



# VFW Post 8870

Edmonds, WA  
www.vfw8870.org  
Jim Traner, Editor

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Calendar 2009-2010	
February 1, 2010	Safety Program Submissions
March 1, 2010	Scout of the Year Scholarship applications due
March 6, 2010	District I Conference—Noon- Alderwood Boys & Girls Club
May 1st, 2010	District I Convention—Noon- Alderwood Boys & Girls Club. Loyalty Day.
June 24th-25th	State Convention—Vancouver, WA

## Voice of Democracy, Patriot's Pen, and Teacher of the Year Winners



### Buddy Poppy's Are Right Around the Corner

Bob Crawford will have sign up sheets at the next meetings for Memorial Day poppy fund raiser. Please volunteer your time—what we give to vets from our relief fund depends on what we raise through Poppy donations. I know it's a bit of a pain, but so is being homeless, hungry, and without a job. We've all had hard times some times in our life, so step up and give Bob your time and energy. A vet or two will thank you even if he doesn't know your name.

### Mid-Winter Conference Report

Duane Pounds, Julie Pounds, Auxiliary President, and Jim Traner, Post Commander, attended the Mid-Winter Conference in Wenatchee. While the conference is primarily a vehicle to have committee reports by the various state chairs, a number of important points were made regarding issues which affect the Post. Without going into a laundry list of those items, I will pass along to each chair and Post Officer those issues which are pertinent to them or their committees. In addition, Commander-in-Chief Thomas Treadwell, Sr. attended the conference as the representative from National. Cmdr. Treadwell is a Vietnam veteran and a staunch advocate of veterans rights and issues. He spoke several times during the conference, and I walked away impressed with his enthusiasm for what is happening down at the Post level, not simply those issues at the state or national level. In addition, Department Auxiliary President, Nikki Benjamin, attended the conference. She is a Louisiana native with a husband who is a veteran and 3 sons in the service, an excellent public speaker, and like the Commander-in-Chief, a strong proponent of veterans rights. And the final item of my report. Since I won't talk "out of school", ask Duane Pounds how he felt Sunday morning.

### Upcoming Speaker

February 12, 2010—Buck Weaver—Aviation Combat in the S. Pacific in WWII

Pictured above is Post Commander Jim Traner with VOD winner Katerina Nguyen. Below, Senior Vice Rock Roth is standing with Peter Folta, teacher of the year, Katerina, and Dean Celli, the Patriot Pen winner from our Post. Katerina went on to win District I competition but failed to advance in the state competition. However, both of these young people had outstanding essays and we hope they will be back next year. I want to thank Rock and Fred Apgar who organized the Post's efforts in getting the word out to the schools as well as thanking all the kids who participated in the program. On Saturday night at the Mid-Winter Conference in Wenatchee, the winner of the VOD was announced and he is Anthony Zendeljas IV, a young man from Silverdale. He had interviewed survivors of Japanese POW camps and has written and preformed a one man play about their experiences. His presentation was excellent and we hope he wins at the National level.



## **General Rules from the VFW Ritual Manual**

Most of us have come up through the ranks and never had the opportunity to read the Podium edition for the VFW which includes the Congressional Charter, By-Laws, Manual of Procedure, and Ritual. I thought it would be beneficial to pass along these general rules found in the Ritual portion of the book. I decided I would publish it in this newsletter as it is important not only for the protocol, but to continue traditions from one generation to the next.

- 1) Officers are personally responsible for their Rituals. They shall permit only properly authorized persons to read the Ritual.
- 2) While the Post is in session, no member will pass between the altar and commander's station, except as prescribed by the Ritual.
- 3) All officers should memorize their parts and practice with co-workers in order to render all ritual work correctly and impressively.
- 4) The officer of the day shall act as master of ceremonies. [Upon entering or leaving the meeting during the meeting, you should salute the OD who will return your salute].
- 5) When addressing the commander all officers salute in a military manner. The commander will return similar salutes. All officers exchange salutes when addressing each other.
- 6) One rap of the gavel calls attention or seats the body when standing. Two raps of the gavel call everyone to standing attention.
- 7) At National and Department conventions the "Star Spangled Banner" should be played or sung at the Opening Session, immediately after the colors are placed.
- 8) All Posts should hold a public memorial service for their departed comrades, at least once a year. This may be held as a special ceremony or in conjunction with a public meeting.
- 9) "Sleep, Soldier Boy," by Dorothy Alexander, Auxiliary No. 409, or any other appropriate song may be used at all VFW memorial services.
- 10) All VFW military formations and procedures shall conform with the current Infantry Drill Regulations, United States Army.
- 11) The military salute shall be given in all ceremonials and meetings when a member wishes to address the presiding officer. The military salute shall also be used in the ceremonial work, as set forth in this Ritual.
- 12) ....the flag of the United States, of appropriate size and attached to a standard, shall be placed upright upon the VFW altar to the left of the Bible—to the left of the Bible as viewed by one standing before the altar and facing the Commander's station). The POW/MIA flag may be placed to the right of the American Flag. Both the flags and Bible shall be upon a regulation VFW altar cloth.
- 13) (a) All members will stand during the rendition of prayers; (b) members will follow the action of the Chaplain or presiding officer relative to the removal of caps during prayers; if uncovering, the hat shall be placed on the extended closed fingers of the right hand in such a way that the Cross of Malta is exposed and held over the heart; (c) official caps will not be worn during luncheons, banquets, or other meals; (d) official caps will be the only head covering allowed to be worn at regular meetings of the Veterans of Foreign Wars of the United States.

One additional note. When the Chaplain leads the prayer, you should stand at parade rest and, if uncovered, your left arm behind your back while your right hand holds your cover over your heart.

## **Memorial Day Planning in the Works**

Rock Roth, Les Abel (representing the American Legion), and Jim Traner met with Dale Hoggins and Melissa Johnson from the Cemetery Board and helped develop an agenda for our participation in the Memorial Day program. For the first time, we will have a "White Table" set up to recognize POW/MIA's and there will be a short program describing what each item on the table represents for those who are not familiar with it. The program itself will be dedicated to WWII veterans so hopefully we will have as many of those vets attending the ceremony as possible. And finally, for those of you who have attended the last couple of years, we have asked Dale who is the emcee of the program to move the flag raising ceremony to the very beginning of the program. In the past, we have spent a half an hour in the "north 40" waiting to raise the flag. This year, hopefully, we will get you seated early so you can hear the program. So put it on your calendar and we look forward to a great turn-out of our VFW membership



## **Post 8870 Moves into the 21st Century—Facebook**

We have recently added an additional method to assist potential members in contacting us—Facebook. We have maintained a website for a number of years ([vfw8870.org](http://vfw8870.org) for those who haven't looked at it), but we have recently expanded our internet presence by adding this additional site. For those of you unfamiliar with social networks, they are basically used by the "younger" generation to exchange information and expand contacts with other people. Since a number of returning veterans are familiar with using these tools in exchanging information, we have added Facebook to allow more access to Post 8870 and to VFW.

## **Membership**

The lifeblood of any organization is membership. We have done a great job in attracting new members in our Post and one of our goals is to involve these new members in Post leadership and committee roles. However, we are also losing members for many different reasons. Folks move, retire and head south, or, unfortunately, pass away. Therefore, it is vital to attract and retain new members. The best way to recruit new members is through personal contact. When you meet someone who is a veteran and is eligible for the VFW, invite them to join. I think there are a number of people out there who would like to join VFW but haven't been asked and feel reluctant to simply come to a meeting and ask to join. It is important for everyone to keep a membership application in their vehicle together with a return envelope addressed to our Quartermaster. So if you haven't got one handy, ask Elizabeth to provide you with one. The next time you see a car with a Vietnam sticker or are introduced to a veteran who is eligible, give them a membership application and invite them to become a member of our Post.

## **District I Meeting**

A number of us (13) attended the District meeting held in January. I want to thank everyone who did make it and our Auxiliary who hosted the meeting and provided lunch and dessert. One correction on directions, it's the first right after the Spaghetti Factory, not before it. Sorry about that guys—we had a few people driving around for a bit. After the business meeting, all of the participants from the Patriot's Pen and Voice of Democracy essay contest were invited to an awards ceremony. As I said above, our student, Katarina, was chosen as the first place winner from District I and was invited to read her essay. For those of you who attended our Post meeting in January and heard her read it, you know what a fine job she did. She represented our Post and District admirably at State and again, I would like to thank her for her participation in the program. Dean, our Patriot Pen winner, did not win at the District level but did an excellent job in his essay and will be back again as a participant in the program.

## **Need A Lift?**

If you need a lift to the meeting, just give Elizabeth Mather, the quartermaster, a call or drop her an email at [quartermaster@VFW8870.org](mailto:quartermaster@VFW8870.org). On the other hand, if you are interested in providing transportation to a fellow member, let Liz know and she can match riders with drivers.

Phone 425-670-8912

STEPHEN C. JOHNSON, R. Rh

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 & Telephone 425-640-8650 Fax 425-640-8655  
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**The Last Word**

America lost another veteran of WWII last month, my father. Dropping out of high school at 16 and volunteering for the Army after Pearl Harbor, he ended up serving as a medic before being discharged in 1945. Although he never saw combat, it wasn't from the lack of trying. Volunteering for airborne, he suffered appendicitis during training. Reluctant to go to sick call, he pressed on until the appendix ruptured. Having my appendix out and unable to stand upright at the time, gave me an appreciation of what it must have been like running with a pack and rifle while having a pain like a knife jabbed into your abdomen. He never complained, and went through life with many feet of his intestines removed by an Army doc and more feet removed as a civilian. The good news for me was he met my mother, an Army nurse, and married her. They were together for 64 years before he passed on.

I grew up in Yakima surrounded by WWII vets and Korean vets. My co-workers, best friend's father, coaches, teachers, barbers, dentists, they all had one thing in common, they had served their country proudly. I never heard a single complaint from them about serving or about the hardships they faced. Now I'm the "old guy", or at least getting there rapidly, the oldest surviving male member of my family. Some day I'll pass on; I hope I do it with the same dignity and grace as my Dad and those vets I knew growing up.