

A Different Kind of Memorial Day

Our state has done well as far as battling COVID-19 is concerned - a majority of residents continue to stay home and practice physical distancing in order to slow the spread of the virus. Thank you.

During this time, a lot of our usual gatherings, especially for holidays, have to be modified. Some events were postponed, others went virtual. Through it all however, folks around the region made sure Memorial Day, and the Veterans we've lost, were not forgotten.



Volunteers from Chelan VFW Post 6853 and Manson American Legion Post 108, among others, made sure the veterans graves at both Riverview and Fraternal Cemeteries were marked for the somber holiday.

[Top photo: Lake Chelan Online News, Facebook; Bottom photo courtesy Ray Dobbs, Facebook]



(left to right) Norm Manly (Service Officer), Craig Pittson, Jim Young, Brian Strausbaugh (Vice Commander), and Clyde McCullough (Commander) of Manson American Legion Post 108, preparing to present the colors. Post 108 was invited to be part of the North Shore Bible Church "in your car" service on Sunday, 24 May. Guest speaker Jeff Conwell, KOZI Radio Program Director and Manson Chamber of Commerce Board Member, spoke about the importance of Memorial Day before introducing Post 108. The group presented the colors in front of the stage while Taps played, followed by 30 seconds of silence.

*[Photos:
Ruth Keys,
Lake Chelan
Mirror]*



Memorial Day (cont.)



Volunteers from American Legion Post 157 in Electric City decorating the local cemetery, although there was no public ceremony. Normally there are about 600 flags lining the roadway – this year, they were limited to 40. Over 200 flags were placed on gravesites. *[Photos courtesy Kenny Dexter, Facebook]*

This crew of volunteers observed Armed Forces Day on May 16 by serving curbside Philly steak sandwiches to call-in customers at the Columbia Post 97 American Legion. From left: Julie Melvin, Margi Allen, Jackie Holt, Ashur Woodland, Jason Woodland, Wesley Frisk, Verek Woodland, and Andi Frisk. They prepared & delivered 76 Phillies with sides to a steady stream of drive-by diners. *[Photo: Mike Maltais, Quad City Herald]*



Legion Post 97 also made sure the Brewster Cemetery was decorated to honor their veterans for Memorial Day. *[Photo: American Legion Post 97 Facebook page]*



While I don't have photos for them all, I did hear that groups all across the region adhered to personal health and safety guidelines while honoring our veterans by marking graves with flags in the various cemeteries. Hopefully we can return to normal ceremonies for 2021.

This information is still valid and useful, so I decided to include it once again.

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/



Civil Air Patrol



c/CMSgt Courtney Brown



c/2dLt Nathaniel Black



c/CMSgt Caleb Darlington

Pangborn Composite Squadron weekly meeting were ordered stopped by the National Commander in March and will continue to be in effect until June 30th. This was in response to state's "Stay Home Order" and our Wing Commander, Col Norman. However, the members of the squadron marched on and continue squadron meeting using the available internet google, virtual conference programs. These programs have not only kept the squadron cadet program on track but created new ways for cadets to promote and stay active at home. Cadets continued to take online quizzes for each Achievement level, they perform drill and Physical fitness testing through "at home" made videos. Our Senior staff have created online quizzes for Aerospace Education and Character Development required training. This form of training works for both cadet and senior members. During the last 3 months in our shutdown condition, we have had three seniors and eight cadets promoted to their current ranks.

The following seniors were promoted in April and May: Morris Hahn from Captain to Major; 2d Lt Raymond Coble to 1st Lt. On June 5th, SM Douglas Gardner will be promoted to 2d Lt.

The following cadets were also promoted: Emmanuel Larsen from cadet Captain to cadet Major; c/MSgt Elijah Rinke to c/SMSgt; c/SrA Austin Jeffris to c/Ssgt; c/A1C Sophia Black to c/SrA; and c/Airman Haden Reiber to c/A1C.

The squadron also had five new members promoted to their first cadet rank of Airman: cadet Chase Bull, Grey Olin, Oliver Cawdery, and Jacob Tate.

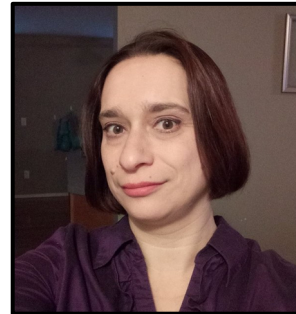
Congratulations goes to cadet/2d Lt. Nathaniel Black, cadet/CMSgt. Courtney Brown and cadet/CMSgt Caleb Darlington [pictures, left]. Cadet Black was accepted into the U.S. Military Prep School, for entrance into the West Point Academy. Cadet Brown was accepted into the Central Washington University Aviation Program. Cadet Darlington will also be attending Central Washington University, in their ROTC program. We are proud and wish them luck. A special note, c/Lt Col Ethan Larsen will be entering into the US Marines this summer and hoping to be an Armory Tank crew member.

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

Still here to serve.

Douglas County is dedicated to serving our community. The Veteran Services Office is open for appointments, so if you need help accessing local relief funds, connecting with Federal VA Health Care or Benefits, or Honoring a loved one with a military headstone, we've got you covered.

Waterville, Bridgeport, and Manson appointments will be made as the need arises, but monthly satellite office hours have been canceled for the time being. Please contact me via email or phone for an appointment.

Office Hours are back to normal, 9am – 3pm, Tues – Fri. As always you can call or email and I will return your message as able.



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 has remained open during the quarantine, but with increased sanitation procedures and social distancing protocols. Call numbers dropped during April and May, but those numbers are climbing rapidly as the county reopens.

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

We are sad to say the Department Convention has been canceled. 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 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

We are offering take-out for food from our kitchen during this time. Pre-orders and cash payment at pick-up preferred. See Facebook (or call) for menus, hours, and Saturday Specials.

A number of our Auxiliary members have been sewing and donating cloth face masks for frontline workers and families.

Monthly meetings on 1st Wednesday at 6pm.

Manson Post 108

Monthly meetings on 1st Monday at 7pm.

Methow Post 143

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.

While placing flags for Memorial Day, we noticed many graves were difficult to find. So during the month of June, we plan to clean and clear all of the Veterans headstones and markers at our local cemetery.

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

We are still having our regular meetings, since the weather is nice and we can meet outside at the Horseshoe Pit with ample spacing for safety.

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

June is PTSD Awareness Month

[From the VA's PTSD Page, <https://www.ptsd.va.gov/>]

"There are currently about 8 million people in the United States with PTSD.

PTSD (post traumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

Even though PTSD treatments work, most people who have PTSD don't get the help they need. June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life."



If you think you might have PTSD, talk to a professional (this can be done from the comfort of your home now with telehealth options).


If you know someone who has PTSD, learn about it so you can understand them a little better, and find ways you can help them deal with it.

Visit the website for resources, information, and more ways to get involved. Spread the word.

Please support our Sponsors:



Veteran Owned (509) 264-6832
Aquacontrolwa@gmail.com



PTSD/mental health counseling for Veterans & their families
Private, Professional, Knowledgeable
509-667-8828
www.centralwashingtonveterans.com



Westguard Painting LLC
Josh 881-5186
Reece 860-6493
www.westguardpainting.com
2019 World's Best Painter Free Estimates

Editor's Notes

Has it really been two months since the last time I wrote something here? Wow. It's as if so much, yet so little, has happened in that time. We were told to stay home, to stay distant from our friends and family for their own safety. We couldn't work, and the bills still came due. But as businesses across the state are slowly allowed to resume, there is still an undertone of frustration, stress, and worry. News, and history, is being made in front of our eyes.

Times are getting interesting, and especially hard for some. Please, take care of your mental health as best you can during these crises. Step away from the news and social media when you need a break - do something rejuvenating.

And then reach out to those around you. You'd be surprised how a simple text or phone call might brighten someone's day or lift their heavy spirits.

By supporting ourselves and each other, we'll come out of this on top, with a stronger sense of community and a renewed vigor for life and liberty. Make sure you're there with us on that day.

Stay healthy, stay strong, and stay in touch.

~**Connie**



Veteran Owned
Free Estimates
509-264-2050

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).

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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