



# VFW Post 8870

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

VFW Post 8870

Volume 2, Issue 11  
November 1, 2008

## November Meeting Date

Just a reminder to all of you that the monthly meeting is on November 21st—not the second Friday of the month. For those of you attending the board meeting (which should be all of the officers among others), the date is November 18 at 9:00AM at Jim Traner's office.

## It's Buddy Poppy Time Again



Phil has a full list of volunteers and he will call you to remind you of your shifts. However, anyone not signed up that would like to participate, please contact Phil. I'm sure he can find some detail to keep you busy. This is a great project to support our fellow troopers in need so don't be bashful about volunteering.

## Veterans Day Speakers

Our Post has had a number of requests from the local schools to provide speakers for Veterans Day ceremonies. If you are interesting in participating, Rock is maintaining a master list of requests. Contact him or Buck Weaver for additional information.

## Speaker Schedule

Speakers for the next several months are:

November—Air Force officer—Name to be announced

December—Capt. Fitz—Army—Iraq War Veteran

January—Elder Law & Estate Planning

February—Elaine Bott—Medicare Advantage and Part D  
Fred Apgar is doing a great job in arranging speakers for our monthly meetings. If you have anyone who you think would make an interesting speaker for our meetings, pass the word along to Fred.

## Need A Lift?

If you need a lift to the meeting, just give Liz Mather, the quartermaster, a call or drop her an email. We can't promise we can get everyone, but we sure will give it a good try. A lot of guys are getting grounded, so to speak, but that isn't a good reason to miss a meeting. 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.

## Robert Cavness Addresses Post Members



Mr. Robert Cavness of the Edmonds Memorial Cemetery & Columbarium board spoke to the Post at the October meeting describing the improvements and history of the cemetery. For those of us who remember the place as a weed patch, we certainly appreciate the efforts of the individuals responsible for turning this into a special place in the community.

## Elvis Concert to Benefit Fallen Heroes

This is a repeat from last month but I wanted to keep it in front of your eyes as the concert is just around the corner. A number of us have already purchased tickets and plan on having a great time. If you would like to join us, let Rock know and he will let you know where we are sitting. But first—mark your calendar—November 7 at 8PM. Elvis will be at the Performing Arts Center in a fund raiser to support Post member Michael Reagan's Fallen Heroes Project. Michael is a former Marine, member of our Post, and a Vietnam vet. Elvis is actually a very talented Tracy Allan Moore. As most of you know, Mike is an artist who draws, at no cost to the families, portraits of service men and women killed in action. Mike takes no money to do this work but each portrait costs \$50 in materials and mailing costs. He has drawn over 1,600 portraits for the wives and families of service men and women killed primarily in Iraq and Afghanistan. Mike needs our assistance in selling tickets. The time is short by the time you read this, but please ask your friends and family to attend this concert and support Mike's efforts in this worthwhile event. Tickets can be obtained at the Edmonds Center for the Arts or by calling 425-275-9595. They can also be purchased at [www.elvisateca.com](http://www.elvisateca.com). If you have any questions, please contact Rock Roth at 206-533-9873 or [rock.roth@verizon.net](mailto:rock.roth@verizon.net)



### Salute America Concert

For all you guys who never take your wives out for a night on the town, you have the Elvis Concert on November 7th and you have the Salute to America concert on November 6 at 7:30PM at the Edmonds Center for the Arts. The Sno-King Community Chorale joins the Shoreline Band with an honor guard from Ft. Lewis. Adults are \$15, Seniors and Students \$13.00. Children under 12 are \$5.00. Treat your wives to back to back nights out on the town by attending both concerts.

### VA to Grant Benefits for ALS

Peter Schmidt, who spoke to the Post in September, forwarded this information to me.

In a significant about face, the Veterans Administration plans to grant benefits to all veterans diagnosed with ALS, or Lou Gehrig's disease.

Sherrie Hanneman, regional spokeswoman for the ALS Association, says a large number of those who suffer from ALS also served in the military. Until now, Hanneman says most health expenses associated with the illness weren't covered.

Hanneman says, "If you are a veteran, you are at a 60% greater chance of dying from ALS than the general population. That's anyone that's a veteran. It doesn't matter if you served domestically or overseas, whether you were in Vietnam or whether you were in the Korean War or any of the Iraqi wars." She says if a soldier showed symptoms of the illness while on duty or within one year of leaving the service, they were usually granted the benefits, but sometimes the symptoms don't show up for years.

Hanneman, who's based in Omaha/Council Bluffs says, "The VA benefits were not available for them as a disease that would be service related. Now that the VA has said all veterans with ALS will receive their medical benefits, that makes a huge difference in the quality of life our veterans will be able to live as they battle this disease." ALS attacks quickly and is usually fatal within two to five years, first robbing one's ability to walk, talk, swallow and eventually breathe on one's own. It's a very expensive illness to fight, by one estimate, it costs \$200,000 a year. So what causes ALS?

"The Department of Defense is providing significant funding for research to try to answer that question," Hanneman says. "Its one those diseases they have some theories, they find some genes but no one knows exactly what causes ALS. So we don't know why veterans are at greater risk of dying from ALS than the general population." Every day, 15 new ALS cases are diagnosed in the US and 15 people die from the illness.

### Law Enforcement Person of the Year

The Post has nominated Edmonds Police K9 Officer Joshua D. McClure to the State VFW organization as the Officer of the Year. In the Police Chiefs recommendation of him, he attached a description of a gunfight with a suspect on Highway 99 in 2007. Officer McClure prevailed in the fight and the suspect was arrested. Although several bullets struck the suspect, it was later learned he was wearing a bullet proof vest. Officer McClure is our Post's choice as Law Enforcement Person of the Year.

### Event Calendar

- November 1-Teacher of the Year Applications Due
- November 1- Patriots' Pen Essays Due
- November 1—EMT, Law Enforcement National Award Due
- November 7-8 Poppy Fundraiser
- March 1—Scout of the Year Award Due
- May 22-23—Poppy Fundraiser
- June 1— Outstanding Community Service Post Award

### Firefighter of the Year

The Post has nominated Firefighter Robert Chao as firefighter of the year. He was recommended by Fire Chief Thomas Tomberg of the Edmonds Fire Department. A relatively new member of the Edmonds Fire Department, Mr. Chao has accomplished a number of tasks for the Fire Department in addition to currently receiving 9 months of training at Harborview Medical Center to become a Firefighter/Paramedic. We wish Mr. Chao success in the future.

### Post Members Speak at Local Schools

A number of our members will be speaking at local schools in Veterans Day ceremonies. If you would like to volunteer, contact Rock Roth.

### Meeting Place & Time

VFW Post 8870 meets the second Friday of each month (except November which is the third Friday) at the Senior Center located at 220 Railroad Ave. Edmonds, WA 98020. We welcome all veterans of foreign wars to attend our meetings. If you need any additional information, please contact our Quartermaster.



## Parkinson's

Members are reminded that the Post has agreed to participate in a research study regarding Parkinson's Disease. This study is designed to investigate genetic risk factors for this class of neurological diseases, and it has endorsed by the Veterans Administration. Representatives from the University of Washington Medical Center will be available to meet with those of us who volunteer for the study after our November 21 meeting. We will participate in a short interview after which a small quantity of blood will be drawn. The entire process will take about 15 minutes of our time.

## VFW Post 8870 Minutes from October 10, 2008 Meeting

Prior to the business meeting Fred Apgar introduced Robert Cavness a member of the Edmonds Memorial Cemetery board. Mr. Cavness talked of the programs that are currently in existence at the cemetery and passed around brochures showing pictures of the new columbarium vaults. He spoke of his grandfather who was a member of the Rainbow Division in WWII and a member of VFW Post 811. He then thanked all of the members for their service. He also said there is an annual tour of the cemetery every year pointing out all of the historical facts and is open to all citizens.

The meeting opened in proper order with 22 members present including two visiting members and a new applicant. Buck Weaver led the members in singing America the Beautiful after the flag salute and prayer.

Ken Chaplin introduced new member applicant Matt Palumbo who gave a brief statement of his experiences.

The roll call of officers found 4 absent with Jim Harkness filling in as quartermaster.

### Meeting

The minutes of the September meeting were approved as published and the Treasurer's report will be given in full at the November meeting.

Commander Pounds asked Jim Traner to read Service Officer Roosevelt Ward's report of expenses and a copy was given to Buck Weaver his assistant. Commander Pounds then asked the members for any names of members in distress.

Buck Weaver reported on Americanism and said that the Edmonds Elementary Meeting was moved from the week before Veterans Day to the last week in October. He recited how amazing it was that the young students picked up on the history of veteran's service.

Phil Sacks, poppy chairman, reported that all shifts were filled at the two Westgate Stores, QFC and PCC Foods, and the two Hwy 99 stores, Safeway and Top Foods. He said he would be making reminder calls to participating members.

Rock Roth Reporting on Voice of Democracy said that all forms and info has gone out to 2 Edmonds High Schools and Patriots Pen forms have gone out to 11 Edmonds elementary schools. Rock also reported on the Elvis concert for the Michael Reagan project. In his contact with the representative lady for the event he was told that the members could help by contacting other service organizations regarding ticket sales. We can't sell tickets but we can advise people where to go buy tickets. The Elvis event is on Nov. 7<sup>th</sup> and prices are \$26.00 and \$15.00 for seniors.

Al Boyett reported on community service and said the members were very active as usual.

A bill was presented by Commander Pounds for \$55.54 for plaques for the 4 stores assisting in selling poppies. After some discussion of certificates vs. plaques, it was moved, seconded, and passed that the bill be paid.

Jim Traner reported on "Salute to America" on November 6<sup>th</sup> with rehearsal on November 5<sup>th</sup>. They need 5 volunteers, one from each branch of service. There will also be a table for poppy sales. Any volunteers get in touch with Jim Traner.



**VFW Post 8870 Minutes from October 10, 2008 Meeting (Cont.)**

Jim also reported on the Rest Stop program. The way it works is a form is filled out with up to 7 choices in order of preference and the State notifies you which one you get.

Jim Harkness reported on a seminar that he and his wife, Dorothy, attended that they learned about "HUGS", a national program in which a narrow 30 inch cloth tube containing 1 teaspoon of crystals is placed then expands to 65 times its original size when soaked in water and then worn around the soldier's neck in Iraq and Afghanistan. As it evaporates it cools the body temperature by 5 degrees. The labor is voluntary and the post donated \$50.00 for materials.

Ervin Schmidt said he has books on WWII for sale and the Post gets \$5.00 for each sale.

Commander Pounds reported that we are 39 members short of having 100% of last year's membership.

There was no further business and the meeting was closed with a prayer and flag salute.



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## And Now a Word from Our Advertisers

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## The Last Word

This will be a short Last Word as your editor is packing up for a steelhead trip to the Deschutes as he types this. I got a phone call last Thursday night from a fellow from my old unit in Vietnam. Our Regiment has maintained a fairly active alumni club limited to those who served in Nam or Cambodia. For instance, over the years we have raised over a half million dollars for scholarships, first to send the children of the Regiment's KIA's to college, and then later to aid any trooper's child that needed financial assistance. But the reason for the phone call that night was to alert me that a veteran from E Troop, 2nd Squadron had passed away and the funeral was in Tahoma. Would I mind attending the grave side ceremony and pass along the condolences of the entire membership of the 11th Armored Cavalry Regiment to the family of the trooper? I couldn't make it due to work commitments, but I felt guilty as hell for not making it. But I also felt a sense of pride that our fellow veterans continue to look out for each other all the way to the grave. I like being a civilian, but I'm proud that I am a veteran.