**VFW Post 8870 and Auxiliary Edmonds, WA www.vfw8870.org Mike Denton**VETERANS OF FOREIGN WARS **Editor@vfw8870.org Oct. 2016 Vol 12 #10**

**Events on the Horizon:**Staff Meetings: 9:00 AM, First Tues., American Legion Hall, 117 6th Ave. S., Edmonds Post Meetings: Second Tues., American Legion Hall; Dinner at 5:00 PM ($5) Meeting at 6:00 PM October Post meeting takes place on Tuesday, October 11. Veterans Day School Visits - See instructions for sign up on page 2. Salute to America Concert, Thursday, Nov. 10, 7:30 PM at Edmonds Center for the Arts. Veterans Day November 11. Sign up for Poppy Distribution. Online sign up at www.vfw8870.org Christmas Party Saturday December 3

**Jim McCann Presents Quilt to John Shelton**

Jim met Deb Patterson at a local craft store while getting Veteran poster materials for his 50th High school reunion. She gave him a discount coupon and asked if he knew a wounded Vietnam Veteran. Thinking of John Shelton, Jim told her about VFW post 8870 and that we have a Sniper Marine in our Post who was combat injured in Vietnam. Ms. Patterson asked Jim to follow her home in her wheel chair where she presented him with a Quilt that she and a friend (who has passed away) had made to be given to a wounded vet and asked him to present it to John. At right is a photo of that presentaton at our September Post Meeting.

Ms. Patterson is planning to make additional quilts and intends to stay in touch for further presentations to our Purple Heart members.

**Veterans Day Poppy Drive Coming Soon**

Look at your calendar and visit the link below to select times on Nov 4, 5 and 6 at one of three locations during this important fund raising weekend. As you know, the funds we collect during the Memorial Day Weekend and the Veterans Day Weekend are used 100% to help Veterans and support the causes funded with our Relief Fund.

If you've not done the Poppy drive you will find it fun to stand your Post with a fellow Veteran and your heart will be warmed with the kindness from complete strangers. You'll see that they appreciate your service. You will receive many thanks, salutes, hand shakes and perhaps even a song might be sung to you. It is a very rewarding experience.

Please volunteer for this important duty for our Post and for the Veterans that we help. You can sign up online at http://vfw8870.org/volunteers-needed/?sheet\_id=4 . You can also sign up by contacting Jim Mc Cann, by phone (425) 308-1549, or email him at: mcloft7@gmail.com.

*From the Book Shelf*

**Helmet For My Pillow:**

From Parris Island to the Pacific

**By Robert Leckie**

This is a compelling first-person account of the life of an enlisted Marine participating in the island-hopping campaign in the Pacific during WW II. In intimate detail, the author recounts his experiences in training on Parris Island, as only those who have experienced basic training can appreciate.

After training Lackie was assigned to the Second Battalion, First Regiment, of the First Marine Division as a gunner on a two-man 30 caliber gun crew and on August 7, 1942, his unit landed at Red Beach on Guadalcanal, thus beginning his experience as a combat Marine, taking him on to New Britain, and Peleliu where his war ended after he was wounded by an exploding artillery shell. He spares no detail regarding the horrors of war that he experienced and writes eloquently about his many friends who were killed. The book provides an unvarnished view of the day-to-day life of the Marines who participated in combat operations in the Pacific.

Lackie’s experience in WWII was among those featured in the HBO miniseries *Pacific*, which is available on Netflix and DVD.

*“From the Bookshelf”, a recurring series of book reviews written by Fred Apgar.*

**Veterans Day School Visits**

As in past years we have the opportunity to appear at various schools in the Edmonds and Mukilteo school districts as they honor us at Veterans Day programs leading up to the 11th. If you would like to participate in this highly rewarding experience, please let past commander Jim Blossey know ASAP. Please include your phone number on emails.

jamesblossey@comcast.net or 425 478-2100

Some appearances will require nothing more than being present while the kids honor us, others will involve question-and-answer classroom sessions and a few may want you to give a brief talk about your military role.

We are still gathering requests from the various schools, but Jim will contact you to coordinate where, when and other details.

**Veterans Day Concert Slated**

A musical *Salute to America* will feature patriotic selections performed by the Everett Chorale and the Shoreline Community Band on Thursday, November 10, at 7:30 PM at the Edmonds Center for the arts. Veterans attending may stand to be honored during the singing of their individual service songs.

The evening is Sponsored by the Realtors of Coldwell, Banker, Bain Edmonds Office.

Suggested Donation: $15.00.

**POW/MIA Mill Creek Proclamation**

Post 88780 Chaplain Fred Apgar receives a proclamation (reproduced below) for POW/MIA National Recognition Day at a meeting of the Mill Creek City Council

**VFW Student Essay Contest**

By Fred M. Apgar

Details regarding the VFW Annual Student Essay Contest have been distributed to all schools in the Edmonds and Mukilteo School District. Students attending private schools or being home-schooled are eligible to enter the contest. The **Youth Essay Program** is for students in Grades 3, 4, and 5, and an essay, not to exceed 250 words, should address the topic ***”Why are men and women who serve in the military special?”***.

Students in Grades 6, 7, and 8 are eligible to enter the **Patriot’s Pen** program in which a 300-400 word written essay is written on the topic, ***“The America I Believe In”.***

**“Voice of Democracy”** is the third program, and it is an audio essay contest for students in Grades 9, 10, 11, and 12. To enter, a student must prepare a 3 to 5 minute recording that addresses the topic, ***“My Responsibility to America”.***

Cash prizes will be awarded to the top three essay winners in each of the categories, and winning entries in each contest will be forwarded to the District level for further consideration.

Detailed instructions as well as an entry form, that must accompany each submission, can be obtained by visiting the Post’s web site at www.vfw8870.org. Go to the Community Support tab and click on Student Essay Program. You will be able to download the information for your grade level. All contest entries, along with the completed entry form must be submitted to VFW Post # 8870 no later than November 1, 2016. Youth Essay and Patriot Pen entries may be submitted on-line to scholarships@vfw8870.org or they can be mailed to VFW Post #8870, PO Box 701, Edmonds, WA 98020. Voice of Democracy entries must be mailed to the Post.

**October Meeting Speaker**

Sr Vice Commander Carl Kurfess has arranged for Zabine Van Ness and Chris Szarek of the Northwest Veteran's Museum committee to speak to the post about the planned Veterans Museum at Heritage park in Lynnwood, located at 19921 Poplar Way.

The Mission of Heritage Park is to interpret the heritage of Lynnwood and the neighborhoods which once formed the community of Alderwood Manor. Heritage exhibits throughout the park tell stories of life in early Alderwood Manor, and its historic structures have been renovated and repurposed as community resource facilities. At present, these include the South Snohomish County Visitor Information Center and Wickers Museum in the Wickers Building; the Heritage Resource Center in the Superintendent’s Cottage; the Sno-Isle Genealogy Library in the Humble House; and Interurban Car No. 55. Heritage Park is owned and operated by the City of Lynnwood, in partnership with the Snohomish County Tourism Bureau, Alderwood Manor Heritage Association, and the Sno-Isle Genealogical Society.

Dennis Adams Thomas Barbas Thomas Bowers Duane Bowman Edmund Doucette Daniel Doyle Edgar Gray Tom Hallums Phillip Howe Martie Johnson John Lapham James Mc Cann Charles Roe Paul Russo Benton Webb

**October Birthdays**

**The following members are celebrating birthdays during the month of October:**

**White Hats and Other Cover Oddities**

*by Jim Traner*

When I first started attending meetings, I had a lot of questions, one of which was the significance of the White Hat that a few of the members wore.

Every year Department selects Commanders and Quartermasters that have met certain criteria and gives them a White Hat as an award. Only a handful are given each year so it is a significant achievement; however, as far as the Commander goes, it is a Post award as much as an individual award. Without a lot of people doing their jobs correctly the Commander would never get a White Hat.

The Quartermasters, on the other hand, really earn their hat based on their individual performance. The Quartermaster is the bookkeeper of the Post and is audited by the Trustees every month. In addition, there are a variety of reports they must submit throughout the year, and the VFW keeps the QM very busy.

Along with different colored covers, there are different colored braids on those covers. Silver means the wearer holds a National position, Red is for Department officers, i.e. Washington state, Green for District Officers, and Gold is for the general membership where the real work of VFW is done.

*From an article first appearing in the June 2012 issue of the Post newsletter.*

**Nominate a Military Child of the Year:**

The military family-oriented nonprofit Operation Homefront is now accepting Military Child of the Year nominations through Dec. 5, 2016. The annual awards program, now in its 9th year, will recognize six outstanding young people ages eight to 18 with $10,000 each, new laptops, and will be flown with a parent or guardian to attend an awards gala April 6 in Washington, D.C. Nominations are also being accepted for a Military Child of the Year Award for Innovation, for youth age 13-18. The winner of this category will receive $5,000, mentorship by award sponsor Booz Allen Hamilton, as well as be flown with a parent or guardian to Washington for the gala. Operation Homefront received 502 nominations last year, with the winners ranging in age from nine to 18. For more information, go to: <http://www.militarychildoftheyear.org/>

**Wellness Wednesday**

The American Legion and VFW are sponsoring new programs as we work to help Veterans and Veterans families of all ages.

Our first **"Wellness Wednesday"** event was held on **Wednesday, September 28 from 6-7 pm**We'll have these meeting on the last Wednesday of each month except July and August.

**Session 1:** "What your plate says about your health"

Be able to read a food label

Be able to identify a serving size

Understand your plate....size matters Instructor :

VFW member Clare Walderman, MPA, MA, RN, Certified Wellness Coach