
NCW Vets Gazette

Issue 4 - Aug/Sept 2019

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

In the Heat of the Summer

Welcome to the second half of the year! We've been blessed with a mild summer so far, let's hope Mother Nature continues to play nice.

This time of year, a lot of people and groups are taking much needed time off and away, which is often good for rest, relaxation, and recovery. As I began to compile information for this issue, I noticed a theme developing: Healthcare, both physical and mental. Topics such as the new VA MISSION Act, overcoming PTSD, the Burn Pit Registry, and supporting families left behind by Veteran Suicide. It may come off as some heavy reading, but important and valuable nonetheless.



*Photo: summer mountain trail with
balsamroot in foreground.
Source: ritualworthy.com*

One last note: If you are on Facebook, we now have an **NCW Veterans GROUP** - this allows for a bit more interactivity among area veterans, as well as updates from the NCW Veterans Page. Join today at www.facebook.com/groups/429834297837608

Stand Down events

Wenatchee Valley Veterans Stand Down

Saturday, Sept 14th, 9am - 3pm

National Guard Armory
1230 Fifth Street
Wenatchee, WA

The Bunker presents the annual Veterans Stand Down for Chelan and Douglas counties.

Homeless, honorably discharged veterans get early priority access. Bring proof of service.

Opening ceremony 8:45am,
Doors open to all Veterans 10am,
Lunch 10am - 2pm

On site will be representatives from the VA, community veteran organizations, employment and healthcare resources, massages/acupuncture, haircuts, and more.

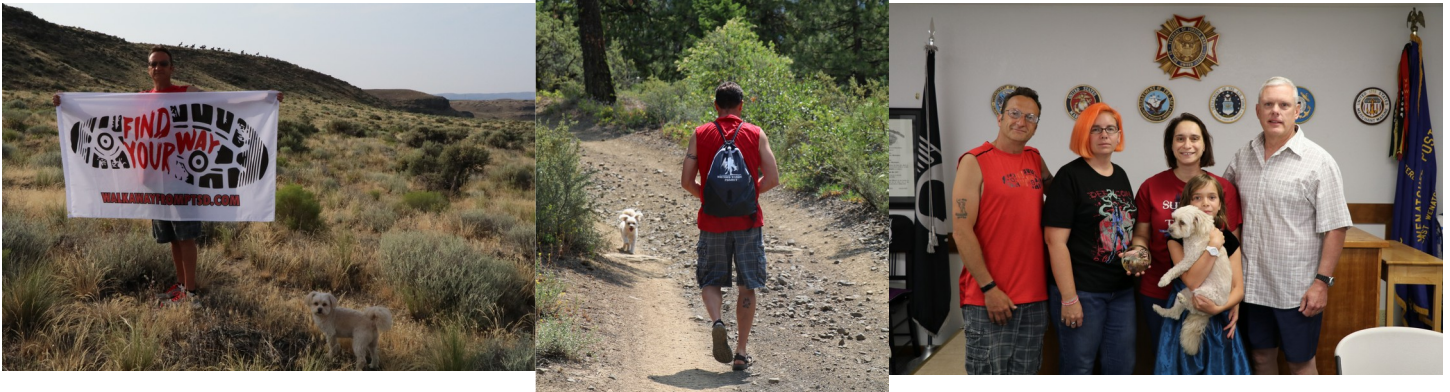
Veteran Resource & Job Fair

Saturday, Sept 28th, 10am - 1pm

Grant County Fairgrounds
3953 Airway Drive
Moses Lake, WA

WorkSource WA and the Grant County Veteran's Advisory Board present the annual Veterans Stand Down, featuring employment opportunities, free cold weather gear for homeless veterans, as well as representatives from the VA, local veteran organizations and other Community Partners. Lunch provided by the local chapter of the Daughters of the American Revolution. Raffles held throughout the day.

Find Your Way - A Stop in NCW



My name is Rich Henning. I'm a retired, 100% Disabled, US Army Veteran. I am walking 500 miles for PTSD awareness. My mission is to share my success as well as your potential to manage PTSD and access helpful Veteran agencies.

During my walk I am creating a video documentary focusing on PTSD success stories and confidence building utilizing exercise, teamwork, and resilience. More importantly, the walk will reestablish courage for rejuvenating a purposeful life for currently struggling vets.

My connection with Connie was possible through the Facebook page for NCW Veterans. Connie was so open and receptive, but more so, shared a similar passion to help Vets.

She invited me to meet the members of the local VFW while traveling through the Wenatchee Valley. I was immediately impressed by the meeting attendance, but even more by the energy and selfless atmosphere created by EVERYONE involved. I was inspired by current generation, Vietnam, and WWII Vets alike. Each shared stories with me of resilience, PTS growth, and desire to help others. This is absolutely created by involvement with all the amazing Vets within the VFW. Thank you so much for sharing your facility, yourselves, and your inspiration!

~Rich Henning www.walkawayfromptsd.com www.facebook.com/richard.henning.5

Fundraiser for Thomas Biddle Foundation

SOAR Ride

The 5th Annual SOAR ride is the second weekend in September. This year's event is hosted by American Legion Post 28 Legion Riders, and will take place at Art Semro Post 28, 276 8th Ave NW, Ephrata, WA.

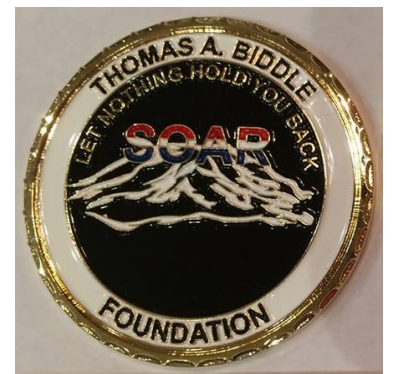
Friday, Sept 13th – AL Riders Steak Night at Post 28: 5:30pm

Saturday, Sept 14th – Dinner, Auctions, Raffles starting at 4pm

Sunday, Sept 15th – Breakfast 8am, ride to follow

The Thomas A Biddle Foundation provides resources and support for families left behind after PTSD Veteran suicide.

www.facebook.com/ThomasABiddleFoundation



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MISSION act

The MISSION (*Maintaining Internal Systems and Strengthening Integrated Outside Networks*) Act strengthens the VA's ability to deliver trusted, easy to access, high quality care at VA facilities, virtually through telehealth, and in your community. That means you get the care and services you need, where and when you need them. You can learn more about the MISSION Act, and what it means for you and your healthcare, at <https://missionact.va.gov>



The MISSION Act went into effect June 6th 2019, and with it brings new benefits such as Urgent Care. Urgent Care is a type of walk-in health care for situations where you need help but don't have an emergency, such as colds, ear infections, minor injuries, skin infections, and strep throat.

This means, in most cases, you can take these medical concerns to a local walk-in clinic without prior approval, and the VA will cover some or all of the costs.

For more details about the MISSION Act and Urgent Care, please see the article and video at <https://blogs.va.gov/VAntage/62632/mission-act-urgent-care>

Honor Our Heroes Banner Project

The Wenatchee Downtown Association and the City of East Wenatchee are proud and honored to present the **2019 Heroes Banner Project**. These Heroes are submitted by family and friends to honor those who have served or are currently serving in the US Armed Forces. These banners will hang in downtown Wenatchee & downtown East Wenatchee the entire month of November.

Banners may be purchased (by an individual, family, business, or other organization) for a cost of \$200, which includes sharing the story of the Veteran or Service Member in the annual "Behind the Banners" print publication, as well as the banner being on display during the month of November (in either Wenatchee or East Wenatchee, as requested by the purchaser) for 2 years. Proceeds beyond the production costs will be donated to local veterans organization **Vets Serving Vets**, also known as The Bunker, to support local veterans and families.

Applications are due August 31st.

Visit www.wendowntown.org/hero-banners for applications and instructions.



From Your Veteran Service Officers

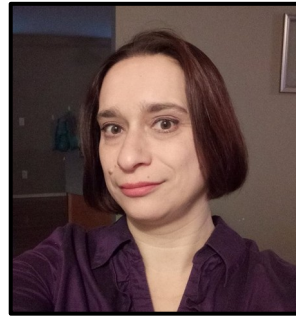


Tony Sandoval
Chelan County VSO
 428 Orondo Ave,
 Wenatchee
 9am – 4pm Mon – Thurs
(509) 667-6906
 tony.sandoval@
 co.chelan.wa.us

The most important wind of chance to note is the Blue Water Navy Act – the VA is putting out lots of guidance on it, but progress is at a standstill. WDVA encourages us to start filing Agent Orange Presumptive Claims for any Blue Water Navy Vietnam Veterans who were within 12 miles of the coast of Vietnam.

As a reminder, I travel to Leavenworth on the first Friday (Krystall's 10am-1pm) and Chelan on the second Thursday (Apple Cup Cafe, 9am – noon) of each month. Come say hi and chat.

Our next Chelan County Veterans Advisory Board meeting will be held at my office (428 Orondo Ave, Wenatchee) on Aug 15th at 1:30pm. Space is limited, but all are welcome to attend.



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
 facebook.com/
 douglascountyvso

WOW! That was a whirlwind of information! I am excited to share what I learned at the 4th Serving Those Who Served Veterans Resource Providers Conference. I am looking into setting up mini-sessions with the slides from some of the breakout sessions. I will be planning these events over the next few months with the help of Terrie from WorkSource, so keep your eyes peeled for the fliers. The topics may include: “VA Claim 101”, “Burial Benefits: What do I actually get?”, and “Veterans in Agriculture”.

I'm excited and looking forward to singing the National Anthem at the Stand Down hosted by the Bunker in Sept. (*see front page*)

See you in Waterville on Aug 13th & Sept 10th.
 See you in Bridgeport on Aug 20th & Sept 17th.



Eric Fritts
Okanogan County VSO
 1 Tonasket Shop Rd
 8am – 4:30pm Mon–Thu
(509) 486-2121
 vso@co.okanogan.wa.us

VA 101: Life Cycle of a VA Claim

Weds, Aug 28th, 3-5pm
 Douglas County Hearing Room
 140 19th St NW, East Wenatchee

Featuring light refreshments, presentation, and Q&A session.

Jerry Gingrich
Grant County VSO

(509) 237-2162

Your AD Here

Civil Air Patrol

The **Pangborn Composite Squadron** is part of the Civil Air Patrol, handled by Senior members of the United States Air Force Auxiliary. This squadron was first formed in January of 1942, approximately 77 years ago here in the Wenatchee Valley, part of the U.S. Army Air Corps. They performed tasks such as supply airlifts, VIP transports, sea rescues, and hunting submarines off the Eastern coast line. Today we are over 63,000 strong and located in all 50 states, including two (2) U.S. Territories. At the end of WWII, the Civil Air Patrol became part of the now U.S. Air Force and took on three (3) new primary missions: **Aerospace Education**, the **Cadet Program**, and **Emergency Search & Rescue**.

Open to students aged 12 - 18, our meetings are at the **National Guard Armory in Wenatchee, Tuesdays, 6 - 8:45pm**

For additional information, contact the Squadron Admin Officer: audra.keyanna@wawg.cap.gov



Cadet Program: Local units or "Squadrons" come together for activities including aircraft orientation flights, model airplane & rocketry building, color guard teams, physical fitness, and character development.

Aerospace Education: To promote an understanding & appreciation of aviation & space exploration, the Cadets learn Science, technology, engineering, and math through special science projects and national Cyber patriot security programs.

Emergency Search & Rescue: Save lives and relieve human suffering, including SAR ops & assisting with disaster relief operations.



Starting Fresh Workshop: Getting Past the Background Check

This new workshop is designed for those facing challenges returning to work due to past criminal offenses. This class will provide a general overview of how to talk to employers about your background as well as:

- * How to Write a Felony Letter of Explanation
- * Employer Incentives
- * Interviewing Tips
- * Connecting with Resources

To sign up for these workshops, reach out to the Omak WorkSource office:

126 S. Main St, Omak
(509) 826-755



WorkSource Veteran Reps for NCW:

Terrie Garcia-Hernandez

mgarcia-hernandez@esd.wa.gov
(509) 423-6678

Eileen Boylston

Eboylston@esd.wa.gov
(509) 766-4111



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

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

Post 56 (Okanogan)
860 Second Ave N.
(509) 826-2610

Post 64 (Cashmere)
401 Sunset Highway
(509) 782-2232

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

Post 97 (Brewster)
102 N Main
(509) 689-3307

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

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

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

From the American Legion

Post 10, Wenatchee

Our new commander, Dick Winn, wants to invite all veterans who did not receive a dishonorable discharge to join the American Legion, as eligibility has recently changed thanks to the Legion Bill that just passed Congress.

The WA state American Legion Conference will be held in Wenatchee in July 2020. Plan to join us!

Monday night dinners are \$5 all you can eat – bring the family!

Monthly Board, Post & Aux meetings on 2nd Thursday at 7pm. Legion Riders meet 2nd Saturday at 9am.

Post 56, Okanogan

In celebration of 100 years of services to Veterans, we will be hosting a public Open House event on Sat, Aug 25th, 10am – 2pm, with drinks and snacks, as well as tours of our facilities.

Monthly meetings on 3rd Monday at 7pm.

Post 82, Tonasket

Our annual picnic will be Sat Aug 17th at Bonaparte Lake Forest Service Campground, but camping is available all weekend. Bring the family out for burgers, dogs, potluck sides, and lots of family-friendly activities. All Legion members welcome to attend.

We are also hosting a pig roast on Sat, Sept 14th, starting at 2pm. \$12 a plate.

Monthly meetings on 1st Monday at 5pm.

Post 157, Electric City / Grand Coulee

Saturdays in August, come down to the Vet Center between 8am and 3pm to shop our yard sale. Funds raised from our summer sale support our Post throughout the year.

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

Is your post not listed? Reach out to be included in the next issue.

Your AD Here

From the Veterans of Foreign Wars



Post 24, George / Grant County

During the summer, you can find us at the Quincy Farmer's Market promoting our Youth Essay Program and children's art contest (with cash prizes), which will be displayed on the Quincy Veterans Recognition Wall. New names will be added to this wall on Sept 14th, preceding the Farmer Consumer Awareness Day parade.

Monthly meetings on 2nd Saturday at 10am.

Post 3617, Wenatchee Valley

Thanks to numerous volunteers, the Home Depot Foundation Gold Star Family project, improving the yard for Sgt. Jasso's mother, was a huge success.

Our annual family picnic is on Sun, Sept 8th, from noon – 3pm at Hydro Park in East Wenatchee. **All Veterans and family members are welcome to attend.** Food, games, and friendly conversation for all.

We host Bingo every Friday night, with doors opening at 5:30pm, first call at 6:30pm.

Monthly meetings on 3rd Wednesday at 7pm.

Post 6853, Chelan

We will be hosting the Nason Creek Rest Stop as our main fundraiser for the year from Aug 12th – 16th. We provide coffee and baked goods for travelers by donation.

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

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
Meets at Apple Cup Cafe
804 E. Woodin Ave
(509) 679-4949

Burn Pit Registry

The VA's Airborne Hazards & Open Burn Pit Registry is a database of information about OEF/OIF/OND/OFS Veterans/Servicemembers who have deployed to the Southwest Asia theater of operations on or after August 2, 1990 or to Afghanistan or Djibouti after September 11, 2001. Eligible Veterans/Servicemembers can use the registry questionnaire to report exposures to airborne hazards (such as smoke from burn pits, oil-well fires, or pollution during deployment), as well as other exposures and health concerns. This data will be used to improve VA Programs and services for these types of Veterans.

Your AD Here

Participation is voluntary (but highly encouraged) **and does not affect access to health care or benefits.**

For more details about the Registry, eligibility, or the process, visit <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry>

Closing Notes

I love putting these newsletters together for you every couple of months. There's always something interesting or valuable going on that needs to be shared. I especially love the feedback I get, letting me know that others find it valuable as well. If you haven't yet shared your feedback with me regarding this newsletter, please **submit your feedback** on the form at www.ncwveterans.info/feedback. All information is kept confidential.

You may have noticed that this issue includes some advertisements. Please support these businesses and service providers when possible. The advertisements were added as a way to **offset my printing costs**. For more information on placing an ad in the next issue of the Vets Gazette, please reach out to me – contact info can be found below. Or, if you'd like to donate to make sure these newsletters keep coming out, please visit the **new Donations page** on the website: www.ncwveterans.info/donations

And remember, you can always **sign up to receive this newsletter via email**, so you never miss another issue. Visit www.ncwveterans.info/gazette to sign up. Then share your printed or digital copies with other Veterans around the area who would appreciate the information, news, events, and stories.

~Connie, Editor

Coming Up...

Fall is almost here, which means the next big Veterans month is almost here.... The next issue will cover Oct and Nov, and so **Veteran's Day** events will be prominently featured. As plans solidify, please share them.

Save the Date

Saturday, Sept 14th, 3-6pm

NCW Veterans Social

Badger Mountain Brewing

1 Orondo Ave, Wenatchee

Once a quarter, veterans from around the region gather for some chill, laid back networking-disguised-as-socializing. Open to all Veterans and family across the region.

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

NCW Vets Gazette is a newsletter for Veterans in North Central Washington, provided free of charge courtesy of NCWVeterans.info

Contact:

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

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