

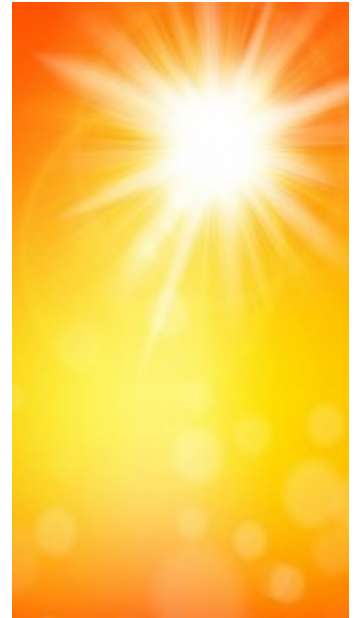
## ***Summer Safety Tips***

Here we are again, at the height of summer – temperatures are high, humidity is low, fires are burning and filling the air with smoke, and there's still a month of these extremes to go before we can imagine some relief. Please stay safe this summer with these important tips, wherever your adventures may take you.

**Drink plenty of water.** Staying hydrated is one of the most important things you can do to prevent heat-related illnesses.

**Stay cool.** Remain indoors, particularly during the hottest part of the day. If you lack sufficient air conditioning, consider going to public locations such as the library or local marketplace.

**Monitor air quality.** With the smoke from fires across the country settling in, the air will get tougher to breathe, and may even be uncomfortable for those with sensitivities. Wear an N95 mask to filter the unhealthy particles when spending time outdoors.



## ***Wenatchee Downtown Heroes Banners***



Recently I got to chat with Linda Haglund, Executive Director of the Wenatchee Downtown Association, about the banners that hang above Wenatchee Ave each November recognizing and honoring Veterans. She shared with me how the project started, the support of the community which has allowed it to grow, stories of the impact of the project, and where she hopes to see it expand in the future.

If you're interested in honoring a veteran with one of these banners, visit <https://wendowntown.org/hero-banners>

Inspired? Have more questions? Email Linda at [linda@wendowntown.org](mailto:linda@wendowntown.org)

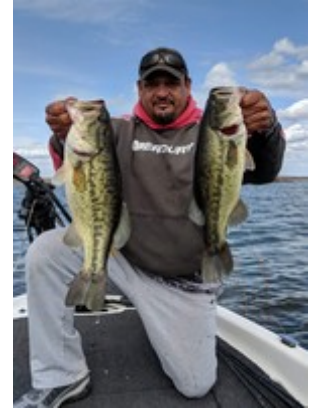


Read the full story on the blog at <https://ncwveterans.info/local-events/wenatchee-downtown-heroes-banners/>

## ***Giving Back: Operation Catching Freedom and Tour of Duty***



Do you like to go fishing? Enjoy spending some quiet time on a boat with a couple other veterans? Then keep your eyes and ears focused on **Operation Catching Freedom** (OCF), a fairly new organization that organizes fishing trips for veterans and active duty military.



I recently interviewed Tony Warren, the force behind OCF. You can read it at <https://ncwveterans.info/opportunities/operation-catching-freedom/>

**Tour of Duty** is a local non-profit with the mission to “provide a grateful community of peers for all active service men & women, veterans, and their families; as well as offer support to unaccompanied veterans by organizing and assisting in proper military burials.” They are beginning to organize more events for Veterans around the area.

Recently, Tour of Duty teamed up with Tony Warren and OCF to host a salmon fishing event in Chelan in July. 22 veterans were selected, and with the support of 18 boaters and a number of other volunteers, everyone got to enjoy a day on the lake, some good food, and time to relax.



Other ways Tour of Duty is giving back include their new R&R program. Just last week, they gave away a two-nights stay with \$100 dinner voucher at Sun Mountain Resort in Winthrop to two deserving Veterans and their significant other.

Be sure to join the Facebook group to be notified of other upcoming events and giveaways:

<https://www.facebook.com/groups/148687953372060/>



## ***Tuesday Coffee***

Looking for some camaraderie with fellow veterans? Come to the **Wenatchee Veterans Hall** on **Tuesdays** from **8-9:30am** for coffee, donuts, and a casual atmosphere to relax and just chat with folks who “get it”. No division, no competition, no expectations, just some friendly conversation with those who have also worn the uniform.



## ***Veterans In Business: Chantz Webb***

In the newest installment of our Veterans In Business series, we meet Chantz Webb – Army veteran, Massage Therapist, Wrestling coach, non-profit board member, and all-around good guy.

Read the whole interview on the NCW Veterans Info blog:  
<https://ncwveterans.info/business/veterans-in-business-chantz-webb/>

## ***Vet Corps Program***

You've heard me talk about Vet Corps Navigators before, but do you know about the Vet Corps program as a whole? Having served as a Navigator in the past, I know a bit about the program. I also reached out to Jason Alves (Director) and Heather Bahme (Regional Coordinator) for additional details, and wrote this post to hopefully explain a bit more about the program, how it's recently expanded, and how you can continue to serve by volunteering for a year as Navigator yourself.



Read the full story on the NCW Veterans Info blog:  
<https://ncwveterans.info/useful-information/wdva-vet-corps-program/>



## ***Veteran-Owned Business competes for top prize***

The Supernova Business Launch Competition (<https://www.supernovabl.com/>) is back for a second year, undeterred by the dramatic shift that the Pandemic forced everyone to endure. Once again NCW Veterans Info is a proud sponsor of the event, and once again we are excited to announce a local veteran has made it to the Top 4.

Cassandra Clark is the owner of **C&C Inspections**, who is competing against other local new businesses including **Epoch Meet.Game.Refuel.**, **Westridge Wood Co**, and **Tumbleroot Ranch**. Top prize is \$10,000 plus a number of in-kind rewards from local business development organizations. Winner will be announced at the **Main Event on 19 Aug 2021**, 2-5pm at the Historic Ruby Theater in Chelan, WA

More: <https://www.supernovabl.com/upcoming-events/supernova-blc-competition-event>



## ***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

Our office is open for walk-ins weekdays 11am – 4pm, but we continue working for Veterans full time. Appointments are still appreciated when possible.

Trent Mortensen will be returning to support our office  $\frac{3}{4}$  time, but we're also working towards hosting another Vet Corps Navigator, providing additional support and ensuring the best possible coverage for veterans in the region.

Trips to meet with veterans in Chelan are resuming in August. Leavenworth visits are looking for a new location before resuming.

Chelan County Veterans Advisory Board will be meeting in person on 12 Aug at 1:30pm t the new Veterans Hall in Wenatchee. We will be selecting a new board member after reviewing all interest that has been submitted.

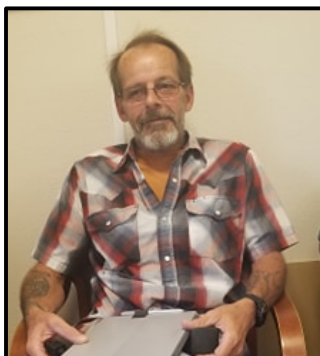


**Sarah Simonson**  
**Douglas County VSO**  
 211 11<sup>th</sup> St NE (VFW Post  
 3617, East Wenatchee)  
 9am – 3pm Tues – Friday  
**(509) 683-3605**  
 vso@co.douglas.wa.us

You may have heard my voice on Icicle Broadcasting or KORE Radio. I'm trying to make sure you all know Douglas County Veterans Services Office is here for you. We're helping veterans displaced by the fires last year and are ready to help again if any veterans are displaced by the fires this year.

We're also continuing to work with veterans and family members applying for VA Benefits. Did you know you can pre-plan for some benefits, like burials in a veteran cemetery for you and your spouse? If this is something you're interested in please reach out and we can get you set up.

As a reminder, our Douglas County Veterans Advisory Board meets on the first Friday each month (guests welcome): 6 Aug / 3 Sept, 10:30am at 211 11<sup>th</sup> St NE, East Wenatchee (VFW Post 3617)



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

**Jerry Gingrich**  
**Grant County VSO**

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



## ***Veterans Resource & Job Fair and Grant County Stand Down***

Large, annual event featuring hundreds of employers and resources. The Stand Down is intended to provide food, clothing, supplies, resources, and some services for veterans in need.

**Saturday, 25 September, 10am – 1pm**

Grant County Fairgrounds  
(Registration in the 4H building)

3953 Airway Drive  
Moses Lake

For more info: [eboylston@esd.wa.gov](mailto:eboylston@esd.wa.gov)



## ***Civil Air Patrol***

Read all of the CAP updates on NCW Veterans Info:  
<https://www.ncwveterans.info/tag/civil-air-patrol/>



We are having a Milestone Promotion Ceremony on 21 Aug at American Legion Post 10 in Wenatchee. We have two promotions to Cadet 2nd LT and three to Cadet Staff Sgt. These cadets will receive certificates of achievements and a challenge coin by the Presenting Officer.

With the 90th anniversary of the Trans-Pacific flight of Miss Veedol (Pilot Clyde Pangborn and Co-pilot Hugh Herndon) right around the corner, we are pleased to announce that a partnership has bloomed between the cadets of the Pangborn Composite Squadron and the Misawa Cadet Squadron, located on Misawa Air Base, Japan. Capt Jeff MacHott, CAP, Commander of the Misawa Squadron, contacted Capt Audra Keyanna, Deputy Commander for Cadets for Pangborn squadron, requesting to become our "sister squadron" here in the United States. The two members spent 90 minutes talking via a Google Video Conference last week, navigating the 16 hours' time difference to plan some ways to engage cadets in both of our squadrons. Over the next few weeks, the cadets will assemble care packages to send to each other, which will highlight their respective towns and squadrons. These will be opened the week of the Miss Veedol anniversary to "introduce themselves." Knowing this is only the first step to the relationship, we look forward to sharing more news in the future!

Pangborn Squadron is also participating in a Nation-wide contest, a High Attitude Balloon Challenge. The cadets will study and analyze the effects on various objects at 100,00 feet (near the edge of space) and write their results in a final report. If we submit the best report, the squadron will receive a check for \$5,000 and a certificate. The cadets have been working hard on this project for several weeks.

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

Post 28 (Ephrata)  
276 8<sup>th</sup> Ave NW  
(509) 754-2761  
*2<sup>nd</sup> Thursday at 7pm*

Post 56 (Okanogan)  
860 N 2<sup>nd</sup> Street  
(509) 826-2610  
*3<sup>rd</sup> Monday at 7pm*

Post 64 (Cashmere)  
401 Sunset Highway  
(509) 782-4973  
*1<sup>st</sup> Thursday at 7pm*

Post 82 (Tonasket)  
319 S Western  
(509) 486-2382  
*1<sup>st</sup> Monday at 5pm*

Post 84 (Oroville)  
314 14<sup>th</sup> Ave  
(509) 476-2761

Post 97 (Brewster)  
102 N 3<sup>rd</sup> St  
(509) 689-3307  
*1<sup>st</sup> Wednesday at 6pm*

Post 108 (Manson)  
142 Pedoi St  
(509) 888-3831  
*1<sup>st</sup> Monday at 7pm*

Post 143 (Twisp)  
626 Bridge St  
(509) 997-5322  
*2<sup>nd</sup> Thursday at 7pm*

Post 157 (Electric City)  
31 Coulee Rd  
(509) 771-5796

Post 183 (Quincy)  
(509) 760-8124

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

## American Legion

*Please check with each Post for complete details about in-person meetings and any restrictions that may still be in place.*



The AL Dept of WA department convention was held on July 7-11 in Bellevue. Among other business, officers for the 2021-22 year were elected. A hearty welcome to new Commander Rick Sucee.

### **Post 10, Wenatchee**

No post meetings in August – regular meetings will resume in September.

*Monthly meetings on 2<sup>nd</sup> Thursday at 7pm.*

### **Hodges Post 84, Oroville**

Omak Stampede is Aug 12-15. Volunteers still needed to carry branch flags in the Grand Entry. Veterans are encouraged to show up early for the Indian Encampment Veterans Honoring Ceremony, Aug 14<sup>th</sup>. More details at <https://www.omakstampede.org/>

*Monthly meetings on 2<sup>nd</sup> Thursday at 7pm.*

### **Post 157, Electric City**

We continue to host monthly blood drives organized by Vitalant. Thanks to Home Depot and community members, we delivered 9 pallets of water to firefighters and police officers working on the local fires. In early July, we helped the local food bank by redoing a concrete ramp. <https://tinyurl.com/post157givesback>

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

### **Post 183, Quincy**

Next post meeting will be October 9<sup>th</sup>. Email [waal183@yahoo.com](mailto:waal183@yahoo.com) or call 509-760-0885 for details including meeting location.

*Monthly meetings on 2nd Saturday at 9am.*

### **Post 209, Moses Lake**

Service Officer Rex Rogers is at the post every Thursday from noon to 2pm; appointments recommended but not required.

Join us for dinner on Fri/Sat, coffee on Sat mornings, or Sunday breakfast – volunteers also needed.

*Monthly meetings on 2nd Tuesday at 6pm.*

# Veterans of Foreign Wars

*Please check with each Post for complete details about in-person meetings and any restrictions that may still be in place.*



## **George Washington Post 24**

Our Auxiliary was instituted on 15 June 2020 and has hit the ground running. At Department Convention (23-26 June in Spokane), we received 11 awards (6 first-place), including Auxiliary of the Year in Division 1.

**Yard Sale** (with silent auction) for Veterans on Sat, **28 Aug**, 9am – 2pm, at Pro Auto Repair (204 F St SW, Quincy).

**Veterans Freedom Fest on 17 Sept**, 4:30-7pm at Trinity Gardens Lavender Farm (20530 Rd 5 SW, Quincy). Enjoy a night of camaraderie, food, games, entertainment, and a bonfire for Veterans and their families.

*Monthly meetings on 2<sup>nd</sup> Saturday at 10am.*

## **Post 3617, Wenatchee Valley**

We have resumed in-person gatherings (1<sup>st</sup> Thursday Breakfast at Country Inn, 9am; weekly Community Coffee at the Post, Fridays 9am) as well as meetings (including joint potluck with Auxiliary at 6pm). Post meetings also include a Zoom option – contact us for more details.

*Monthly meetings on 3<sup>rd</sup> Wednesday at 7pm.*

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

Post 3617 Wenatchee Valley  
211 11<sup>th</sup> St NE  
East Wenatchee  
(509) 884-3617

Post 6853 Chelan  
427 Bradley St, Chelan  
(509) 679-4949  
*1<sup>st</sup> Tuesday at 6:30pm*

# Bunker Brunch

In addition to the normal Vets Serving Vets activities, we tried something new last month. On 18 July, some wonderful Vets and their significant others traveled to Lake Chelan and rode the Lady of the Lake. They disembarked at Stehekin where they enjoyed a non-hurried time in a non-stressful environment. Lunch or Breakfast was enjoyed by all. Transport and other expenses were covered by volunteers from the Bunker.

Believing that mental health of all vets is too often overlooked or not even considered, the Bunker Brunch provided a stress-free environment to let Vets interact with those that matter most: family and friends.

This turned out to be a positive, worthwhile event for all who attended, so more excursions are being planned.

We want to give a big THANK YOU to all those providing effort toward the success of this project!





## Please support our Sponsors:



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Aquacontrolwa@gmail.com

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FIFTH YEAR

## Editor's Notes

As I sat here, compiling another issue of the Gazette, looking back over the website from the past 2 months and reviewing emails from various contacts, I am excited to see the summer wind down and the fall activities picking back up.

I also worry about our service organizations – many of them have taken a hit over the past year, either from loss of volunteers to sickness or from lack of opportunity to continue in their normal routines. It's going to take a new swath of volunteers with unique ideas to keep these groups alive and well. I hope as the new year (most organizations have a July – June calendar) rolls in, some new life is being breathed into the service groups around the area.

Find ways to recruit new members, and listen to them when they have ideas on ways to meet the goals in front of you. Something different might be exactly what's needed.

Related to that, as your organization's leadership changes, please make sure the "new blood" knows about NCW Veterans Info, the Vets Gazette, and how to stay in touch with the broader community. Share my info with them, and update me with your new contact's info. This ensures we can all continue to stay in touch.

~Connie

### 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

24/7 Support

Crisis Line:  
**800.273.8255**

Vets4Warriors:  
**855.838.8255**

Your AD Here

**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 and American Legion posts across the region, NCW Vets Serving Vets, other local veteran organizations, as well as Sponsors & generous community members (like you).

### Contact:

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

### Quick Links

Main Website:  
[www.ncwveterans.info](http://www.ncwveterans.info)

Newsletter archive & sign-up:  
[www.ncwveterans.info/gazette](http://www.ncwveterans.info/gazette)

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