
NCW Vets Gazette

Issue 5 – Oct/Nov 2019

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

Thank YOU for your Service

There are a lot of conversations with varying opinions regarding military service. Whether it was a choice to go in, whether you were proud of what you did, whether your time in the service made a difference for those at home.

There are also a lot of conversations about other forms of service. Transitioning into a public service profession, volunteering your time to help those in need, or simply being the dedicated “adult” for the group.

No matter the time, the type, the length, or the reasons, you served. And from one human to another, **thank you**.

Thank you for giving of yourself to care for others. Thank you for believing in a cause bigger than yourself. Thank you for standing up for someone who couldn't. Thank you for “just doing the job.” Thank you for restoring my faith in humanity.

As you go about your adventures this fall, enjoying the changing of seasons, finishing your harvest, and preparing for winter, be sure to take a few minutes to think about your service, both military and not. Think about how it changed you, about the difference it has made for others, and what it really means to Serve.

It's okay to be humble about your service. It's normal to feel a bit awkward when a civilian comes up to you and says “Thank you for your service.” And it's alright if the most you can say in response is “You're welcome.” Everyone has their own way of handling this time of year, but no one has to deal with it alone. There are others like you out there – find your tribe, share your memories, enjoy your free meals, and take care of each other. And above all, keep serving your fellow humans with respect and dignity. It means the world to us.



Veterans Day Discounts and Deals

This list is definitely not complete, as most places won't be posting specials until after this newsletter publishes. But it gives you an idea of some things coming up, so be sure to ask around your area for more info on Veterans Day deals.

Free Meals:

Denny's

Applebee's

Olive Garden

Red Robin

Free coffee: Starbucks

Look for other freebies like:

Haircuts

Massages

Car wash / service

There's also a lot of shopping discounts, so ask around.

And join us on Facebook to share any Veterans Day deals you discover:

www.facebook.com/NCWVeterans

Veterans Day Events around the region

This year, Veterans Day (Nov 11th) falls on a Monday. As a Federal Holiday, school assemblies for the occasion will most likely take place on the Friday before. Not all events and details were available at time of publish – check with your local American Legion, VFW, or other VSO for more info.

Chelan & Douglas County

Look for VFW Post 3617 to be handing out Poppies at area grocery stores on Sat, Nov 9th & Applebee's on Mon, Nov 11th.

Fri, Nov 8th:

Wenatchee Valley College Veterans Day program, featuring flag ceremony, guest speaker, walk/run

Manson High School Veterans Breakfast

Mon, Nov 11th:

Breakfast at Legion Post 10.

Wenatchee Parade

meet at Wells Fargo parking lot, 10:15am; parade starts at 10:45, stops in front of Memorial Park for playing of Taps, and continues back toward the starting area. Free Lunch at the Wenatchee Fire station after the parade.

Manson Ceremony

American Legion Park, Downtown Manson. Featuring guest speaker and High School band; 11am



Brewster Assembly, Nov 6
Annual Veterans Day
Assembly hosted by Legion
Post 97

Ephrata Parade, Nov 11
meet at 21 C St SW, 10:30am;
soup & sandwiches at Legion
Post 28 afterwards

Tonakset Parade, Nov 11
starts at 1st & Whitcomb 10am
ends at US Armed Forces
Legacy w/ brief ceremony
Lunch hosted by Legion Post
82, open to all, by donation

Vets Visiting Vets

A new group is forming to connect homebound veterans with other veterans who are willing and able to give some time and are looking to reach out and make connections.

If you would like to volunteer some time to go visit, or you know of a veteran who is homebound that would like to have visitors, please contact **(509) 667-6908** for more information.



Electric City, Nov 11
Breakfast hosted by Legion
Post 157 at the Veterans Hall

Wenatchee Valley VFW Post 3617
Volunteers of the Quarter

Steve & Dee
Johnson



Vet Corps



I'd like to introduce you to **Trent Mortensen**, Vet Corps Navigator for the 2019-20 school year at Wenatchee Valley College.

Trent served in the Army from 2009-12 as a Combat Engineer, with a deployment to Afghanistan in 2011-12.

Trent is most looking forward to bringing to the College's attention the number of current students who are veterans, and helping the College recognize and meet the needs of those Veterans.

Plans are already in motion for two major projects, namely Veterans Day on campus (Fri Nov 8th) and a Veterans graduation event at the end of the school year.

Trent is available on campus **weekdays 7:30am - 3:30pm** in the Veterans Lounge, lower level of the Brown Library, room 9104. Email:

Tmortensen@wvc.edu



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Starting a Business?

Have you ever thought you wanted to own your own business? Be your own boss? Pay yourself for your worth and expand? Have you pitched ideas to your family?

Now you can have an alternative ear with a SCORE counselor. SCORE is the largest network of volunteer mentors helping American small businesses Start, Grow, & Succeed. Meet with a mentor to test your idea as well as your resolve, and to find resources and experts who are willing and able to help. What if your idea isn't going to work? Let's be creative and try something else.

The Central Washington chapter of SCORE is led by mentor Ken Mattson, who is himself a disabled veteran and business owner. Ken has over 20 years business experience to draw on when providing guidance to new entrepreneurs, and he knows a lot about connecting with government sources and pursuing grants (after building a solid business plan, of course).

<http://centralwashington.score.org>



Call for appointment:

(509) 888-2900

Or drop in:

Fridays 10:30am – noon at

200 Palouse St, Suite 101, Wenatchee

Fall 2019 Chelan/Douglas Job & Resource Fair

Thurs, Oct 24th, 10am-1pm

Pybus Events Center

Veterans get priority service

NCW College & Career Expo

Tues, Nov 5th

9am-2:30pm

Wenatchee campus
of WVC



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

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

First, I'd like to mention that the next Chelan County Veterans Advisory Board meeting will be at my office on Thurs, Oct 17th at 1:30pm. Any interested Veterans or service providers are welcome to attend.

Also, don't forget that you can catch me in Leavenworth on the 1st Friday of each month (Oct 4th and Nov 1st), and in Chelan on the 2nd Thursday (Oct 10th and Nov 14th).

Lastly, I would like to thank Mark Harle for being such a great volunteer. We really appreciate all he does for our Veterans, both here in my office as well as out in our community.



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

Things are going well. Having been in this position for over 6 months now, I can safely say I'm getting the hang of it.

I made a lot of good connections at the Wenatchee Valley Stand Down, and I look forward to hosting another VA 101 event in the future.

I am still visiting Waterville on the 2nd Tuesday of each month, however the location has changed: you will now be able to find me at the Commissioner's Chambers Offices on the 2nd floor of the Courthouse, 10am – 2pm. See you there on Oct 8th and Nov 12th.

You can also catch up with me in Bridgeport on Oct 15th and Nov 19th.



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

As of Sept 3rd, Okanogan County Veterans are in the hands of a new Service Officer: Pam Stevens. A veteran of the US Navy ('87-'90), Pam started volunteering at the VSO office in March and was hired on as a part-time assistant to Eric Fritts in May. While Eric is moving into the county IT department, he will still be able to help Pam and the Okanogan county veterans who have come to appreciate his assistance. When the weather is good for travel, Pam will hold outreach events in other cities/towns, including Twisp, Brewster, and Coulee Dam.

Jerry Gingrich
Grant County VSO
(509) 237-2162



**FREE CLASSES
FOR VETERANS
IN NOVEMBER**

ALPINE Hot Yoga, Leavenworth
509.888.0349



National Alliance on Mental Illness

Chelan-Douglas Affiliate

Peer-to-Peer

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement, and hope
- Builds on the strength and resilience of participants

NAMI Chelan/Douglas Peer-to-Peer

Thursdays

Oct 3rd – Nov 21st

5:30-7:30pm

Wenatchee Senior Center

1312 Maple St,

Wenatchee

To Register:

Contact Phil Cibicki

(509) 433-4050

Civil Air Patrol



The Pangborn Composite Squadron of the Civil Air Patrol had an Awards Banquet on Aug 6th at the Masonic Center in Wenatchee. Special guests included Commissioner Kevin Overbay and his wife Crystal, 12th District Representative Keith Goehner, and Washington Wing Vice-Commander, Lt. Col Kenneth Butler. After dinner, there was a cake ceremony featuring Capt. Morris Hahn and the youngest cadet, c/SrA Elijah Rinke, cutting the first slice with a saber. Awards were presented to all Senior Members (in attendance: Major Douglas Taylor, Deputy Commander Capt Leigh McGougan, Capt Ian Schuelke, and SM Audra Keyanna) for their involvement and commitment to making the cadet program a success. A special thank you certificate was also presented to Mrs. Robin Brown, for her outstanding effort in making the banquet a huge success.

Cadet Awards

Leadership Award c/Major Ethan Larsen;

VFW Officer of the Year c/Major Ethan Larsen;

Aerospace Award c/1stLt Emmanuel Larsen;

Iron Cadet Award c/CMSgt Nathaniel Black;

Most Improved Cadet c/SMSgt Caleb Darlington;

VFW Cadet of the Year c/SMSgt Courtney Brown.

VFW post 3617 Commander Brad Pieratt presents awards to cadets Ethan Larsen (left) and Courtney Brown (right).



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Ken Mattson 509-679-9659
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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

REMINDER: all veterans without a dishonorable discharge are now eligible to join the American Legion.

From the American Legion

Post 10, Wenatchee

We are hosting a Suicide Prevention course, QPR training, on Oct 23rd at 6pm. It is free to attend, but we ask that you sign-up beforehand, as dinner will be included.

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

We hosted a luncheon for the Legion's 100th birthday on Aug 22nd, coinciding with Congressman Dan Newhouse honoring 65 Vietnam Veterans in a pinning ceremony.

Monthly meetings on 3rd Monday at 7pm.

Post 82, Tonasket

Join us for a Halloween dinner and party hosted by our Auxiliary on Oct 26th at 1pm. Costumes welcomed!

On Nov 26th, we'll be hosting our annual Thanksgiving Dinner at the post starting around noon. Open to the public – cost is by donation.

Monthly meetings on 1st Monday at 5pm.

Post 97, Brewster

In September, we hosted multiple benefits, including a Poker Run for 2 young girls from Pateros on Sept 14th, a memorial dinner for Toni Westerdahl & Tony Zabriznek on Sept 21st, and a golf tournament on Sept 22nd.

The District Auxiliary workshop will take place at our post on Sun, Oct 13th with lunch starting at noon followed by a presentation "Who We Are and What We Do". We are also having a yard sale on Oct 18th-19th from 9am-5pm as well as a Christmas Bazaar on Nov 15th-16th (proceeds go to supporting veterans in local nursing homes).

Monthly meetings on 1st & 3rd Wednesday at 6pm.

Post 108, Manson

We hosted a BBQ for the Legion's Centennial Birthday on Aug 24th with burgers, dogs, salads, and a cake for dessert.

On Oct 9th, we will be honored with the Community Recognition Award by the Manson Chamber of Commerce at their "Night to Remember" event.

Monthly meetings on 1st Monday at 7pm.



Post 108 members at the BBQ (LtR): Allen Carnahan, Jim Young, John Swenson, Brain Strasubaugh, Clyde McCullough, Jerry Ross, Leonard Carlson, Norm Manly, Carole Hanson

From the Veterans of Foreign Wars



Post 24, George / Grant County

We dedicated 23 more plaques to the Quincy Veterans Memorial Wall during the annual Farmer Consumer Awareness Day on Sept 14th.

Monthly meetings on 2nd Saturday at 10am.



Post 3617, Wenatchee Valley

We just finished up a second project with the Home Depot Foundation, replacing the fence for a terminally-ill Marine in East Wenatchee.

Now we are starting to collect goods for holiday care packs and local family gifts – check with our Auxiliary for a list of needs/desires.

We host Bingo every Friday night, with doors opening at 5:30pm, first call at 6:30pm; snacks available for purchase.

Monthly meetings on 3rd Wednesday at 7pm.

Post 6853, Chelan

We hosted our annual Vets & Family BBQ on Sept 21st.

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

American Legion (cont.)



Post 157, Electric City / Grand Coulee

Photo, left: Post members installing new banner at Lake Roosevelt High

Thanks for the support of our yard sale this past summer! A short message from Cmdr Brakebill: <http://tiny.cc/al157msg>

Our members are assisting with the Care & Share foodbank during the Autumn season, and we are hosting candidate Meet & Greet events on Oct 5th and 10th. Join us at the Hall on Nov 16th for a sale benefiting the Ridge Riders Saddle Club.

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

Post 28, Ephrata

Successful ride and auction event in support of the Thomas Biddle Foundation. (see photos, right)

Trunk or Treat at the Post, Thurs, Oct 31st 5-8pm. Fun for the whole family.

We're hosting Service Officer training on Nov 22nd & 23rd.

www.Facebook.com/ArtSemroPost28EphrataWa



Closing Notes

It's been almost a year since I started this little newsletter project, in an attempt to bring more traffic to my humble website. It's turned out to be more needed and appreciated than I ever expected. I've made more connections, shared more information, and started to unite our community across the miles.

Thank you to everyone who has supported me in whatever way along this journey. I couldn't have made it this far without your help. But in order to be worthy of receiving your continued support, I owe you some transparency.

As I'm sure you can guess, this whole project costs money. Being a freelancer and entrepreneur in my "day job", I really don't have any more of my own money to spare. So how much does it take to make this happen?

Website domain registration & hosting: \$110 annually

Website resource directory with map integration: \$70 annually

Newsletter printing & distribution: \$250 per issue (x6 issues annually)

That means it takes \$1,680 per year to keep this project going. And aside from Sponsorship slots, there's no other income. **NOTE: I will never charge my readers** to receive this information. This is why your donations are so important.

When I have about \$194 to spare, I plan to add 2 additional features to the donations page: the option for donors to pay transaction fees, and the ability to make your donation automatic every month. Just a couple more ways to make it easier for you to support me as I continue my important work of being a resource collector and information distributor.

If you have any questions, comments, suggestions, or ideas, please don't hesitate to reach out (see right). This is a Community resource, after all. Your input is valuable.

~Connie, Editor

NCW Vets Gazette is a newsletter for Veterans in North Central Washington, provided free of charge courtesy of NCW Veterans Info, with continued support from VFW 3617 Aux.

Contact:

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whatsnew@ncwveterans.info
www.facebook.com/ncwveterans

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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