEMBER 13, 2018



COURTESY PHOTO

## SPANNING THE GENERATIONS

There is a wide age range of members in the Maj. Abraham J. Baum Veterans of Foreign Wars Post 7766 based in Rancho Bernardo. Among those at a recent gathering were its youngest member, Colin Reynolds, and oldest member, John Cantor. Reynolds, 21, is an Army veteran who served as an infantryman in Iraq. Cantor, 101, is a Navy veteran who served in World War II, Korea and Vietnam. The post meets monthly at 7 p.m. on the third Wednesday in the RB Swim & Tennis Club. For membership information, go to [vfwpost7766.org](http://vfwpost7766.org) or contact Donald Schmidt at 858-487-7075 or [cdr@vfwpost7766.org](mailto:cdr@vfwpost7766.org).



## Auxiliary Americanism

Welcome to 2019! I hope that all of you had a wonderful Christmas and New Year.

**CONGRATULATIONS DISTRICT 1 ON BEING 100% REPORTED!!!!!!**

Our continuing goals are:

- Safety in America / Disaster Preparedness
- Flags Across America
- Flag Education
- Promote Patriotism
- POW/MIA Recognition
- Smart/Maher National Citizenship Education Teacher Award

I look forward to seeing many of you at C of A in Sacramento.

We are 360 Degrees for Our Veterans and Families! Believe – We CAN Do it!

One Team, One Organization

Loyally with Love,

Laura Ashley, Patriotic Instructor/Americanism Chairman





Feb 7-10, 2019

To Donate or Volunteer, please visit  
[www.ncstanddown.org](http://www.ncstanddown.org)



## ACCOMPLISHMENTS & GOALS

### 2017 Accomplishments

- ◆ 136 veterans & family members served
- ◆ \$38,000.00 in court fines forgiven
- ◆ VA registered 17 new veterans into their system



### 2018 Accomplishments

- ◆ 172 veterans & family members served
- ◆ \$77,000.00 in court fines forgiven
- ◆ 30 veterans placed in housing
- ◆ Over 100 eye exams, 150 pairs of glasses made onsite
- ◆ 2 guests from 1st Stand Down returned as volunteers!



### 2019 Goals

- ◆ Increase outreach to fill 250+ available beds
- ◆ Provide more services
- ◆ Identify & assist at-risk veterans
- ◆ Increase community participation



## WHAT IS A STAND DOWN?

During war, exhausted combat units requiring rest and recovery were ordered to, "Stand Down." Troops were sent to a place of relative safety to rest, bath, wash uniforms, enjoy hot meals, receive medical and dental care, mail and receive letters, and enjoy the camaraderie of friends.

### North County Veterans Stand Down

is a grassroots, community-based intervention program designed to relieve our homeless veterans from their "combat" life on the streets. We provide them the guidance, compassion, and resources they need to re-turn to a better life.

#### Our Mission

To restore our veterans' dignity and empower them to become productive members of our community.

### **Serving ALL Veterans**

Homeless Veterans, Veterans in need, & their family members.

### **DONATE!**

[www.ncstanddown.org](http://www.ncstanddown.org)

### **VOLUNTEER:**



## 3RD ANNUAL VETERANS STAND DOWN

# February 7-10, 2019



# NCGVSD

NORTH COUNTY VETERANS STAND DOWN



(866) 535-2038

<http://ncstanddown.org>

**THANKS TO OUR MAJOR SPONSORS!**



Accounting Services Provided by:  
**Chen & Widner CPA LLC**

**WHAT WE DO**

**We provide a Marketplace for local Service Providers to help our Homeless Veterans**

- ◆ VA Healthcare System – San Diego
- ◆ Dr. Leslie Bonar, DDS
- ◆ Citracado Dental Group
- ◆ Healing California
- ◆ SD County Superior Court
- ◆ VA Vet Center
- ◆ Homeless Veterans of San Diego
- ◆ Interfaith
- ◆ And more!

### Services Provided

- ◆ Medical Exams & Treatment
- ◆ Dental Exams & Treatment
- ◆ Eyeglasses made to order
- ◆ Homeless Court & Legal Assistance
- ◆ Veterans Benefits Counseling
- ◆ Housing Assistance
- ◆ Mental Health Counseling
- ◆ Substance Abuse counseling
- ◆ Clothing & Hygiene Kits
- ◆ Showers & Haircuts
- ◆ Women's Services
- ◆ Spiritual Guidance
- ◆ Free Transportation



**Event Location:**  
1237 Green Oak Rd Vista CA

**LEADERSHIP**

### BOARD OF DIRECTORS

- Matt Foster** - Chairman
- Dave Casey** - Legal Affairs
- Carrie Foster** - Operations
- Mike Frank** - Facilities
- Dan Geisler** - Hospitality & IT
- Ed Komzelman** - Logistics
- Alexandra Loutsenhizer** - Secretary
- Kelly Luisi** - Veteran Outreach
- Rick Mickels** - Business Development
- Cliff Ireland** - Public Relations



**PLEASE MAKE CHECKS PAYABLE TO:**  
**NCSO Vets Stand Down**

230 E. Park Ave.  
Escondido, CA 92025

Tax-deductible receipts will be issued.  
For more information and online donations,  
please visit us at:

<http://ncstanddown.org>

North County Veterans Stand Down (NCVSD)  
is designated a Tax Exempt Organization under Internal Revenue  
Code 501(c)(3) by the IRS. All Donations and Contributions are  
TAX DEDUCTIBLE.

## 50TH ANNIVERSARY VIETNAM WAR COMMEMORATION PROGRAM



The Commemorative Partner Program is designed for federal, state and local communities, veterans' organizations and other non-governmental organizations to assist a grateful nation in thanking and honoring our Vietnam veterans and their families. As a Commemorative Partner, VFW Posts are encouraged to participate in the Commemoration of the Vietnam War by planning and conducting events and activities that will recognize the Vietnam veterans and their families' service, valor, and sacrifice.

Events and activities should be dignified, memorable occasions that show a sensitivity and appreciation for the solemnity of war and the losses suffered by many. Commemorative Partners should communicate how their events will achieve the congressionally-mandated objectives of the program.

Events or activities should meet one or more of the following objectives:

1. To thank and honor veterans of the Vietnam War, including personnel who were held as prisoners of war or listed as missing in action, for their service and sacrifice on behalf of the United States and to thank and honor the families of these veterans.
2. To highlight the service of the Armed Forces during the Vietnam War and the contributions of Federal agencies and governmental and non-governmental organizations that served with, or in support of, the Armed Forces.
3. To pay tribute to the contributions made on the home front by the people of the United States during the Vietnam War.
4. To highlight the advances in technology, science, and medicine related to military research conducted during the Vietnam War.
5. To recognize the contributions and sacrifices made by the allies of the United States during the Vietnam War.

For the VFW Posts interested in becoming an official Commemorative Partner, please submit an application and a signed Statement of Understanding.

Applications are available at [www.VietnamWar50th.com](http://www.VietnamWar50th.com) on the Commemorative Partner Program. The approval process is usually less than 30 days. Partners will be kept informed through electronic notifications. Once approved as a Partner, the Commemoration will provide organizations with a starter kit of materials for developing and implementing their programs. If you have any questions regarding the Commemorative Partner Program application process, please direct them to: [whs.vnwar50th\\_cpp@mail.mil](mailto:whs.vnwar50th_cpp@mail.mil). For Vietnam War commemorative items, shop the VFW Store at [www.vfwstore.org/searchresults?q=vietnam](http://www.vfwstore.org/searchresults?q=vietnam).



**SCOUT OF THE YEAR PROGRAM.** Annually, the VFW 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. An applicant has to have reached his or her 15th birthday and be enrolled in high school at the time of selection. Awards are as follows: \$5,000 – 1st place scholarship, \$3,000 – 2nd place scholarship and \$1,000 – 3rd place scholarship. The deadline for entry to a VFW Post is March 1. Contact your Post or District Scouting Chairman for a program brochure. Scouting certificates are available at the VFW Store — [www.vfwstore.org](http://www.vfwstore.org).

**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

# VFW POST 11387 AUXILIARY



**BACK BY POPULAR DEMAND!!!!**

**SATURDAY,**

**5:00-7:00 PM**

**BBQ PORK**

**BABY BACK RIBS**

with **FRENCH FRIES** and **COLE SLAW**

**\$12.00**



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

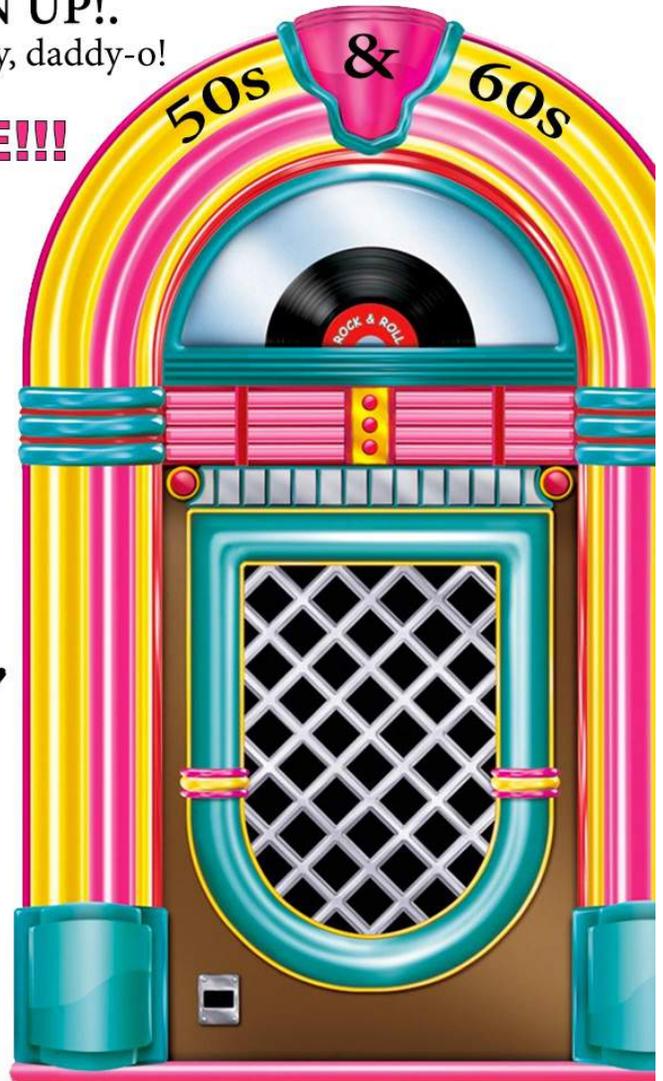
ANNUAL MURDER MYSTERY PLAY FUNDRAISER

If you would like to be a boss character in this play,  
please contact Sheri Carrington at: [flamingogirl1950@att.net](mailto: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](http://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

**1st District  
Veterans of Foreign Wars  
Department of California  
2018-2019 Year**

**JANUARY 2019**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>HAPPY NEW YEAR</b> 	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> North County Veterans Stand Down Annual Rotary Club Clothing Drive Escondido's City Hall 0800-1100 Hours
<b>6</b>	<b>7</b>	<b>8</b> 1st DISTRICT QUARTERLY AUDIT ENCANTO POST 1512 1700 HOURS	<b>9</b> Law Enforcement Appreciation Day	<b>10</b> Official Visit Meeting Post 5867 Lakeside 18:00 Hours	<b>11</b>	<b>12</b> RESERVATIONS FOR OFFICIAL VISIT BANQUET DUE
<b>13</b>	<b>14</b>		<b>16</b>	<b>17</b> VAVS MEETING VAMC LA JOLLA MULTIPURPOSE ROOM 13:00 HOURS	<b>18</b> Voice of Democracy Mid-Winter C of A Holiday Inn (Capitol Plaza) 300 "J" St., Sacramento	<b>19</b> Voice of Democracy Banquet Holiday Inn (Capitol Plaza) 300 "J" St., Sacramento
<b>20</b> Voice of Democracy Mid-Winter C of A Holiday Inn (Capitol Plaza) 300 "J" St., Sacramento	<b>21</b> Martin L. King Jr. Day 1st District Past Commanders Club Dinner & Meeting SABLE POST 2275 EL CAJON 1700 Hours...	<b>22</b>	<b>23</b>	<b>24</b> STATE VFW CDR & PRES OFFICIAL VISIT PARTY STARTS ARRIVING ACCOMADATIONS BEST WESTERN SANTEE	<b>25</b> STATE VFW CDR & PRES OFFICIAL VISIT	<b>26</b> OFFICIAL VISIT BANQUET MICHAEL A MONSOOR POST 2082 LEMON GROVE 17:00 Hours
<b>27</b> 1st District Official Visit Meeting CARTER-SMITH POST 5867 LAKESIDE 1000 Hours	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> 1st DISTRICT POSTS 2nd QUARTER OCT,NOV< DEC QUARTERLY AUDIT DUE AT DEPARTMENT		