



**VFW & Ladies Auxiliary
District I
Department of Washington**

VETERANS OF FOREIGN WARS

NO ONE DOES MORE FOR VETERANS

Upcoming Events Calendar

August 4th	VFW School of Instruction. District Commander required to attend, all welcomed. Post 91, Tacoma. 9:00AM
August 11th	Auxiliary School of Instruction. Time and place TBD
August 25th	District 1 School of Instruction—Lynnwood Boys and Girls Club—Lunch 12 PM Meeting 1 PM
November 1st	Deadline for Patriot’s Pen, Voice of Democracy, and Teacher of the Year
November 17th	District 1 Meeting —Lynnwood Boys and Girls Club—Lunch 12 PM Meeting 1 PM
January 1st, 2013	Deadline for Public Servants Award
January 5th	District 1 Award Presentation Voice of Democracy, Patriots Pen, Teachers of the Year —Lynnwood Boys and Girls Club—Lunch 12 PM Presentation 1 PM
January 18th – 20th	Mid-Winter Convention—Yakima
March 1st	Deadline for Scout of the Year
March 30th	District 1 Meeting —Lynnwood Boys and Girls Club—Lunch 12 PM Meeting 1 PM
May 18th	District 1 Convention —Lynnwood Boys and Girls Club—Lunch 12 PM Meeting 1 PM
June 5th-8th	Department Convention—Yakima
July 20-25th	National Convention—Louisville, KY

**District Posts Recognized at
Department Convention**

During the Department Convention held in Airway Heights during June, a number of the District Posts were recognized for different achievements. In addition, the District exceeded its goal of 100% membership. The following Posts were also recognized for achieving 100% membership:

Post 921	Snohomish
Post 1040	Lynnwood
Post 1561	Arlington
Post 2554	Sultan
Post 8870	Edmonds
Post 9417	Gold Bar

In addition, both Commanders and Quartermasters from three of District I Posts received “White Hats”. They were:

Post 1040	Lynnwood
Post 1561	Arlington
Post 8870	Edmonds

District Commander Ron Haley also received a White Hat for his achievements this year as District Commander as did Grey Hamer, his QM.

Post 1040 nominee for EMT for the year was Paramedic Kristy Forbes from the Lynnwood Fire Department. She won state honors and was recognized at the Award Banquet.

Both Past President Ruth Herren and Jr. Past Commander Ron Haley have submitted detailed reports of the convention and awards received by the VFW and Auxiliary. They can be found further in this newsletter.

If you have any corrections or additions, please let Jim Traner know.

Guidelines for Community Service & Hospital Reports

At any School of Instruction I've attended over the years, there seems to be some confusion on what goes into Community Service Reports and Hospital Reports. Here are a few ideas but the list could fill a book. Just make a note to yourself when you're involved in assisting a vet, etc. to make sure you put the time done when the checklist gets to you. And please, when you send a copy to Department, copy the District.

Hospital Guidelines & Ideas:

- Assisting with a funeral at Tahoma National Cemetery
- Volunteering at a hospital or nursing facility that has veterans
- Hospice care for veterans and families
- Visiting a veteran in the hospital
- Donation of blood or platelets
- Visiting disabled or housebound veterans
- Sending cards and flowers (include value of donation)
- Visiting drug and alcohol rehab center that has veterans
- Post loaning of medical supplies, i.e. wheelchairs, crutches, walkers, etc.
- Transporting veterans and families to doctors and hospitals
- Playing cards with the veterans in the nursing home or hospital
- Reading to the veterans in the nursing home or hospital
- Hospital and nursing home bingo games
- Provide a pet for the pet program (with the facilities approval)
- Write letters for patients
- Meals on Wheels
- Running errands for housebound veterans
- Items that you may possibly provide:
 - Writing materials, stamps, greeting cards, playing cards, magazines, paperback books, flowers, comfort items (toothpaste, shaving cream, lotions, shampoo, combs and brushes), socks (new), baseball caps (new), calendars, and stuffed animals (veterans get lonely and like to cuddle too).

Community Service Guidelines & Ideas:

- Donations to thrift stores....items or money
- Food banks.....volunteer time or money
- Yard work for seniors
- Giving talks at schools
- Neighborhood crime watch
- Transportation for the disabled to meetings or shopping
- Election day volunteering
- Voice of Democracy committee work
- Patriot Pen committee work
- Boy Scout, Explorer Scout, Sea Scout programs
- Joint programs with the American Legion
- Buddy Poppy volunteering
- Helping local street clean up
- Participate in parades.....Memorial Day, July 4th and others

Proposed Changes for National By-Laws to be Considered

Consideration will be given at the National Convention in July to remove the Chaplain, Surgeon, and Judge Advocate from being elective positions of the Post. Instead, the proposed change says the Commander “may appoint” individuals to fill these positions. If you have any strong feelings about the proposed change, let either the District or Department know prior to the National convention in July.

Tip of the Day

I wish I would have thought of this, but I didn't. During a discussion at the recent Department convention, folks were complaining about the inability to get Voice of Democracy and Patriot Pen submissions. Going to schools, , talking to the principals, district offices, etc. didn't seem to produce any essays. One of the Post Commanders said their Post handed out flyers to every student that passed by them while they were handing out Poppies during Veterans Day. For the last three years, the only essays they received were from those students. So if you're having difficulty getting essays or simply want to increase the number of essays you receive, you may want to consider following that Post's example.

District Directory

The District Directory is almost off the press and will be available in the near future. It will also be available on-line at the District's website.

Contacting District

Commaner@vfwwadistrict1.org is the email address should you wish to contact Jim Traner. We will implement additional emails for the Quartermaster and Adjutant. If you have any requests, submissions of reports, changes in address, etc., please send them to that email address as I attempt to keep my work email separate from my other interests. If you would like to submit any information for the newsletter, feel free to send it to me and I will see it is published.

The President's Corner—Jan Beam

Greetings from your District President. As of this past Saturday June 23rd when the Department President was installed all prior appointments and officers are null and void. This means that my team and myself are now taking charge of District One. I am at your service. Please let me know if I can help you in any way. My phone number is 425-486-2637. Please try to attend the District 1 School of Instruction on August 25th where you will get the information and tools to do your jobs. I will be sending out the list of dates to each Auxiliary President, District Officers and Chairmen. Yours in service. Jan Beam District 1 President

News Articles & Publicity

If any Posts have news articles published in their local newspapers, etc. please cut them out and send them to District via email or snail mail, your choice. The publications department at Fife would like them for their newsletter or website. I know that a number of Posts are getting a lot of print in the local newspapers so if you see yourself in print, remember to clip and send.

If you aren't getting in print, consider writing your own article and submitting it to your local newspaper. Due to the economic hardships, many newspapers haven't got the resources to write articles that may be of interest to the community. So a little penmanship by the Post about a parade, flag ceremony, Eagle Scout Court of Honor, etc. will generally be used by the newspaper. It's a great way to get your Post's name out there and let the community know what you're doing.

District Website

We are in the process of getting a District website up and running. The address is:
www.vfwwadistrict1.org.

We will use it as a bulletin board and to pass on District and Department information. It will also provide a convenient method to let others know of any events you may wish to get out to the District as a whole or any fund raisers that the Post is sponsoring.

Post & Auxiliary Inspection Schedule

10/2/12	Tuesday	1561 Arlington	6:00PM
10/4/12	Thursday	9417 Gold Bar	5:00PM
10/8/12	Monday	2100 Everett Aux.	5:30PM
10/11/12	Thursday	2554 Sultan	6:30PM
10/12/12	Friday	8870 Edmonds	11:30AM
10/20/12	Saturday	921 Snohomish	12:00PM
10/25/12	Thursday	2100 Everett Post	5:30PM
11/1/12	Thursday	1040 Lynnwood	6:00PM
11/8/12	Thursday	7511 Monroe	11:00AM

Advertisers Wanted

In order to offset the cost of producing the newsletter, we would love to place advertisements in the newsletter. So if any of you own businesses or know folks who would like to advertise on our website, let us know. The cost will be \$50 for the year for a business card size ad. In addition, it will be placed on our website. If you do have someone who is interested, have them contact Jim Traner.

Voice of Democracy, Patriots Pen and Youth Essay Contests

The official entry forms for the essays can be found at VFW.org or Department's website www.vfwofwa.org. The topic for this year's VOD is **"Is Our Constitution Still Relevant?"** while the Patriot's Pen contest's topic is **"What I Would Tell America's Founding Fathers"**. The National Association of Secondary School Principals has placed this program on the NASSP National Advisory List of Contests and Activities so, hopefully, it will find wider acceptance within the various school districts. The topic for this year's Youth Essay contest is **"How Do I Show Love for My Country?"**. The VOD program is for grades 9-12, PP is for grades 6-8, while the Youth Essay program is grades 3-5.

Commander's Corner—Jim Traner

I will somewhat echo Jan's column. The District is here to assist the Posts in being successful. If you need any assistance or have any questions, the best way to contact me is via email (commander@vfwwadistrict1.org). For those of you who don't have computer access my phone number is 425-218-0101 so feel free to call. We have an experienced group of officers and chairpersons and I am sure any of them would be willing to answer any specific questions you may have.

I hope to see you at the District meetings and School of Instruction. I will attempt to start the meetings on time and keep them moving forward. With regards to the School of Instruction, I would like to get your input on the programs to be presented. I would like to see only pertinent information being presented that makes you effective in your job as Commander or Quartermaster. Due to a wide range of experience at both the Commander and QM positions that may be difficult to accomplish but your feedback would be welcomed prior to the August 25th meeting.

Membership will again be a key component in this year's agenda. Danny Houghton did a great job last year as District membership chair and he will continue in that role this year. If anyone would like to have a dedicated recruiting day in their community, let Danny know and he will make it happen. However, I have found the best recruiting tool is to simply ask your co-workers, acquaintances, etc. who you know or suspect are veterans if they would like to become a member (assuming they qualify). In my experience, I think a lot of vets are just waiting to be asked. If every Post member asked one or two folks a year, I suspect every Post would achieve 100% membership quite easily.

Awards/Certificates Presented at State Convention—Wrap-up of 2011-12

Ron Haley—Jr. Past District Commander

District I: Department Certificate—100% Memberships	Post 2100 Dep't Award—Voice of Democracy Program
Post 921 Department Certificate—100% Memberships	Dep't Certificate—Chaplain Earl Stephens
Department Certificate—Hospital Program	National Recognition—Americanism Programs
Department Award-Patriot's Pen Program	National Recognition—Voice of Democracy
Department Certificate—Special Olympics Program	Post 2554 National Recognition—Americanism Programs
National Recognition—Americanism Programs	Post 7511 Department Certificate—USO Program
National Recognition—Patriot's Pen Program	National Recognition—Americanism Programs
Post 1040 Department Certificate—100% Memberships	Post 8870: Department Certificate—100% Memberships
Department Award—Buddy Poppy Program	Dep't Award—VFW Nat'l Military Services
Department Certificate—Hospital Program	Department Certificate—Hospital Program
Department Award-Patriot's Pen Program	Department Award-Patriot's Pen Program
Department Certificate—Special Olympics Program	Department Certificate—USO Program
Department Certificate—USO Program	National Recognition—Buddy Poppy Program
National Recognition—Buddy Poppy Program	Nat'l Recognition—Teacher Awards Program
National Recognition—Teacher Awards Program	National Recognition—Patriot's Pen Program
National Recognition—Patriot's Pen Program	Post 9417 Department Certificate—100% Memberships
Post 1561 Department Award—Patriot's Pen Program	Department Award-Patriot's Pen Program
Department Award—Voice of Democracy Program	National Recognition—Americanism Programs
Department Certificate—USO Program	National Recognition—Patriot's Pen Program
National Recognition—Buddy Poppy Program	
National Recognition—Teacher Awards Program	
National Recognition—Patriot's Pen Program	
National Recognition—Voice of Democracy	

District I has eight Posts in the District and six of those Posts made their 100% this past year. White Hats were awarded to the following individuals:

District Commander: Ron Haley	Post 1561 Commander: Willy Hughes
District Quartermaster: Grey Hamer	Post 1561 Quartermaster: Mike Blue
Post 1040 Commander: Martin Spani	Post 8870 Commander: Jim Traner
Post 1040 Quartermaster: John Beam	Post 8870 Quartermaster: Tom Hallums

District I Posts answered the “call” to recruiting 78 new members and 21 reinstatements of previous members, A big thank you to all the Post members for their good work you do and all you do for our veterans. I especially wish to thank Danny Houghton, District I membership chair for his faithful energy in performing his duty.

Signed—Ron Haley—Jr. Past District Commander

Year End Report of District One Ladies Auxiliary Ruth Herren, President 2011-2012

We just returned from State Convention in Airway Heights in Eastern Washington where the State had 199 register with the following from District 1: #921 President Victoria Tanis, #1040 Jan Beam and Tami Wagoner, #1561 President Carol Williams, President-elect Verna Mines, Ellen Kotila and her daughter, #2100 Lynn Richter and Ruth Herren and #8870 Connie Daily.

The following awards were won in their divisions:

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| <p>Post 921: National Home Health & Happiness Quota
2nd Place Americanism
1st Place Youth Activities and a medal</p> | <p>Post 2100: National Home Health & Happiness Quota
1st Place Americanism
1st Place Extension with medal</p> |
| <p>Post 1040: National Home Health & Happiness Quota
Special Olympics</p> | <p>3 or more membership Ruth Herren
3rd Place Membership
USO Certificate of Appreciation
Pres. Sharon Skurlock—Lora Waters Pres. Of the Yr.</p> |
| <p>Post 1561: 3rd Place Veterans and Family Support
National Home Health & Happiness Quota

1st Place Membership with a medal
National 100% by December 31st in Membership
3rd Place Hospital
1st Place Legislative with medal
2nd Place Youth Activities
Pres. Carol Williams—Lora Waters Pres. Of the Yr.
1st Place Buddy Poppy Display (goes to Nat'l Conv.)
Nat'l Recognition Award for outstanding Teacher Award Program
USO Certificate of Appreciation</p> | <p>Post 2554: 3rd Place Veterans and Family Support
National Home Health & Happiness Quota
3rd Extension

Post 7511: National Home Health & Happiness Quota
3rd Community Service
3rd Legislative
3rd Youth Activities

Post 9417: National Home Health & Happiness Quota
2nd Place Membership
National Pen Heart with Feet</p> |

District One President Ruth Herren was awarded District President of the year and was 100% in membership. Jan Beam was installed as District One President for 2012-2013. Tamie Wagoner was part of the Installation floor team.

Thanks to all of District One and Barbara Miller our Membership Chairman for working so hard to get membership in. Those Auxiliaries with 100% membership were #1561, #2100, and #9417.

Ruth Herren

District One President 2011-2012