

Strength in the Face of a New Threat

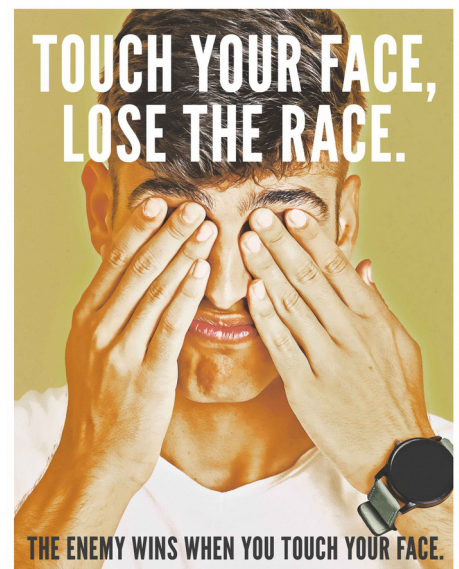
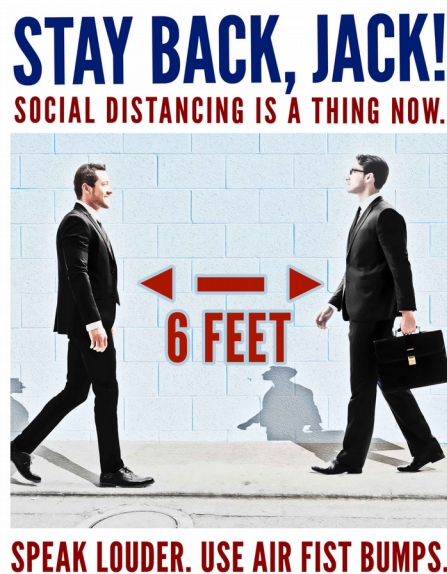
Just over a month ago, life was still fairly “normal” - events and gatherings were still being planned and scheduled, everyone picked up coffee as they went to the office for work, regular meetings took place as usual, people frequently interacted with dozens of, if not more, individuals in the course of their daily lives.

And now, as our nation fights an invisible enemy on our own shores, everything changed. Small businesses, including the local sandwich shop or your favorite salon, are forced to cut way back on hours or worse, have to close altogether. Daily routines have been tossed aside as we come to grips with the need to be physically distant while still trying to be “normal”.

I like to think of what we’re currently experiencing as something similar to the last Great War: Our soldiers (the healthcare workers, first responders, national guard, and government) are on the front lines, battling to save lives. The rest of us are at home, rooting for them while doing our part to help the War Effort. It may feel strange or helpless, but think of what we can do, each of us, to make a difference and turn the tide.

As Veterans, we know how to adapt. We are used to doing what needs to be done, even if it is hard. Right now, what needs to be done, is for every person to reduce their physical human interactions to as close to zero as possible. We need to revisit our roots, cooking for ourselves, growing our own food, thinking hard about what we feel the need to buy versus what we can make or repair. We need to stay healthy, not just for ourselves, but for each other.

This forced distancing doesn’t have to be a bad thing, though. Use this time to reconnect with yourself, your family, and perhaps even nature. Finish up those incomplete home projects. Tend to your “victory” garden. And know that, eventually, we will see the success of our efforts, but it will come with a heavy change of perspective.



WWII-style posters promoting our new “normal” habits during this crisis

COVID-19 Resources & Information



There is a lot of information being passed around social media and word-of-mouth. Be wary of uninformed opinions disguised as facts. If you want the most reliable information, get it 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

Washington State Gov: www.coronavirus.wa.gov

Please check with these sources for regular updates, including press conferences, emergency actions, and more.

Thankfully, technology allows us to stay connected, even if we aren't able to just pop in for a visit. If you're looking for some tools for staying in touch, check out some of the **video call options** out there, such as **Facetime** (iOS only), **WebEx**, **Zoom**, or **Jitsi**. Most of these can easily be run on your phone and/or laptop, utilizing the built-in camera and microphone.

Don't feel like showing your face? There's always the **classic phone call**, too. And since you know folks are at home, you're more likely to catch them rather than having to leave a message.

Email and Text are great options too. Make it a point to send a message to the folks you care about on a regular basis, to check in on them. They will appreciate hearing from you, and you'll feel better with some human interaction.

Some other resources:

Small Business Administration Disaster Assistance:

For small business owners needing financial support - www.sba.gov/disaster-assistance/coronavirus-covid-19

Employment Security Department: If you've lost hours at work, or been laid off due to the current situation, there's emergency assistance and unemployment support available - www.esd.wa.gov/newsroom/covid-19

Freelancers Relief Fund: For those who work as sole proprietors or independent contractors and need financial support during this time - www.freelancersunion.org/resources/freelancers-relief-fund/



Memorial Day

One of 2 major military and veteran holidays of the year, Memorial Day honors those who have served and are no longer with us. Typical Memorial Day ceremonies involve placing flags on the graves of veterans and laying of wreaths, one for each branch of the military. Below are some of the events happening around the region in honor of Memorial Day 2020, pending the course of the current pandemic and federal regulations regarding gatherings.

Unless noted, events are scheduled for Monday, May 25.

~ signifies approx times

*** Please verify with hosts to confirm events will take place.*



Tonasket

10am: 3 ceremonies back to back: 4th Street Bridge, Tonasket Cemetery, US Armed Forces Legacy [AL Post 82]

11am: American Legion Post 82 Open House and lunch.

Cashmere/Peshastin

No planned event at time of printing.

Okanogan

8:15am: Malott Cemetery [AL Post 56]

~8:40am: Spring Coulee Family Cemetery (Dry Coulee Rd) [AL Post 56]

~9:00am: Okanogan Cemetery (Conconully Hwy) [AL Post 56]

~9:25am: Okanogan Memorial Cemetery [AL Post 56]

~9:55am: Omak Cemetery [AL Post 56]

~10:20am: Riverside Cemetery [AL Post 56]

Electric City

5/23 1pm: Spring Canyon Cemetery flag laying

5/25 11am: Spring Canyon Cemetery ceremony, with flag pick-up (Grand Coulee) [AL Post 157]

Brewster/Pateros *last year's plans*

9am: Pateros Cemetery [AL Post 97]

~9:30am: Brewster Bridge [AL Post 97]

~10am: Packwood Memorial [AL Post 97]

~10:45am: Monse Cemetery [AL Post 97]

~11:30am: Brewster Cemetery [AL Post 97]

Noon: Service at American Legion Post 97

Chelan/Manson

5/21 7pm: Chelan Parade

5/25 10am: Riverside Park (Chelan) [VFW Post 6853]

11am: American Legion Park (Manson) [AL Post 108]

Wenatchee Valley

9am: Wenatchee City Cemetery [Patriotic Council]

10am: Memorial Park (Wenatchee) [WVC Veteran Knights]; Columbia River Pedestrian Bridge [Patriotic Council]

11am: Evergreen Memorial Cemetery (East Wenatchee) [Patriotic Council]

Noon: Flag raising at Pybus Market [Patriotic Council]; Lunch at American Legion Post 10

Grant County

last year's plans

9:30am: Valley View Memorial (Soap Lake) [VFW Post 24 & AL Post 28]

11am: St Rose of Lima Cemetery (Ephrata) [AL Post 28 & VFW Post 24]

12:30pm: Qunicy Valley Cemetery [AL Post 183, AL Post 28 & VFW Post 24]



Civil Air Patrol



(Left) C/Lt Col Ethan Larsen presenting a thank you plaque for the American Legion Post 10 providing financial support for Cadet Larsen to attend Leadership School in the mid-west region of the Civil Air Patrol. C/Lt Col Larsen is studying for his General Spaatz's Award, an award advancing him to C/Col. When he completes the General Spaatz's Award, he will become the first cadet in 52 years to have received this award while a cadet in the Pangborn Composite Squadron.



(Above) 2d Lt Audra Keyanna was promoted to the rank of Captain by the Washington Wing Commander, Col Shelly Norman in February of this year. Captain Keyanna is currently assigned as the squadron's Aerospace Education Officer, in addition to her other duty assignments in the squadron. The Squadron Commander, Captain Morris Hahn, presented the promotion to Captain Keyanna on behalf of the Washington Wing Commander.



(Above) Cadets from the Pangborn Composite Squadron held a recruiting Day at Sterling Intermediate School on 12 Feb; pictured (from right to left) is Cadets A1C Sophia Black, Senior airman Austin Jeffris and MSgt Elijah Rinke. Captain Ian Schuelke and Cadet Evans Coble were with the recruiting team, but not in the picture.

(Right) Cadet Airman Giovanni Rosario worked as a Capital Page in Olympia Washington between January 27-31, 2020. He worked for Representative Keith Goehner, of the 12th District. Cadet Rosario lives in Dryden and attends Cascade High School. Cadet Rosario is hoping to attend the United States Air Force Academy, in Colorado Springs after completing high school.



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

No update at this time.



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

I would like to say thank you to all those who have adjusted their personal and professional lives to help protect themselves and others from a new and uncertain illness. My office has scaled back its hours to **11 am – 2 pm (Tues – Fri)** for the month of April. Please call or email with questions. If necessary I can set up an in-office appointment. **Douglas County Relief funds are available according to the established guidelines**, so please contact my office if you are a Douglas County Veteran resident in need of Relief Funds. I am continuing to track the VA cases already in play and will provide updates as I get them. The best way to check in on your VA case is to **call 1-800-827-1000**; a representative at the Veterans Benefits Administration will be able to give you the most accurate and up to date information on your claim.



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

No update at this time.

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

We are excited to be hosting the American Legion Washington State Department Convention later this summer, 14-18 July. More details coming soon – www.post10wenatchee.org

Monthly meetings on 2nd Thursday at 7pm.

Post 28, Ephrata

Monthly meetings on 2nd Thursday 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

Monthly meetings on 1st Monday at 7pm.

Methow Post 143

The Methow Valley American Legion Post 143 will be temporarily suspending meetings and events until May to protect our members health and well being. If any Veteran in the Valley sheltering in place and needs provisions or assistance please call any Post officer or contact us through our website at www.legion143.org and we will do our best to assist you.

Monthly meetings on 2nd Thursday at 7pm.

Post 157, Electric City

Out of concern for the health of our community, we are canceling our annual Summer-long Garage Sale. We typically begin collecting donations right about now, and the sale would normally run every Saturday from 0800-1400 June through August. Your support in the past has been appreciated, and we look forward to all of your donations and purchases in the summer of 2021.

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

Monthly meetings on 3rd Wednesday at 7pm.

Post 6853, Chelan

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

Attention: Disabled Veterans

If **Larry Strozyk** helped you process a VA Disability Claim between 2000 – 2019, please call **(509) 884-3617** as soon as possible. Larry is no longer processing VA Claims and may have a file folder to give you. If he is not available, leave your name and number and he will get back to you.



WVC Veteran Knights

The WVC Veterans Knights would like our community to know that we've canceled all plans for our Annual Armed Forces Day event on campus. As the College is doing Spring Quarter completely online, and large gatherings are still expected to be restricted, we felt it was in the best interest of everyone's health and safety.

While we will miss all of your smiling faces and wonderful support, this just means we have more time to plan for a bigger and better event in 2021.




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Aquacontrolwa@gmail.com



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www.centralwashingtonveterans.com



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Editor's Notes

I had a hard time with this issue, I have to admit. The overwhelm is real, the motivation and focus was missing, and the uncertainty around our usual events in late spring just felt so daunting – what was I going to share?

But then a good friend reminded me that now more than ever, the veteran community needs this newsletter. As a reminder of who we are, where we come from, and what still lies ahead for us after the major threat is gone. Celebrations, community gatherings, and continuing to support each other in any way we can.

Know that we all go through struggles in times of crisis. **Find someone you can talk to**, who will help you keep moving forward. As I am rededicated to my cause, so too do I hope you can find some stability, something that grounds you, during these uncertain days (and weeks). And I hope you find your strength in that, just as I did.

Take care of yourself, and each other. "Look for the helpers."
Stay healthy, stay home, 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

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www.ncwveterans.info/calendar

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www.ncwveterans.info/donations

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