



NCW Vets Gazette

Issue 10 - Aug / Sept 2020

A Newsletter for the Veterans in Chelan, Douglas, Grant, and Okanogan Counties

Stay Healthy in the Summer Heat

The hottest part of the year is here, and Mother Nature isn't taking it easy on us. Over the past couple weeks, we've seen temperatures in the triple digits. Hopefully you've been able to stay cool and indoors, drinking plenty of water. If you do have to go out, keep these tips in mind: Wear lightweight, loose-fitting clothing. Shade your face - a light, wide-brimmed hat and a pair of sunglasses will help. Don't go out more than you have to, and minimize exertion levels. And, if you can't stay physically distanced from people, wear a mask.

Know that you can take a break and remove your mask, as long as you are far enough away from other people. If the fabric masks make it hard to breathe, consider picking up some surgical masks, as they are more breathable while still offering protection. And remember, if the mask gets wet, dirty, or sweaty, change it: water and dirt reduce mask effectiveness. Carry a spare or 2 if you can.



For more information on staying safe during extreme heat, visit: www.ready.gov/heat

Share Your Stories



As a reminder, this newsletter was started as a way to bring veteran news to you, but also to bring you back to the website. The key to returning visitors really is posting new and interesting items to the website on a regular basis. That's what will turn it into a truly **Regional Veterans News Outlet**.

But since I can't be everywhere at once, I need YOUR help to collect and spread the news. Your input really fuels this newsletter and the NCW Veterans Info website.

I'm looking for all sorts of leads: "My Post did a service project" or "Our group collected and donated [thing] to local veterans" or "[Company] did [patriotic thing] and was recognized by the community". **Ideas** for articles, stories, or a series of posts are welcome, too.

You don't have to write the story yourself, either. Send me the details and I can prepare it. Photos are greatly appreciated when possible. Or if you saw something in your local paper, please send it over (either a link to the online article, or a clear photo of the printed article):

Send emails to whatsnew@ncwveterans.info or use the form at www.ncwveterans.info/contact

Prefer to send postal mail? **PO Box 3849, Wenatchee WA 98807** *(Items received by mail will not be returned unless a self-address stamped envelope is provided by sender)*

Updated: COVID-19 Information

Because this is an ever-evolving situation, there is a lot of confusing information being passed around social media and word-of-mouth. Please be wary of uninformed opinions disguised as facts. If you want the most reliable information, get the most up-to-date data from the most reliable sources.

World Health Organization:

www.who.int/emergencies/diseases/novel-coronavirus-2019

Centers for Disease Control and Prevention:

www.cdc.gov/coronavirus/2019-ncov/index.html

WA Department of Health:

www.doh.wa.gov/Emergencies/Coronavirus

Veterans Affairs: www.publichealth.va.gov/n-coronavirus/

As data changes regularly, these sources may post new information that might contradict their original messaging. This is bound to happen as science learns more about this new virus and what it does to the human body. Staying up to date will ensure you're doing everything you can to reduce the spread and your chances of contracting it.

Reminder, **staying physically away from people** is still your best defense. Minimize your time in close proximity with people not from your household, especially if not wearing a mask or face covering. Indoor public spaces may spread the virus through the air system if not adequately filtered, so try to limit those excursions. When going out to handle errands and other essential business, **be sure to wear a mask or face covering whenever you are around others.**

If you do want to gather with individuals from outside your home (such as family and friends), consider doing so outdoors (weather allowing) where there is enough room for everyone to space out and the air is constantly moving.

Don't forget, there are ways to stay in touch with family and friends thanks to technology – if you haven't yet, look into **video conferencing tools** like Zoom or Facetime.

Staying in touch with those you care about is essential to maintaining your mental health through all of this, so please do what you safely can to stay connected. And don't hesitate to reach out for help if you need it.

VA Crisis Line: 800.273.8255

Vets4Warriors: 855.838.8255



DAMNIT!
WASH YOUR HANDS



STAY BACK, JACK!
SOCIAL DISTANCING IS A THING NOW.



SPEAK LOUDER. USE AIR FIST BUMPS.

Food Banks are in Demand

During these times of uncertainty, knowing how to get help, where, and when, can mean the difference between an empty stomach and something to eat. If you or someone you know would appreciate a bit of extra food, don't be ashamed to look for a local food bank – this is why they exist. And with an expected rise in food insecurity across the nation, there should be no shame in seeking the help you need.

2nd Harvest (www.2-harvest.org) “has been leading the hunger-relief network in the region since 1971. Second Harvest distributes over 2 million pounds of free food each month to help people in need in 26 counties in Eastern Washington and North Idaho.” That includes our 4 counties here in North Central Washington. 2nd Harvest hosts “Mobile Markets” all around the region which are first-come first serve with no sign-up or registration required.



Upcoming Mobile Markets in August:

- Brewster – 5 Aug, 11am-1pm
- Nespelem – 11 Aug, 11am-1pm
- Ephrata – 13 Aug, 11am-1pm

Watch their website for more dates to be added: <https://2-harvest.org/calendar/>

Other Food Banks around the region:

Grand Coulee: 45925 WA-174; 2nd & 4th Fridays, 2 - 4pm

Moses Lake: 1075 W Marina Dr; Mon - Thurs, 11am - 2:45pm

Quincy: 210 1st Ave; Tues & Fri, 9am - noon

Royal City: 229.5 Balsam St; Tues, 10:30am - 3pm

Soap Lake: 325 Main Ave E; Tues, 10am - 3pm

Ephrata: 1010 A St. SE; Mon - Thurs, 2 - 4pm

Mattawa: 23898 Rd. T.2; 2nd & 4th Saturdays, 1 - 4pm

Brewster: 301 South 4th St; Thurs, 9 - 10:30am

Conconully: 219 N. Main St; 1st & 3rd Weds, 1:30 - 3pm

Nespelem: 37 Lakes St; Mon - Thurs, 9am - 3pm

Okanogan: 424 2nd Ave South; Mon &(or) Tues, 9am - 2:30pm

Omak: 101 W. 4th Ave; Mon, 9 - 11am

Oroville: 922 Main St; Thurs, 9:30 - 11:30am

Tonasket: 101 Hwy 97 N; Thurs, 9 - 11am

Twisp/Methow: 128 Glover St; Thurs, 1 - 4pm

Wauconda: 129 Toroda Crk Rd; 2nd & 4th Thurs, 1 - 2pm

Wenatchee: 504 S. Chelan Ave; Thurs, 8 - 10am

Wenatchee: 1205 S. Columbia; Mon - Fri, 1 - 3pm

Mansfield: 26 N Main St; 1st & 3rd Fri, 1 - 2pm

Rock Island: 5 N Garden Ave; Tues, 8 - 10am

Cashmere: 101 Pioneer Ave; Wed, 2:30 - 4:30pm

Leavenworth: 219 14th St; Tue - Thurs, 11am - 4pm

Plain: 12447 Chapel Dr; Thurs, 1 - 7pm

Entiat: 2084 Entiat Way; 2nd & 4th Sat, 9 - 11:30am

Lake Chelan: 417 S Bradley; Wed & Sat, 9 - 10am

Waterville: 413 S Centra; 1st & 3rd Thurs, 2 - 3pm

Bridgeport: 1300 Foster Ave; Fri, 7pm

Don't see one listed near you? A quick google search for "food bank" + your nearest town should help.

Supernova Business Launch Competition

www.supernovabl.com

www.facebook.com/SupernovaBLC



The goal of Supernova Business Launch Competition is to grow small businesses in North Central Washington that will create needed jobs for underemployed residents while strategically addressing social determinants of health. Furthermore Supernova Business Launch Competition seeks to address regional challenges by identifying and supporting new and growing businesses that can flourish in our region.

Earlier this year, the NCW Economic Development District announced the Supernova Business Launch Competition as a way to spur and support small business growth in our region. One of the target groups they were aiming for (Barriers to Entry) was Veterans, as they often have a hard time starting new businesses. Encouraging and supporting them as they transition to Entrepreneurs seems like a worthwhile goal. So I agreed to partner with the NCWEDD during this inaugural event to help spread the word.

The 16 semi-finalists were announced in early July, with round 1 public voting running through 31 July. Four of those semi-finalists identified as either Veteran-owned or employing Veterans (shown right):

Tonasket Tire, Downtown Bike Cashmere, Pateros-Brewster Community Resource Center, and 12 Custom Homes. Here's hoping at least one of them makes it to the Finals!



Round 2 voting among the Final 4 runs 10-14 Aug, and the People's Choice will be announced at the **main event on 20 Aug, 1-5pm**. Speaking of the Main Event, it will be Virtual and registration is required. Please see the website for more information.

From Your Veteran Service Officers



Tony Sandoval
Chelan County VSO
 428 Orondo Ave,
 Wenatchee
 9am – 4pm Mon – Thurs
(509) 667-6906
 tony.sandoval@
 co.chelan.wa.us

Apologies for not sharing updates recently. Between the pandemic and personal life changes, I'm still continuing to serve veterans in our area with their essential needs.

All monthly regional visits (to Chelan and Leavenworth) have been postponed indefinitely for health and safety concerns.

The Chelan County Veterans Advisory Board has been 'meeting' and conducting business via email. Anyone with questions regarding the Board can reach out to me directly.

Our office is still closed to walk-ins, but appointments can be arranged if you need assistance with claims or benefits.



Sarah Simonson
Douglas County VSO
 211 11th St NE (VFW Post
 3617, East Wenatchee)
 9am – 3pm Tues – Friday
(509) 683-3605
 vso@co.douglas.wa.us

Douglas County is looking for a **Vet Corps Navigator!** What's that you ask? Well it's a part time volunteer position that comes with a monthly stipend and education benefits. You'd be working with me out of my office in East Wenatchee and would help build more connections throughout the Veteran Community here in the Wenatchee Valley.

Visit the link below for more information.

Applications due **15 Aug 2020**.

<https://dva.wa.gov/veterans-their-families/counseling-and-wellness/vet-corps>



Pam Stevens
Okanogan County VSO
 1 Tonasket Shop Rd
 8am – 3pm Mon–Thu
 8am – 2pm Fridays
(509) 486-2121
 vso@co.okanogan.wa.us

The Okanogan County Veterans Service Office remains open with increased sanitation procedures and social distancing protocols in place.

We welcome **Tom Even** as the new part-time Veterans Service Assistant. He began working on May 21, and is already on his way to becoming an accredited service officer. Tom is a USMC veteran, active with the American Legion as a Legion Rider, and is a US Armed Forces Legacy member.



Jerry Gingrich
Grant County VSO

(509) 754-2011 x2931
 jtgingrich@grantcountywa.gov



Post 10 (Wenatchee)
208 N Wenatchee Ave
(509) 663-5912

Post 28 (Ephrata)
276 8th Ave NW
(509) 754-2761

Post 56 (Okanogan)
860 N 2nd Street
(509) 826-2610

Post 64 (Cashmere)
401 Sunset Highway
(509) 782-4973

Post 82 (Tonasket)
319 S Western
(509) 486-2382

Post 84 (Oroville)
314 14th Ave
(509) 476-2761

Post 97 (Brewster)
102 N 3rd St
(509) 689-3307

Post 108 (Manson)
142 Pedoi St
(509) 888-3831

Post 143 (Twisp)
626 Bridge St
(509) 997-5322

Post 157 (Electric City)
31 Coulee Rd
(509) 631-1839

Post 209 (Moses Lake)
538 W Broadway
(509) 765-1126

From the American Legion

While monthly in-person meetings are currently on hold, I've listed them here for reference. Please check with each Post as they might be hosting virtual meetings during this time.

Post 10, Wenatchee

For updates on when our Post and Bar will be open again, please watch the website: www.post10wenatchee.org
Monthly meetings on 2nd Thursday at 7pm.

Post 28, Ephrata

Monthly meetings on 2nd Thursday at 7pm.

Post 56, Okanogan

We were able to run a limited Poppy Sale next to a local business in May. We have resumed monthly meetings, outside while the weather holds, better for social distancing.

Monthly meetings on 3rd Monday at 7pm.

Post 64, Cashmere

Monthly meetings on 1st Thursday at 7pm.

Post 82, Tonasket

Monthly meetings on 1st Monday at 5pm.

Hodges Post 84, Oroville

Monthly meetings on 2nd Thursday at 7pm.

Columbia Post 97, Brewster

Monthly meetings on 1st Wednesday at 6pm.

Manson Post 108

We raised over \$1300 for the Lake Chelan Food Bank in June. Story was shared at <https://cutt.ly/post-108-food-bank>

Monthly meetings on 1st Monday at 7pm.

Methow Post 143

Commander Tristan Gilbert passed the gavel to Keith Morden on July 10, after more than a decade in office, with Area 3 Cmdr Denny Pittman in attendance.

Monthly meetings on 2nd Thursday at 7pm.

Post 157, Electric City

We have been hosting blood drives with Vitalant once a month, and a number of our members have been helping with local food banks.

Monthly meetings on 2nd Tuesday at 6:30pm.

From the Veterans of Foreign Wars



Post 24 George
Meets at Quincy Senior
Center (even months) /
Moses Lake Elks Lodge (odd
months)
(509) 750-0938

Post 3617 Wenatchee Valley
211 11th St NE
East Wenatchee
(509) 884-3617

Post 6853 Chelan
427 Bradley St, Chelan
(509) 679-4949

While monthly in-person meetings are currently on hold, I've listed them here for reference. Please check with each Post as they might be hosting virtual meetings during this time.

George Washington Post 24

Monthly meetings on 2nd Saturday at 10am.

Post 3617, Wenatchee Valley

We were able to meet and vote in new members and officers in July. Our website was overhauled recently: www.vfwpost3617.org

Monthly meetings on 3rd Wednesday at 7pm.

Post 6853, Chelan

Monthly meetings on 1st Tuesday at 6:30pm.

NEW POST HOME for Chelan Post 6853

In 2017, Post Members swooped in to rescue a building which had an uncertain future. After a long negotiation process and a lot of hard work, Post 6853 recently began officially holding its meetings at 427 South Bradley St in Chelan (also known as The Horseshoe Pit). Activities at the new post are open to any Veteran group or support agency. There's still some work to be done, but VFW Post 6853 is enthusiastically anticipating holding clothing and food drives at their headquarters as well as other community outreach events.



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Editor's Notes

In case I haven't told you lately, I appreciate you. Supporting me by reading this newsletter, sending me news and tidbits to post on the website, keeping me aware of new discounts in the area, and sharing this valuable resource with your fellow veterans. I do what I do because of, and for, you.

Even being isolated during this public health crisis, I've found ways to stay connected with my community. I hope you have, too. It really helps with the positive mental attitude.

I shared a lot of information this time around. Did you find it useful, helpful? Let me know (contact information bottom right) – I love getting your feedback and input.

I'm working on some plans for improvement to the website and potentially even to the Newsletter distribution. I'd like to have these in place by the end of the year, barring any catastrophic events.

Until then, keep me in mind when looking towards November – the next issue should include Veterans Day plans.

Stay healthy, check on each other, be sure to VOTE, and stay in touch.

~Connie



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NCW Vets Gazette is a newsletter for Veterans in North Central Washington, provided free of charge in print and digital form courtesy of NCW Veterans Info. It is made possible with thanks to the continued support of VFW Post 3617, its Auxiliary, American Legion Post 10, and NCW Vets Serving Vets, among other local veteran organizations, as well as our Sponsors & generous community members (like you).

Contact:

Connie Hill – (509) 433-7879
whatsnew@ncwveterans.info
www.facebook.com/ncwveterans

Quick Links

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www.ncwveterans.info/calendar

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www.ncwveterans.info/donations

24/7 Support
Crisis Line:
800.273.8255
Vets4Warriors:
855.838.8255

**Mann-Grandstaff
VA Medical Center**
4815 N. Assembly St - Spokane
(509) 434-7000 (800) 325-7940
www.spokane.va.gov

Wenatchee VA Clinic (CBOC)
2350 Chester-Kimm Rd
(509) 663-7615
weekdays 7:30am – 4pm