



VFW Post 8870

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

VFW Post 8870

Volume 2, Issue 10
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Dr. Peter Schmidt and Ms. Sanya Matoon Make Presentations to Post



Dr. Schmidt, a veteran himself, works for the WA Department of Veterans Affairs and gave an excellent presentation of the efforts the Department is making to reach out to veterans returning to college who may be suffering from PTSD and other ailments. The statistics quoted by Dr. Schmidt are sobering. Of the 1,600,000 troops who have served in Iraq and Afghanistan, 347,000 have returned with a plethora of ailments resulting from IEDs including musculoskeletal system ailments to TBI (traumatic brain injury). In addition, many vets are suffering from PTSD. It is estimated that for every case that is reported, 5 go unreported for a number of reasons. It was apparent from Dr. Schmidt's remarks, he is a firm advocate of veterans rights and we appreciate his efforts on our behalf.

Ms. Matoon, a VA nurse, informed the group of a new VA clinic located in Lake City. The address is 12360 Lake City Way NE, Suite 200. Their phone is 1-800-310-5001. They have parking behind the building so this is a very convenient location for our members. They have access to all your records via the VA computer system.

Speaker Schedule

Speakers for the next several months are:

- October—Robert Cavness Edmonds Memorial Cemetery
- November—Air Force officer—Name to be announced
- December—Capt. Fitz—Army—Iraq War Veteran
- January—Elder Law & Estate Planning

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.

Elvis Concert to Benefit Fallen Heroes

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. If you have any questions, please contact Rock Roth at 206-533-9873 or rock.roth@verizon.net

Mike is also donating some Wildlife Art Lithographs to the Post which we can auction in EBAY. These are excellent pieces of art and should provide significant funds to our operating budget. Again, please give Mike a hand in this endeavor.



Buddy Poppy Sign-up List

Phil Sacks has the sign-up lists so if you want the time and place of your choice, make sure you give him a call. The locations are being expanded to include the new PCC market at Westgate. In addition, Fred Apgar has volunteered to man the booth at Whole Foods in Mill Creek. Hours are being changed a bit with 2 three hour shifts a day. The last shift is encouraged to stay an hour later to catch the "dinner" crown shoppers. So if you haven't signed up yet, please consider that this fund raiser is needed to provide funds for the relief budget.

Smokey Point Fund Raiser Approved

Thanks to John Casapiedra who initiated the idea, planned it, and due to an unfortunate health issue had Jim Adams execute the plan, the Post was able to add over \$600 to its operating budget. In the September meeting, it was decided to repeat the fund raiser next year. John will take the lead on it, and attempt to secure a weekend date on the northbound lanes of the I-5 Smokey Point rest area. This is another example of a member developing an idea to assist the Post, Earl Prebezac being the other. Much thanks to both members and the efforts on their behalf to assist the Post.

Relief Fund Budget 2008-2009

The membership approved the following budget for disbursements from the relief fund at the September meeting. This is predicated on raising the appropriate amount of funds on our Buddy Poppy program. Hopefully, extra funds can be raised and the budget increased for other worthwhile. A number of good causes were considered and the needs far outstrip the funds. If you can help on the Buddy Poppy program in November, please do so.

Individual Veteran Assistance	\$2,000
Poppies	200
Delta Foundation (Rehab)	100
Members' Due Assistance	100
Edmonds School - Essay Awards	500
Operation Uplink	200
Vet Home - Retsil	1,000
Vet Home - Orting	1,000
Charter Bus - Orting	700
Edmonds Police Foundation	250
VFW National Home	50
USO	200
Sew Much Comfort	100
Fallen Heroes Project	500
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	\$6,900

Picnic in the Park

For those of you who missed it, you missed a great time. After a week of rain and miserable weather, the sun came out on a nice fall day in Edmonds. The BBQ was stoked up and hot dogs and coho salmon were the main courses. Of course we had way to much food although we made a pretty good dent in most of it. We kicked it around and decided to do it again next year, probably on the last Saturday in July, assuming we can reserve a shelter.

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

Medal of Honor Winner Passes Away

Ed Freeman of Boise, ID passed away at the age of 80. Mr. Freeman was a helicopter pilot in Vietnam and in 1965 in the Ia Drang Valley, evacuated 30 WIAs while under intense machine gun fire after the Medi-Vacs were ordered to remain clear of the area. He made 13 trips that day and a lot of guys are alive today because of him. May God rest his soul.

Parkinson's Testing Postponed

At the last meeting, it was announced that those who wanted to participate in a Parkinson's study could stay after the October meeting for a blood drawing administered by Sydney Thomas. Due to a conflict in scheduling, the drawing will occur after the November meeting.

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.



VFW Post 8870 Edmonds, WA

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The Last Word

I was watching Rambo—First Blood on TV the other night when it dawned on me that in every movie about a Vietnam vet for the last 30 years, the hero/villain is some dude who spent entirely too much time in the bush. Then on Saturday, I was reading the Seattle times—a headline on one of the stories read “Vietnam Vet Strangles Woman”. Hey the war ended 35 years ago. You’d think they’d give it a rest after a while. Ok—I’ll throw out some facts for you. Vietnam Veterans are less likely to be in prison - only 1/2 of one percent of Vietnam Veterans have been jailed for crimes. 97% were discharged under honorable conditions; the same percentage of honorable discharges as ten years prior to Vietnam 85% of Vietnam Veterans made a successful transition to civilian life. Vietnam veterans' personal income exceeds that of our non-veteran age group by more than 18 percent. Vietnam veterans have a lower unemployment rate than our non-vet age group. 87% of the American people hold Vietnam Vets in high esteem. 2/3 of the men who served in Vietnam were volunteers. Note that 2/3 of the men who served in World War II were drafted. Approximately 70% of those killed were volunteers. 86% of the men who died in Vietnam were Caucasians, 12.5% were black, 1.2% were other races. Servicemen who went to Vietnam from well-to-do areas had a slightly elevated risk of dying because they were more likely to be pilots or infantry officers. Vietnam Veterans were the best-educated forces our nation had ever sent into combat. 79% had a high school education or better. Not exactly the Rambo image portrayed in the films.

On a lighter note, our picnic in the park was a lot of fun. You learn a lot about your fellow members that you didn’t know. For instance, Phil Sacks doesn’t know how to cook. And I mean that in the total sense of the word. A group of us stood around and instructed him on when to put the hot dogs on the grill in order for them to be done at the same time as the salmon. You would have thought we were coordinating the D-Day invasion time table. Buck Weaver can pack more food into that scrawny frame than anyone can imagine. How he survives on the Senior Center meals is beyond me. And as far as I am concerned, I’m bad at estimating the amount of fish needed to feed a group. I was hoping for the miracle of the fishes and loaves, but it didn’t materialize. However, there were plenty of hot dogs to fill the shortfall. For you who missed it, you missed a darn good time.

**VFW Post 8870 Minutes from September 12, 2008 Meeting**

Prior to the meeting, Buck Weaver introduced Sonia Mattoon, the administrator for the Lake City Way VA Outpatient Clinic. Sonia is a disabled veteran and a member of the American Legion. She spoke about services available for veterans at the Lake City VA site. Brochures on this Community Based Outpatient Clinic and "Benefits for Veterans and Family Members" were distributed and copies are available from the Quartermaster at quartermaster@vfw8870.org. Fred Apgar then spoke about a research study group that is working with the VA and is looking for volunteers as "control subjects" who have not had a history of Parkinson's disease or other similar neurological disorders. Participation would include completing an assessment about family and health history and then having blood drawn. Arrangements will be made for the research study group to be at the Senior Center after the October meeting and volunteers will remain after the meeting to participate in the study. Fred Apgar then introduced Dr. Peter Schmidt, Senior Associate Dean at Edmonds Community College who spoke on Post Traumatic Stress Disorder (PTSD) among returning Iraqi War veterans. Material on this subject was distributed and is available from the Quartermaster.

Chaplain Gray said a prayer for POW/MIA's while a vacant chair back was symbolically covered by the Officer of the Day in their honor. The meeting was then opened in proper order with an opening prayer delivered by Chaplain Gray, the Pledge of Allegiance, and the singing of "My Country 'Tis of Thee" led by Buck Weaver. The Charter was then draped in memory of Art Janette, who passed away recently. There were 22 members in attendance and resident guest Charlie Estes. The roll call of officers found the 1st Year Trustee absent. There were no new applications for membership. The minutes of the August meeting were approved as published. The Quartermaster's report was approved as read. It was reported that Rene Blumenfeld was ailing and undergoing treatment.

Americanism Chairman Buck Weaver stated that the post should, as had been done in the past, go out to grade schools to make presentations to school children in order to educate them on the Veterans of Foreign Wars and the work that it does in the community.

Surgeon Al Boyett gave the Hospital and Community Service reports.

Poppy Chairman Phil Sacks reported that the manager of the new PCC in Edmonds has agreed to let the post set up there for Veterans Day. Also, Fred Apgar has contacted Central Market in Mill Creek and is willing to man that market on his own. Phil suggested changing the shifts to 2 three hour shifts with the younger members signing up for the late afternoon because of being more able to handle the cold weather in November. A motion to that effect was made, seconded and carried. Phil also suggested that the final shift on Friday be extended for another hour in order to capture shoppers stopping in after work to shop for the weekend. There was discussion on asking Cub Scout Pack 321, students from the high schools, the members of the Veterans Club at Edmonds Community College, members' wives and possibly precocious grandchildren to help in the poppy drive. In that way more stores could be covered which would greatly help in getting income for the Relief Fund and the projects budgeted for the year. A sign up sheet was then passed around.

Smokey Point Rest Stop fund raiser Chairman John Casapiedra and assistant Jim Adams reported that over \$600 was collected for the General Fund. John, Jim and Phil Sacks were lauded for their work in the preparation, solicitation of stores for donations, organization, managing the rest stop and volunteering for shifts for the project. John Casapiedra prepared thank you letters to all businesses who donated to the project for Commander Pounds' signatures. John will go out on October 1st to sign up the post for next year for a possible summer weekend spot on the North bound rest stop or the best available spot.

Jim Traner reported that a Relief Fund budget was prepared using donation information over the last 10 years. After review with the board and other members of the post, about 15 programs from a total of 25 that had received funding in the past, were designated to receive funds. A catchall of \$500 is set aside to keep money on hand for unforeseen requests. The total projected budget is \$6900. This is about \$500 over the amount estimated from poppy income this year. With the expanded hours and additional stores for Buddy Poppy collections, it is hoped that this amount will be made up or even exceeded so that funding can be made to other programs. A motion was made, seconded and passed that The Michael Reagan "Fallen Heroes Portraits" Foundation be added to the budget. A copy of the Relief Fund budget will be published in the newsletter.

Rock Roth reported that Michael Reagan has requested that the post help him in selling 700 tickets he has for an Elvis impersonation concert to be held at the Edmonds Center for the Arts on November 7th at 8 p.m. Proceeds from this fund raiser will go to the Foundation to offset some of the costs of painting and mailing portraits which Michael sends to families at no cost to them. Cost of tickets are \$26 and \$18. Rock will get the tickets and have them available for members to purchase. Contact Rock at (206) 533-9873 or rock.roth@verizon.net



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Jim Traner announced that the Post 8870 social "Picnic in the Park" will be held at Edmonds City Park on Friday, September 26th at 1130. Jim will secure a covered pavilion and will be barbequing salmon, hot dogs, or whatever you may want to bring. Wives and significant others are welcome.

Service Officer Roosevelt Ward gave his report to the post and apologized for his absence during the past few months. He has been training a new person at the VA and this took some time. Also, because of the Boeing strike and new returning veterans seeking assistance, he has been quite busy.

The meeting closed with a prayer said by Assistant Chaplain Dexter Miller and a flag salute. Jim Harkness won the raffle and donated the proceeds to the post.

This was posted to my Regiment's (11th Armored Cav Vietnam & Cambodian Veterans) website. With Veterans Day next month, I thought I would share it with you:

THEY ANSWERED WHEN CALLED
ASKED FOR LITTLE AND GOT LESS:
AND MADE US POORER FOR THEIR PASSING
BUT RICHER FOR THEIR SACRIFICE.

IN REMEMBERING THE DEAD
WE EMBRACE THE LIVING:
FOR WE OUGHT TO REMEMBER
BETTER THAN WE DO.

STEPHEN T. BANKO III
VIETNAM VETERAN