



# Veterans of Foreign Wars of the United States Department of Pacific Areas

## *Typhoon / Around the Pacific* *Newsletter*



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FREE

## *“Love Your Freedom - Thank a Vet”*

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### **SUPER-TYPHOON SOUDELOR RELIEF DISTRICT 6 SAIPAN**



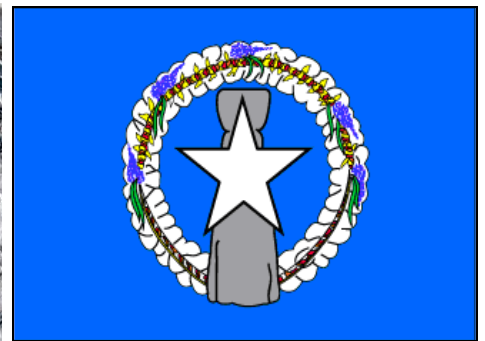
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**Happy Birthday  
U.S. Marine Corps  
10 November 1775**



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# SUPER-TYPHOON SOUDELOR RELIEF DISTRICT 6 SAIPAN



Comrades,

The Commander Department of Pacific Areas has appointed me as the Area Coordinator for the VFW Department of Pacific Areas Typhoon Relief for Saipan. If you have not heard, Saipan was hit very hard by Super-Typhoon Soudelor. The Department is now accepting donations to be matched by the VFW to help our Comrades in Saipan. When you transfer funds to the Department account please send an e-mail Pete Callaghan and myself with the amount of the donation. If you do not have the Department bank account information, please send an e-mail to Pete and he will provide it for you. We thank you in advance for your assistance!

Yours in comradeship,  
Shawn Watson

Saipan Typhoon Relief Coordinator  
Shawn Watson  
[pdcwatson@vfwdeptpacific.org](mailto:pdcwatson@vfwdeptpacific.org)

Department Quartermaster  
Pete Callaghan  
[qmdpa@vfwdeptpacific.org](mailto:qmdpa@vfwdeptpacific.org)





## ***Department Officer's Comments***

### ***From the Commander:***

Comrades,

As we approach the midterm CofA deadline for registration on the 30<sup>th</sup> please urge all Comrades who plan to attend to register on the DPA website. If you plan to attend and not stay at the designated Hotel please use the website and register only for the convention as well as the meals and events you wish to attend. The midterm committee has done an exceptional job in booking all the DPA needs however they need a final count by the 30<sup>th</sup> to ensure all required accommodations can and will be granted. That being said I am looking forward to spending time with each and every Comrade in attendance and hopefully the Council will have a lot of inputs on all your accomplishments as well as any ideas to ensure we stay on top and lead the way at National as well as ensuring all Post's and District's get their hats as well as fly their All State and All American banners which all of you deserve for all your hard work and dedication.



As you may have seen in the last ATP, I was invited to Republic of China on Taiwan. Every year they invite the DPA Commander for a visit as well as presentation of the VAC Medal of Honor. Comrades this honor was earned due to all the DPA does within the VFW, and without your support and trust I would have never received such an honor. I want to thank each and every Comrade of the Pacific for being the beneficiary of this award and I will wear it with pride always thanking and knowing that the Comrades of the Pacific earned this medal for your Commander.

I also just recently returned from the Western Conference Convention in Boise Idaho. Our Commander in Chief John Biedrzycki along with JVCinC Keith Harmon and several National Staff Directors shared a wealth of information and insights during their presentations as well training sessions and working groups which I plan to share at the CofA. For those who are not aware the VFW Flying Squadron training and workshops have been implemented to increase our knowledge this is just one of the many VFW educational tools available create your account on [www.vfw.org](http://www.vfw.org) and get involved.

The one topic I would like to share with you is the importance of each and every Comrade of the Pacific is to register for the Washington Weekly. The example given was Congress must end Sequestration (Bob Wallace). Action Corps Weekly only currently has 50,000 members I challenge all to sign up you can and will make a difference.

Comrades do not be scared or stray away from changes the term we always done it that way needs to cease and we need to realize that Education, Training, and Communication tools are advanced and available for use please take advantage of all that National offers us in ensuring that No One Does More For Veterans. Focus on Today's Future Reflect on the Past!

Since there will be no Typhoon in December I would like to thank each and every Comrade for all your time and effort you have put forth this Mid Term and I want to Wish All of You and Your Families a Safe and Happy Holiday Season.

**DPA Thanks for all you do!**

**“LOYALTY HONOR SERVICE”**  
**“Love Your Freedom Thank a Vet”**

Yours in Comradeship and Service,  
Homer Kemper  
Commander  
Department of Pacific Areas



## Commander in the Spotlight:



Comrades,

Greetings from the Land of the Morning Calm! Veterans of Foreign Wars Post 12147 K-16 Seongnam, Korea. Post 12147 was instituted on 19 March by Past Department Commander Bear Hudson. I would thank PDC Bear Hudson, PDC Larry Lyons, Mike Napsey, Tom Bergam, Doc Higgins, Ron Davis, Jimmy Bosh and everyone in District III that have make this installation such a resounding success.

Our force here in Korea is unique: most of the post officers are active duty members serving here! Our post is still small with 81 members, 48 of which are Life Members. We are currently working diligently to increase our membership. As our Department Commander, Homer Kemper, asked us all to reach our 100% recruitment goal by the CofA this December. We are committed to support this goal.

Post 12147 is an active member of the local community. We supported our first Good Neighbor type program early this summer. Although the major USFK exercise, Ulchi Freedom Guardian, and the summer heat were in full swing, it did not slow us down. We decided to thank the Local Korean National Police with refreshments to show our gratitude for the additional security they provided. We also had 7 new Post Members support the BOSS Beach Blast held in late June at beautiful Yeon Po Beach, supporting service members from throughout Korea.

Post 12147 looks forward to working with fellow Post 8180 Seoul, Post 9985 Tongduchon, Post 10033 Taegu, Post 10216 Songtan, Post 10223 Camp Humphreys, and Post 12109 Pusan in support of our Veterans, Active Duty, Widows and Orphans.

Yours in Comradeship,

Casey E. Roberts

Commander, VFW Post 12147

District III, Chairman VOD / PP / Teachers awards

## From the Senior Vice Commander:

Comrades,

The Department is doing well and we need to keep up the great work. We are doing outstanding as a Department with 90.90% at the end of October. We have about six weeks to make the last 10% for 100% by the C of A. Please let's get out there over the Veteran's Day and Thanksgiving holidays to make the push to get that last 10% by the mid-term. We still have a lot of work to do with three of our districts not over 90%. We have to understand that membership is what makes our organization so effective. If our numbers decrease, our influence decreases. I would like to give a Big Shout Out and thanks to our top 10 recruiters for their hard work the first half of the year, as well as a big salute to all the recruiters that have recruited members so for this year. Please see the chart below to see where your post and district stand as of 31 October 2015. The cut off for our Early Bird program will be 30 November 2015.



State	Post	Dst	Life	New	Reinst	Cont	Total	Adjusted Prior Year*	Percent	Div	RS	City	State	N/R LM	Prior Annual	Retention
Pacific Areas	9723	1	723	1	0	18	742	815	91.04%	1		OKINAWA, JAPAN		2	74	29.73%
<b>District Totals</b>		<b>1</b>	<b>723</b>	<b>1</b>	<b>0</b>	<b>18</b>	<b>742</b>	<b>815</b>	<b>91.04%</b>					<b>2</b>		
Pacific Areas	1054	2	714	6	0	7	727	773	94.04%	1		YOKOSUKA CITY, JAPAN		7	58	13.79%
Pacific Areas	9555	2	337	4	0	5	346	396	87.37%	2		YOKOTA AFB, JAPAN		1	60	13.33%
Pacific Areas	9612	2	377	10	10	5	402	433	92.84%	2		CAMP ZAMA, JAPAN		6	61	8.20%
<b>District Totals</b>		<b>2</b>	<b>1428</b>	<b>20</b>	<b>10</b>	<b>17</b>	<b>1475</b>	<b>1602</b>	<b>92.07%</b>					<b>14</b>		
Pacific Areas	8180	3	612	37	1	7	657	653	100.61%	2		SEOUL, KOREA		9	29	24.14%
Pacific Areas	9985	3	191	59	3	12	265	374	70.85%	2		TONGDUCHON-UP, KOREA		2	182	6.59%
Pacific Areas	10033	3	466	10	2	8	486	514	94.55%	2		TAEGU, KOREA		6	56	23.21%
Pacific Areas	10216	3	908	47	2	30	987	1150	85.82%	1		SONGTAN-SI, KOREA		10	237	17.30%
Pacific Areas	10223	3	226	15	0	2	243	294	82.65%	3		CAMP HUMPHREYS, KORE		4	73	5.48%

Pacific Areas	12109	3	30	1	0	1	32	53	60.37%	9	WAEGWAN, KOREA	0	34	2.94%
Pacific Areas	12147	3	47	17	0	1	65	81	80.24%	8	SEONGNAM, KOREA	4	59	5.08%
<b>District Totals</b>		<b>3</b>	<b>2480</b>	<b>186</b>	<b>8</b>	<b>61</b>	<b>2735</b>	<b>3119</b>	<b>87.68%</b>			<b>35</b>		
Pacific Areas	727	4	68	0	0	3	71	75	94.66%	8	TAICHUNG, TAIWAN	0	5	60.00%
Pacific Areas	9957	4	312	0	0	6	318	334	95.20%	3	TAIPEI, TAIWAN	0	16	37.50%
<b>District Totals</b>		<b>4</b>	<b>380</b>	<b>0</b>	<b>0</b>	<b>9</b>	<b>389</b>	<b>409</b>	<b>95.11%</b>			<b>0</b>		
Pacific Areas	9876	5	379	1	0	23	403	462	87.22%	2	PATTAYA CITY, THAILA	0	72	37.50%
Pacific Areas	9951	5	228	0	1	10	239	256	93.35%	3	BANGKOK, THAILAND	1	24	50.00%
Pacific Areas	10217	5	118	0	0	6	124	139	89.20%	6	KORAT AF BASE, THAIL	0	27	29.63%
Pacific Areas	10249	5	234	0	0	11	245	267	91.76%	3	UDORN, THAILAND	0	28	42.86%
Pacific Areas	11575	5	92	0	0	5	97	101	96.03%	7	PHNOM PENH, CAMBODIA	0	10	50.00%
Pacific Areas	12074	5	79	1	0	13	93	110	84.54%	7	CHIANG MAI, THAILAND	2	41	36.59%
Pacific Areas	12146	5	31	5	0	3	39	52	75.00%	9	BAN CHANG, RAYONG TH	5	50	20.00%
<b>District Totals</b>		<b>5</b>	<b>1161</b>	<b>7</b>	<b>1</b>	<b>71</b>	<b>1240</b>	<b>1387</b>	<b>89.40%</b>			<b>8</b>		
Pacific Areas	1509	6	326	5	0	4	335	382	87.69%	2	YIGO, GUAM	0	50	10.00%
Pacific Areas	2917	6	179	0	0	3	182	203	89.65%	4	AGAT	GU	36	13.89%
Pacific Areas	3457	6	204	7	1	8	220	235	93.61%	4	SAIPAN, CNMI	2	36	27.78%
<b>District Totals</b>		<b>6</b>	<b>709</b>	<b>12</b>	<b>1</b>	<b>15</b>	<b>737</b>	<b>820</b>	<b>89.87%</b>			<b>2</b>		
Pacific Areas	124	7	128	0	0	0	128	113	113.27%	6	BAGUIO CITY, PHILIPPI	14	0	100.00%
Pacific Areas	2485	7	1557	5	0	31	1593	1662	95.84%	1	ANGELES CITY, PHILIP	9	100	35.00%
Pacific Areas	9892	7	240	2	0	3	245	260	94.23%	3	BAUANG, LA UNION PHIL	3	24	12.50%
Pacific Areas	11447	7	380	0	0	7	387	407	95.08%	2	SUBIC BAY, PHILIPPIN	7	29	31.03%
Pacific Areas	12130	7	48	6	0	13	67	84	79.76%	8	CEBU, PHILIPPINES	0	47	42.55%
<b>District Totals</b>		<b>7</b>	<b>2353</b>	<b>13</b>	<b>0</b>	<b>54</b>	<b>2420</b>	<b>2526</b>	<b>95.80%</b>			<b>33</b>		
Pacific Areas	15055	99	469	12	1	16	498	583	85.42%	2	PACIFIC AREAS	PI	5	
<b>District Totals</b>		<b>99</b>	<b>469</b>	<b>12</b>	<b>1</b>	<b>16</b>	<b>498</b>	<b>583</b>	<b>85.42%</b>			<b>5</b>		
<b>State Totals</b>			<b>9703</b>	<b>251</b>	<b>21</b>	<b>261</b>	<b>10236</b>	<b>11261</b>	<b>90.89%</b>			<b>99</b>		

Yours in Comradeship and Service,  
Robert "Mo" Moses  
Senior Vice Commander  
Department of Pacific Areas



## From the Junior Vice Commander:

Comrades,

Please be advised that there will be some changes this year to the Department Awards Program. Details of the changes, procedures, and revised submission forms will be distributed and available on the Department website by 01 December 2015. These awards provide well deserved recognition to those who contribute so much to the success of our organization.

We are doing very well on Community Service Report inputs. I particularly appreciate that many of you have added projects and activities from past months that were missed. Our mid-year report to VFW National will be as of 31 October 2015 and I feel we have done very well. Please continue your efforts, as we do more than most Departments and simply need to increase the reporting of our work being performed.



My thanks to those of you I have emailed requesting clarification of particular CSR submissions. Your expeditious replies and detailed responses allow us to maintain the integrity of the system. Please notify me of errors or duplicate entries and I'll assist in making the necessary corrections. If you have questions regarding whether a particular event or activity qualifies as Community Service, the category, or other CSR issues please contact me at: [jvcdpa@vfwdeptpacific.org](mailto:jvcdpa@vfwdeptpacific.org)

The following is a reminder from Lynn W. Rolf, III, VFW National Programs Director:

*Actual money amount expended from Post or Auxiliary funds in support of community service projects; in-kind dollar value of donated items to non-members or use of Post home by a community service organization, and the use of the IRS authorized \$.14 per mile for use of a volunteer's automobile for charitable work, are some important dollars to report. Please make sure you include hours and dollars for hospital work and all VFW and Ladies Auxiliary Recognition Programs (i.e. Voice of Democracy, Patriot's Pen, etc.).*

Below are the current CSR submission totals for end of month October. We'll submit our first report to National based on these totals as of 31 October. We should be at the top of VFW National CSR rankings and need to continue reporting, and to increase our number of submissions, for the end of year report.

### POST COMMUNITY SERVICE REPORTING END OF MONTH OCTOBER 2015

Post	Dist	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Total
9723	1	18	11	21	17	17	15	0	0	0	0	0	0	99
1054	2	21	24	14	20	20	30	0	0	0	0	0	0	129
9555		7	2	5	5	2	2	0	0	0	0	0	0	23
9612	3	61	60	30	66	76	18	0	0	0	0	0	0	311
8180		5	2	6	2	2	0	0	0	0	0	0	0	17
9985		3	2	5	5	7	5	0	0	0	0	0	0	27
10033		1	2	0	0	0	0	0	0	0	0	0	0	3
10216		12	12	17	20	9	1	0	0	0	0	1	0	71
10223	4	0	0	6	5	7	1	0	0	0	0	0	0	19
12109		0	3	0	0	0	0	0	0	0	0	0	0	3
12147		21	14	12	6	11	5	0	0	0	0	0	0	69
727		7	6	6	6	7	6	0	0	0	0	0	0	38
9957		2	2	3	1	0	0	0	0	0	0	0	0	8
9876	5	46	26	42	25	21	0	0	0	0	0	0	0	160
9951		21	22	16	17	24	27	0	0	0	0	0	0	127
10217		17	16	12	11	16	9	0	0	0	0	0	0	81
10249		5	8	4	6	4	7	0	0	0	0	0	0	34
11575		1	0	0	0	0	0	0	0	0	0	0	0	1
12074	6	32	50	29	1	16	7	0	0	0	0	0	0	135
12146		2	4	14	4	7	5	0	0	0	0	0	0	36
1509		15	11	8	18	18	17	0	0	0	0	0	0	87
2917		34	24	47	38	42	26	0	0	0	0	0	0	211
3457		5	32	2	0	0	1	0	0	0	0	0	0	40
124	7	8	8	5	5	10	8	0	0	0	0	0	0	44
2485		105	111	147	118	141	175	0	0	0	0	0	0	797
9892		18	17	17	20	16	0	0	0	0	0	0	0	88
11447		5	2	6	6	4	1	0	0	0	0	0	0	24
12130		2	2	6	16	5	1	0	0	0	0	0	0	32
<b>Total</b>		<b>472</b>	<b>471</b>	<b>474</b>	<b>422</b>	<b>477</b>	<b>366</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2714</b>

Yours in Comradeship,  
John Gilbert  
Junior Vice Commander  
Department of Pacific Areas



### *From the Junior Past Department Commander:*

Greetings Comrades.

Well, the Mid-term Council of Administration meetings are nearing. They are being hosted by one of our two newest Posts within the Department. Even though Post 12146 is only nine months old they have aggressively and effectively taken charge of coordinating this significant Department event. The meetings are going to be held at the beach-side resort of Banchang, Thailand.

It is important that you register for the C of A at first opportunity, so that activities can be best organized for you. There will be some excellent training and important meetings, along with some very enjoyable events prepared for you.

Some activities now scheduled for Friday 11 December include:

0800-0900 Budget Committee Meeting

Silver Room #1

0800-0900 Service Officer Training

Silver Room #2



0900-1100 VoD / Patriots Pen / Public Service Awards Selection

Silver Room #1

0900-1030 Recruiting/Map Programs etc. training

Silver Room #2

1030-1100 Quartermaster issues (as needed)

Silver Room #2

Additionally, a Grand social is planned for Friday Afternoon starting at 1400, which is open to all attending along with their spouses, companions and friends. The cost is only \$12 and will include a Cajun BarBq buffet as well as a keg or two of frothy brew. These are always a lot of fun and you want to be sure not to miss it. The camaraderie is exceptional.

Have a terrific Veteran's Day

## “Love your Freedom - Thank a Vet!”

All the best and warmest regards,  
Bear  
Junior Past Department Commander  
Department of Pacific Areas



### *From the Chief of Staff:*

Comrades,

We only have one month to our Department CofA at Banchang Thailand. Post 12416 is this year's host and they are all geared up and ready to go. They will be offering to sell the below listed shirt. If you would like to reserve a shirt, please email Commander Ken Stein <[ken7777@me.com](mailto:ken7777@me.com)> with your shirt size and the shirt will be reserved for you.

Last VFW year (2014-2015) two new Posts were added to our Department rolls and both Posts are on the right track in recruiting Life Members and getting their membership involved in the Department Life Legacy Membership Program. A big salute to Post 12146 Commander Ken Stein and Post 12147 Commander Casey Roberts for their leadership.

Hope to see you at Post 12146 Banchang Thailand next month.



Cheers!

Yours in comradeship,  
Bob Zaher  
Chief of Staff  
Department of Pacific Areas





## From the Adjutant:

Hello Comrades,

Am preparing to update the Department General Order and Memo #1. If your Post has recently made some changes in officers, please upgrade your Post General Order and send a copy to me at [adjdpa@vfwdeptpacific.org](mailto:adjdpa@vfwdeptpacific.org) and I will ensure that they are included in the updated DPA General Order and Memo.

Also, it is very important that you have your Quartermaster log on to the VFW website. He should then go to Quartermaster tools and update the online election report. When this is accomplished, National will almost immediately forward a copy of the updated Election Report to the Quartermaster as well as to the DPA Adjutant (yours truly.) The Quartermaster can then print out a pdf copy of the election report and provide to the Post Adjutant.

There is a lot of activity in preparation for the December Council of Administration Mid-Term meetings. Will brief you more on this in my Junior Past Department Commander article.

Have some wonderful Veteran's Day activities in remembrance of our valiant Veterans.

## "Love your Freedom - Thank a Vet!"

All the best and warmest regards,  
Bear  
Adjutant  
Department of Pacific Areas



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## From the Quartermaster:

Greetings Comrades,

Happy Veterans Day and Happy Thanksgiving to all. Commander Kemper has authorized up to \$100 for inland ground transportation to those for whom DPA pays transportation to the Council of Administration meeting in Banchang. A receipt for the inbound leg will suffice for the round trip. The payment is not to exceed \$100, so obviously if the cost is less, the payment will be less. Also for this Mid-term meeting, Past Department Commanders who live away from the area of the meeting and attend will receive a stipend of \$300 vs. the \$100 they received in the past. This was approved at last June's convention.

The newspaper on Saipan today said that our utility company has restored power to 96% of its customers. If you are one of the unfortunate few in the 4%, you've been without power for three months! The rest of the recovery is coming along slowly but surely. Water is still being rationed and cable tv is months away. I am happy to report that we distributed \$29,701.85 to members of the Saipan Post who suffered the most damage from the storm. This includes a \$10,000 grant from National and generous donations from all of you. Our heartfelt thanks goes out to the VFW members of the Pacific Areas and many others from around the country who sent donations.

I'd like to briefly discuss Canteen Manager bonding. The company we use for QM bonds does not bond Club employees, but Tallman Insurance in Kansas City does. So if you need to bond Canteen or Club employees, let me know and I'll send you the application form and the rates. It is easier and faster for you to deal directly with Tallman, as I would only be acting as a middle-man on your behalf. Remember, anyone associated with your Post who handles money must be bonded.





## 2015-2016 POST AND DISTRICT AUDITS / POPPIES / QM BONDS

AUDITS SUBMITTED	JUNE '15	SEP '15	DEC '15	MAR '16	BUDDY POPPIES ORDERED '15-'16	QM BOND ORDERED 2015-'16
9723	X	X			\$116.00/1000	\$100.00/\$40,000. Pd.
District I	X	X			X	\$10.50/\$3,000 Pd.
1054	X	X			\$174.00/1500	\$100.00/\$40,000 Pd.
9555	X				\$116.00/1000	\$65.00/\$26,000. Pd.
9612	X				\$58.00/500	\$65.00/\$26,000. Pd.
District II	X				X	\$10.50/\$3,000 Pd.
8180					\$58.00/500	\$70.00/\$20,000 Pd.
9985	X	X			\$58.00/500	\$21.00/\$6,000 Pd.
10033	X	X			\$58.00/500	\$65.00/\$26,000. Pd.
10216					\$58.00/500	\$65.00/\$26,000 Pd.
10223	X	X			\$58.00/500	\$65.00/\$26,000 Pd.
12109					\$58.00/500	\$10.50/\$3,000 Pd.
12147					\$58.00/500	\$17.50/\$5,000 Pd.
District III					X	\$10.50/\$3,000. Pd.
727	X	X			\$58.00/500	\$10.50/\$3,000 Pd.
9957	X	X			\$58.00/500	\$100.00/\$40,000 Pd.
District IV	X				X	\$10.50/\$3,000. Pd.
9876	X				\$58.00/500	\$150.00/\$60,000. Pd.
9951	X	X			\$58.00/500	\$17.50/\$5,000. Pd.
10217	X	X			\$58.00/500	\$24.50/\$7,000. Pd.
10249	X	X			\$58.00/500	\$52.50/\$15,000 Pd.
11575					\$58.00/500	\$10.50/\$3,000. Pd.
12074	X					\$52.50/\$15,000. Pd.
12146					\$58.00/500	\$10.50/\$3,000 Pd.
District V	X				X	\$70.00/\$20,000. Pd.
1509	X				\$58.00/500	\$52.50/\$15,000 Pd.
2917	X	X			\$58.00/500	\$75.00/\$30,000. Pd.
3457	X	X			\$58.00/500	\$65.00/\$26,000. Pd.
District VI	X				X	\$10.50/\$3,000. Pd.
124	X	X			\$58.00/500	\$35.00/\$10,000. Pd.
2485	X	X			\$116.00/1000	\$175.00/\$70,000. Pd.
9892	X	X			\$58.00/500	\$35.00/ \$10,000. Pd.
11447	X	X			\$58.00/500	\$35.00/\$10,000 Pd.
12130	X	X			\$58.00/500	\$10.50/\$3,000 Pd.
District VII	X				X	\$24.50/\$7,000. Pd.

Hope to see you in Thailand.

Yours in comradeship,  
Pete Callaghan  
Quartermaster  
Department of Pacific Areas





**LET THE VFW AND  
SPORT CLIPS HELP  
YOU SUCCEED IN  
THE NEXT CHAPTER.**

## From the Judge Advocate:

Comrades,

Comrades, in this issue I'll present and discuss the Department Policy Memorandum for Expense Defrayment Form-11 and publish the Rules of Order for the upcoming Council of Administration.



### Department Policy Memorandum ~ Expense Defrayment ~ Form-11



The DPA Form-11 (hereinafter, form) is the official form that is used for defrayment expenses and is used by the QM for travel and lodging. The form may be found on the Department Website by going to the DPA Menu and click on "DPA Forms" then go to "Convention Expense Reimbursement Form " or you may find the form on the "Judge Advocates" page under "Policies". The following are some specifics concerning the form:

1. **Scheduled Events** – At scheduled events such as the Convention and mid-term officers shall complete and return a signed form by hand delivery, postal mail, or email with attached PDF file to QM in order to receive payment in a timely manner prior, at, or after an event.
2. **Payment Method** – The QM shall remit money requests by check or electronic transfer may be used with a U.S. financial institution (Bank/Credit Union). When requesting payment by electronic transfer it should be indicated in the remarks area of the form; 1) financial institution name, 2) name on account, 3) routing number, and 4) banking account number. (**Note:** Routing number can be found at bottom of a check from your financial institution. It is always the first nine (9) numbers indicated at the bottom left-hand side of a check.)
3. **Advance Defrayal** – If circumstances dictate the Department Commander may authorize advance payment for air travel providing it is requested and indicated on the form. If the claimant does not show up for the event a refund of moneys shall be rendered in kind back to the Department.
4. **Other Members** – Those other members may be incoming Council members, District Inspectors and Assistants, as well as, other members directed by Department Commander or governing body. They shall utilize the form for expenses incurred in performing their duties.
5. **Receipts or Certification** – When filling out the form, the applicant shall provide proper receipts or certification of the expenses incurred and attach to the form.
6. **Money Rate** – Money rate conversion to dollars may be provided by the applicant for the country of departure, however, the QM reserves the right to make final determination of rates for both departure and host countries based on international rates at time of form submission.

**Note:** You can find the current Policy Memorandum - Expense Defrayment on the Department Website by clicking on the link titled Judge Advocate, when the page opens click on Policy.

## Council of Administration Rules of Order Mid-Term

### Composition:

The Council of Administration shall consist of the Commander, Senior Vice Commander, Junior Vice Commander, Adjutant, Quartermaster, Judge Advocate, Chief-of-Staff, Inspector, Chaplain, Surgeon, Junior Past Department Commander and all District Commanders. In the absence of a District Commander, the District Senior Vice Commander, or in their absence, the District Junior Vice Commander, may serve as a member of the Council.

**Motion Procedural Guidelines:**

1. Once the Presiding Officer has acknowledged a motion and it has been seconded it may now be open for discussion.
2. Any member, when duly recognized by the Presiding Officer may speak on the motion for clarity, either for or against.
3. Every member is automatically entitled to speak once on a debatable motion before the body unless the body, by a 2/3 vote, has ordered the discussion closed. After discussion has been voted closed, no one can debate a motion except by unanimous consent.
4. A member is also automatically entitled to speak a second time on the same question the same day, unless other members who have not yet spoken on the question actually rise to claim the floor to speak. If no one rises, he may speak a second time.
5. No one may automatically speak a third or further time if anyone in the assembly objects.
6. Only Council members are allowed a vote on any motion before the body. Including the Commander there are only **seventeen (17) voting Council members** vice eighteen (18), as the Adjutant is also the Junior PDC and can cast only one vote on a motion.

This concludes my article, so if there are any further questions on the above proposal on expense defrayment or other matters concerning by-laws and procedures feel free to contact me at [advdpa@vfwdeptpacific.org](mailto:advdpa@vfwdeptpacific.org) or [bill.wichman@msa.hinet.net](mailto:bill.wichman@msa.hinet.net). "God bless you comrades and God bless America."

**THE JUDGE'S THANKSGIVING SAYING:**

Yours in comradeship,  
Bill Wichman  
Judge Advocate  
Department of Pacific Areas

*"Thanksgiving is America's national chow-down feast,  
the one occasion each year when gluttony  
becomes a patriotic duty."*

**From the Chaplain:**

Comrades,

The Bible Verse posted on this address is James 1:5. The author wrote

"If any of you lacks wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not, and it shall be given him."

The issue at hand is Wisdom. In what was very likely the first "organized" group of followers soon to be called "Christians," James is highlighting the importance for the members of that group to seek and understand the importance of Wisdom. James is telling these people to seek out, ask for, and utilize WISDOM. (The implication being, Do Smart (Wise) Things!





In the Apostle Paul's first letter to the church at Corinth, he lists nine gifts, and in order of importance, the first – and perhaps the greatest Spiritual gift – is Wisdom. Apparently James and Paul have the same priority of thought. First of all is wisdom, and second, if one lacks wisdom, ask God who gives to all men generously.

In our service to God and country through the Veterans of Foreign Wars, we have the opportunity, the commitment to utilize and display wisdom. First of all, we take care of one another. Regardless of any situation, there is always at least one, and probably several Comrades ready, prepared, and wise sufficiently to provide the need.

We are also active in our community. Many Posts in the Department supports a Boy Scout troop or a Cub Scout pack. The folks who give of their time to these boys are great. They give of their time; they give of their wisdom. Several times a year, the different Posts throughout the Department hosts a Bar-B-Q, much of the proceeds go to support other programs in the organization. ((One thing for sure, there are a bunch of wise cooks out there!))

And we demonstrate our gift of wisdom in our financial support of the VFW Home in Grand Rapids providing the needs of our Veterans and their families.

There are more issues, but the point is having and displaying our collective wisdom in home, community, country. We served once; we continue to serve. Our asking for more wisdom is an invitation for you to be an active member of the Department. Come and be a part in all that we do. And when you come, find me before I find you – we are brothers and sisters in a common cause.

Please forward any Taps reports in a timely manner to me, so I can include them in my report.

Yours in Comradeship,  
Brian Merenda  
Chaplain  
Department of Pacific Areas



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## *From the Surgeon:*

Hello Comrades,

Well Comrades it is that time again. Time to give more medical knowledge so we can all be healthier and live long active lives.

As everyone knows, November is National Tobacco Cessation Month and it is the single most important thing anyone can do for their health. If you are a smoker, this is the time to give it a try and start a new life smoke-free. So get with a friend and work out a plan to stop smoking.

Although I started out talking about Tobacco our real topic for this month is **7 THINGS OUR POOP TELLS US ABOUT OUR HEALTH.**



**Yep, we're going there:** Unless you're a toddler in the throes of potty training, we're going to guess you don't spend much time talking about your bowel movements. Or even acknowledge that they happen. But here's why you might want to give your #2 a glance before you flush: It's actually one of the best clues you have to your health. "Your bowel movements are the only real marker you have about what your G.I health is like," says gastroenterologist Anish Sheth, MD, author of What's Your Poo Telling You? Getting familiar with what's normal for you can also make it easier to spot issues earlier—when they're easier to treat. However, "don't go overboard with day-to-day changes," Sheth says. "Rather, look for consistent changes." That's because depending on what you've been eating, you may notice temporary abnormalities that only last a day or two. But if you notice a change that lasts a week or more, and you're unable to trace it to any recent diet change, make an appointment with your doctor. Discussing your bowel movements may not be your idea of a great time, but it just might save your life.

**If your poop is...Hard, in pieces, and you have to strain to pass it: It may mean:** You're constipated—but you probably already knew that. "However, some people assume that if they go to the bathroom every day then they're not constipated, but if your stool is consistently hard and comes out in pieces rather than a soft, single piece that passes without much effort, you may be constipated," Sheth says. The most common culprit is inadequate fiber intake. The average U.S. adult only downs about 15 grams of fiber a day—a fraction of the recommended 25 grams per day for

women and 38 grams per day for men. Read labels and keep a food journal for a week to track how much fiber you're actually taking in. If you're falling short, bulk up your diet with additional fruits, vegetables, whole grains, beans, nuts, and seeds. (Check out these 23 high-fiber winners of our Cleanest Packaged Food Awards.)

**If your poop is...Black or bright red: It may mean:** Something in your G.I. tract is bleeding. "Most of the time blood in the stool is due to something as benign as hemorrhoids," Sheth says. Since it could also be due to an ulcer in the stomach or colon cancer, it's crucial to alert your doctor any time you notice blood in the toilet bowl. Certain over-the-counter medications, such as Pepto-Bismol, can turn your stool black. It occurs when sulfur in your digestive tract combines with bismuth, the drug's active ingredient, and forms bismuth sulfide, a black-colored substance. The discoloration is temporary and harmless and may linger several days after you stop popping Pepto.

**If your poop is...Very loose, but not diarrhea: It may mean:** You have celiac disease. Although it only affects about 1% of the population, it's estimated that 83% of Americans who have celiac disease don't know they have it, according to the National Foundation for Celiac Awareness. Signs in your stool may be one of the major—and possibly the only—indications you have it. With celiac disease, your body is unable to tolerate gluten, a protein in wheat, rye, and barley. Eating gluten destroys villi (the tiny, fingerlike protrusions lining your small intestines) and you're unable to absorb nutrients from the foods you eat. This contributes to the loose stools you could experience several times a day. Talk to your doctor about whether you should be screened for celiac disease. Switching to a gluten-free diet can aid absorption, firm up your stools, and address any other related symptoms such as fatigue, pain, bloating, depression, or rashes.

**If your poop...Floats instead of sinks: It may mean:** You have excess gas in your digestive tract. "If you've been eating lots of beans, sprouts, cabbage, or very large meals, it's perfectly normal for stool to float because of gas, and it's not a cause for concern," Sheth says. However, if floaters become more common for you or you spot an oil-slick appearance, it could mean something is preventing your body's ability to absorb fats from food. For instance, inflammation or an infection in your pancreas could prevent you from producing enough digestive enzymes. A food allergy or infection could be damaging the lining of your intestines that's affecting absorption, too. Ask your doctor for a stool sample test to see if there's fat that shouldn't be there. Sheth says additional workups may be necessary to get to the bottom of the problem.

**If your poop...Smells like sulfur or eggs and you have diarrhea: It may mean:** You could have giardia. The parasite tends to hang out in fresh water, so if you went swimming in a lake, have gone camping, or drank unpurified water recently, you may have picked up the bug along the way. The issue isn't always as obvious as you may think. You could have diarrhea for weeks or even months, but otherwise feel fine. Your doctor can run a stool sample test to diagnose it, and certain antibiotics can treat it.

**If your poop is...Pencil-thin: It may mean:** You're constipated, or be an indication of rectal cancer. "If you notice pencil-thin stool for a day or two, it's probably not an issue," Sheth says. "It may occur if you're constipated and straining a lot, which prevents the muscles in the anal sphincter from opening and can narrow the way stool comes out." Adding more fiber to your diet can help. But if the issue is ongoing, it could indicate rectal cancer. "With rectal cancer, the tumor is fixed and rigid and encircles the rectum so there's less space for stool to squeeze through so it appears very thin and stringy," Sheth adds. Make an appointment with your doctor. A colonoscopy can evaluate what's going on.

**If your poop is...Explosive, liquid, and a seaweed green color: It may mean:** You have a *Clostridium difficile* (C. diff) infection. "It's becoming more common and usually occurs after a course of antibiotics," Sheth says. C. diff is a normal part of the flora in your digestive tract, but taking antibiotics can kill off the good bacteria that normally keeps C. diff in check. As a result, the bacteria may proliferate uncontrollably and cause serious stomach issues that can lead to dehydration, hospitalization, and in extreme instances may even be deadly. Call your doctor immediately. If you're still taking a course of antibiotics, find out if you should stop. 🍌

Well that concludes this month's lesson and hope to see everyone in Thailand in a month from now. Take care and stay healthy.

Yours in Comradeship,  
Patrick "Doc" Higgins Aka – "The Witch Doctor"  
Surgeon  
Department of Pacific Areas



## From the Certified National Recruiter:

Comrades of the Pacific,

First let me Thank all of YOU for your service to our great Country, whether you are serving today or you have served in the past.

Happy Veterans Day!

Let's get down to brass tacks and announce our 5 and over recruiters. Leading the pack for the norm is Gasper Delise with 62 Recruits from Post 9985!

Continuing on, listed by Districts are:



District	Post #	Recruiter	Members
2	1054	Michael D. Lutman	8
2	9612	David D. Wykes	18
2	9612	Sidney E. Malone	7
3	8180	Michael S. Napsey	38
3	9985	Gasper Delise	62
3	10033	Kenneth P. Swierzewski	5
3	10033	Richard D. Hagaman	10
3	10216	Dean W. Yoder	9
3	10216	Francis B. O'Donnell	6
3	10216	Leon V. Ellison	8
3	10216	Ronald J. Davis	12
3	10223	Christopher R. Winstead	15
3	12147	Laurence L. Lyons	17
7	2485	Clifton W. Wilsey	14*
7	11447	Michael R. Verville	7

\*Knowing Cliff Wilsey our Life Membership Chairman, he would never toot his own horn but out of the 14 Members he recruited (9) are Life Members!!!

There are also 54 recruiters that have recruited 1-4 members, I want to thank everyone who is recruiting for it is a domino effect on how these recruits help out in the overall VFW programs.

If you notice there are several Districts that still need to jump into high gear. If I heard it once I heard it a thousand times it's always the same people coming to the meetings and it the same people doing all the work.

Comrades this is your time to step up to the plate recruit them, get them to the meetings, get them involved in the VFW and of most of all THANK THEM! They are our future not only of your Post, District and Department but also at the VFW National in all the different programs we have.

I am planning on having a Recruiters / Veterans & Military Support "LEARNING SESSION" at the CofA so you can see how these programs can work for you on building your post for the future.

Again I want to wish everyone a Happy Veterans Day and hope to see all of you at our CofA in Thailand.

Yours Always in Comradeship,  
Larry Lyons  
Certified National Recruiter  
Department of Pacific Areas



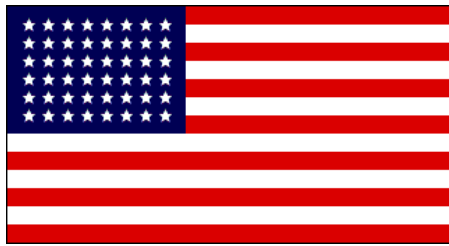
# DID YOU RECRUIT SOMEONE TODAY?



## From the Historian:



Fellow VFW Comrades,



## The Ace of Aces Major Richard Ira Bong

Richard Ira Bong, who would become America's "Ace of Aces," was born on September 24, 1920, and grew up on a farm near the small town of Poplar, Wisconsin.

He enrolled in the Civilian Pilot training program at Superior State Teachers College in 1938, and also took private flying lessons. In 1941, he enlisted in the Army Air Corps Aviation Cadet Program.

Bong excelled in training and at Luke Field near Phoenix, Arizona, for Advanced Training in single-engine (fighter) planes, he learned to master the AT-6. One P-38 check pilot who said Bong was the finest natural pilot he ever met. After he received his wings, he got the chance to train in Lockheed's big new fighter, the P-38. While mastering the twin-engine craft at Hamilton Field, San Francisco, he first attracted the attention of General George Kenney, his future mentor and head of the Fifth Air Force.

2nd Lieutenant Bong was assigned to the 9th Fighter Squadron, the "Flying Knights," and was sent to Australia. On **December 27, 1942**, while flying with the 35th, Bong scored his first aerial victories, a Zero and an Oscar, for this he earned a Silver Star. Bong began shooting down Japanese planes at a rapid rate.

On April 12, 1944 he surpassed Eddie Rickenbacker's WWI record of 26 kills and in December 16<sup>th</sup>, Bong achieved his 40<sup>th</sup> kill. He was then grounded and sent back to the States.

On December 12, 1944 Bong was presented the Medal of Honor by General MacArthur at Tacloban Airfield in the Philippines. MacArthur said, "Major Richard Ira Bong, who has ruled the air from New Guinea to the Philippines, I now induct you into the society of the bravest of the brave, the wearers of the Congressional Medal of Honor of the United States."

The fighting spirit of Major Bong is still evident in the men and women who serve in the Pacific as soldiers, sailors and airmen. Three cheers for our men and women in the military and all veterans.

Please remember to send me changes or updates to Post or District History. I prefer my personal email address:  
[tom.bergam@gmail.com](mailto:tom.bergam@gmail.com)

Thanks for everyone's support in assisting our Commander in his charter to Love Freedom, Thank a Vet.

Yours in Comradeship,  
 Tom "Bergie" Bergam  
 Historian  
 Department of Pacific Areas



## From the Inspector:

Comrades,

We are at the half way point for the year. Out of the 36 inspections that need to be completed, I have only received 13 completed forms. I know of another 4 that will be completed this month. That puts us just barely half way to the Commanders GOAL and having all inspections done by the Council of Administration. If you have already completed the inspection please forward them to me. If you have them scheduled, let me know that also. Below is the list of completed inspections that I have received thus far. If your inspection is done but doesn't have an X next to it, that means that I have not received the completed form.



District 1	X	District 4		District 6	SCH
9723	X	727		1509	SCH
District 2		9957		2917	SCH
1054	X	District 5	X	3457	SCH
9555	X	9876	X	District 7	
9612	X	9951	X	124	
District 3		10217	X	2485	
8180		10249	X	9892	
9985		11575	X	11447	
10033		12074	X	12130	
10216		12146			
10223					
12109					
12147					

Yours in Comradeship,  
 Shawn Watson  
 Inspector  
 Department of Pacific Areas



**Membership is our future. Recruit someone today!**



## Department Committee Reports

### *From the Clark Veterans Cemetery Chairman:*



Comrades,

Processing of Burial requests through ABMC and CDC takes 3-4 business days. The American Battle Monuments Commission staff continues to make incremental improvements in the care of the Clark Veterans Cemetery.

#### Significant Activities:

- 01 Oct - VFW Post 11447 provided military honors and burial services for Medardo Floreza, CPO, USN. (Clark)
- 09 Oct - VFW Post 2485 provided military honors and burial services for Glenn Kron, PO1, USN. (Clark)
- 13 Oct - VFW Post 11447 provided military honors and burial services for Manolito Jose, PO2, USN. (Clark)
- 16 Oct - VFW Post 2485 provided military honors and burial services for Victor Brown, SN, USN. (Clark)
- 23 Oct - VFW Post 2485 provided military honors and burial services for Howard Lannon, MSgt, USAF. (Clark)
- 27 Oct - VFW Post 2485 provided military honors and burial services for Jo Straughn, SPC, USA. (Clark)
- 28 Oct - VFW Post 2485 provided military honors and burial services for Leonard Kavanagh, SSG, USA. (Clark)

As of 31 Oct 2015, Grave Digger membership stands at 1317. Grave Digger Memberships will continue to be offered as a legacy commemorative program, with donations used for indigent Veteran burials, upgrade of burial equipment, and to help defray the expenses of our annual Veterans Day Ceremony.

Information is available on the Post 2485 website [http://www.vfwpost2485.com/cemetery\\_report.doc](http://www.vfwpost2485.com/cemetery_report.doc) and Clark Veteran's Cemetery Facebook page <https://www.facebook.com/ClarkVeteransCemetery>.

## CLARK VETERANS CEMETERY OCTOBER 2015 UPDATE



The minimum funeral honors ceremony for veteran burial is outlined in Title 10, United States Code - Armed Forces Chapter 75 - Deceased Personnel Subchapter II - Death Benefits. The statute states that each deceased veteran eligible



for burial honors is entitled to ceremony including folding of the national flag, presentation of the flag to the veteran's family and the playing of Taps. If a bugler is not part of the funeral honor detail, a recorded version of Taps is appropriate.

Under Title 10, the term veteran is someone who, "served in the active military, naval, or air service and who was discharged or released there from under conditions other than dishonorable; or was a member or former member of the Selected Reserve..."

As Clark Veterans Cemetery Committee we pass on this information to our comrades across the Department of Pacific Areas who may have occasion to conduct full military honors for a deceased veteran. For reference, please review the VFW National Ritual, VA benefits for deceased veterans, and the applicable portions of Title 10, United States Code, Armed forces Chapter 75.

[http://armedservices.house.gov/index.cfm/files/serve?File\\_id=8f86265a-e2dd-482c-a4f6-72b9a0e1b2d9](http://armedservices.house.gov/index.cfm/files/serve?File_id=8f86265a-e2dd-482c-a4f6-72b9a0e1b2d9)



## PLEASE JOIN US ON FACEBOOK

<https://www.facebook.com/ClarkVeteransCemetery>

Yours in comradeship,  
Carl D. Burke  
Clark Cemetery Chairman  
Department of Pacific Areas



<http://www.vfwpost2485.com/cemetery.htm>

***From the Convention Book Chairman:***

All Commanders,

**Department of Pacific Areas  
50<sup>th</sup> Department Convention Anniversary  
5-9 June 2016 – Chiang Mai Thailand.**



All Commanders:

This is the second noticed. Now is the time you should be planning to submit your District, Post or Pup Tent for inclusion in the 50<sup>th</sup> Department Convention Anniversary Book.

This Anniversary Book will be a great Department souvenir, a real keeper! All Districts, Posts and Pup Tents should each have at least one person skilled in graphic arts to assist in making a professional looking page for this souvenir book. If you need help, let me know. I will assign a staff member to build you a page.

From District Commanders, I need two pages of photos with captions of the highlights of your District events. Some of the photos could be some special events of the past. If you have any question please contact me at [bobzaher@gmail.com](mailto:bobzaher@gmail.com).

**The following are the prices:**

1 Page, Color	\$200.00
½ Page Color	\$100.00
1 Page, B/W	\$100.00
½ Page, B/W	\$50.00
Business Cards	\$10.00
Booster Ads	\$2.00

Rebates of 50% per ad start once your Post, District, or Pup Tent gets \$500.00 worth of ads. Rebates of 50 cents per booster ad begin after 35 names.

Cheers!

Yours in comradeship,  
Bob Zaher  
Convention Book Chairman  
Department of Pacific Areas



## From the Employment Chairman:

Dear Comrades,

This month I want to share Veteran job employment sites. Not all of the sites can be used by veterans overseas, however it is a good idea to know all of the sites when trying to get hired. Please use any of the following sites:

[www.vetjobs.com](http://www.vetjobs.com)  
[www.civilianjobs.com](http://www.civilianjobs.com)  
[www.orioninternational.com/hire-military](http://www.orioninternational.com/hire-military)  
[www.military.com/veteran-jobs](http://www.military.com/veteran-jobs)

These are just a few of many sites available on-line, if you are really meaning to look for a job just type in on Google or other search site "Veteran Job Placement programs. I apologize for this month's input being so small, but that is due to most of the programs are for veterans inside CONUS and not too many for us who live overseas. The only areas overseas a veteran is capable of getting hired is either a Civil Service job or through a overseas Contractor. Please if you should have any question, please contact me at: [bmalone\\_01@yahoo.com](mailto:bmalone_01@yahoo.com).

Yours in Comradeship,  
S. E. Butch Malone  
Employment Chairman  
Department of Pacific Areas



## From the Hospital Chairman:

# FLU SHOTS

Comrades,

Do not put off until tomorrow for which you can do today. This especially true when comes to your health. Flu shots are now available, so be sure to get your shot.



Enjoy yourself on Veteran's Day and have a bountiful Thanksgiving.

Yours in Comradeship and Health,  
Bill Bradford  
Hospital Chairman  
Department of Pacific Areas





## ***From the Legislative Committee Chairman:***

Comrades,

Just as one more reminder, having a membership drive for the VFW Action Corps Weekly fulfills one requirement for All-State. This can be done in five minutes at a post meeting. Just explain what the weekly does and why it is important, then give the link to your post members so they can sign up. If you have a computer available and can help comrades sign up right there, all the better.

To sign up, simply go to [vfw.org](http://vfw.org), click on "VFW in D.D.," then go the National Legislative Service" link where you will find the current newsletter as well as being able to sign up for the newsletters to be e-mailed to you.



Here are some of the current legislative highlights concerning vets:

- 1. Joint Hearing on DOD/VA Interoperability:** On Tuesday, October 27, the House Oversight and Government Reform Subcommittee on Information Technology (IT) and the House Veterans' Affairs Subcommittee on Oversight and Investigations held a joint hearing on the interoperability of DOD and VA electronic health care records. During the hearing DOD and VA assured committee members that they would meet interoperability goals for 2015. The Government Accountability Office testified that fully interoperable health care systems are still years away. Committee members discussed the need for a more seamless transfer of health care data between the departments and private sector health care providers. To view a video of the hearing and read the testimony, visit: <https://oversight.house.gov/hearing/18424/>.
- 2. Bipartisan Budget Deal Clears Congress:** On Wednesday, the House of Representatives passed a newly announced two-year budget deal with a vote of 392 to 37, the Senate followed suit early Friday morning with 64-35 vote. The deal was the result of negotiations between congressional leadership and the White House. It would increase the Budget Control Act budget caps that were established in 2011 by providing an \$80 billion budget increase divided equally among defense and domestic accounts over the next two years. Although the deal fails to permanently repeal sequestration, it does provide DOD and VA two years of budget predictability near the president's requested levels, which would improve the administration's ability to carry out a strong national defense strategy and fully support service members, veterans and their families. The deal would also fix the social security disability insurance shortfall, reduce the Medicare Part B premium increase for this year for those expecting an increase, and raise the debt limit. The bill now heads to the President for his signature. Stay tuned to the Action Corps Weekly for updates on this important bill.
- 3. Wounded Warriors Federal Leave Act Passes Congress:** On Monday, the Senate unanimously passed the Wounded Warriors Federal Leave Act, legislation strongly supported by the VFW. Having already passed the House, the bill now heads to the president's desk for signature. Once it becomes law, it will provide federally employed disabled veterans with 104 hours of "Wounded Warrior leave" during their first year of employment that may be used to seek care for their service-connected disabilities. The VFW thanks Senators Jon Tester (D-Mont.) and Jerry Moran (R-Kans.), as well as Representative Stephen Lynch (D-Mass.), for their leadership on this issue and their bipartisan effort in securing the passage of this important bill.
- 4. Gulf War Illness Research Update:** The Department of Veterans Affairs War Related Illness and Injury Study Center currently has several research studies that may be of interest to Operation Desert Shield / Storm veterans and non-deployed Gulf War Era veterans at their East Orange, N.J., medical campus. If you are a veteran from the 1990-91 era, or if you have Gulf War Illness or would like to know more about the research, please call 1-800-225-5170 or visit their Gulf War Research page at: <http://1.usa.gov/1LpLQ2o>.
- 5. No COLA in 2016; Higher Part B Premiums Possible:** The government announced this week that there will be no cost-of-living (COLA) adjustment next year for millions of military and federal civilian retirees, Social Security recipients, and veterans and survivors receiving Department of Veterans Affairs checks. COLA increases are tied to the Consumer Price Index, which has been flat due to low gasoline prices. Even so, some Medicare Part B enrollees — those who delayed receiving Social Security and those who aren't eligible — could see their premiums increased by more than half, from the basic \$105 per person per month to \$159. Higher earners would pay more. A White House spokesman acknowledged that the potential premium increase was an unintended consequence resulting from calculating COLA adjustments. There have been Part B premium increases in the past, but a 52-percent increase in one year is unprecedented. Congress is working to prevent this from happening.

**6. New Medal of Honor Recipient Announced:** The White House announced this week that President Obama will present the Medal of Honor on Nov. 12 to retired Army Capt. Florent A. "Flo" Groberg for tackling a suicide bomber in Afghanistan's Kunar province three years ago. He was serving at the time as a personal security detachment commander for Task Force Mountain Warrior, 4th Infantry Brigade Combat Team, 4th Infantry Division. According to an Army Times article, the bomber's explosive vest detonated, as did one worn by a second suicide bomber, killing four Americans and wounding several others. But, had it not been for Groberg's quick recognition and reaction to a threat, the planned simultaneous detonations could have caused far more casualties. Groberg, 32, is a naturalized U.S. citizen born in France who had spent the past three years recovering from his wounds at Walter Reed National Military Medical Center in Bethesda, Md. He was medically retired in July. He becomes the 10th living and 17th overall recipient of the nation's highest award for valor for actions in Afghanistan or Iraq. Read more at: <http://www.armytimes.com/story/military/2015/10/11/embargo-embargo-4th-id-captain-receive-medal-honor-valor-asadabad/73656708/>.

Comrades, this concludes my report on legislative matters concerning veterans. If you have any questions you may contact me at [corter79@hotmail.com](mailto:corter79@hotmail.com).

Yours in Comradeship,  
Jonathan Brazee  
Legislative Chairman  
Department of Pacific Areas



## From the Legacy Life Membership Chairman:



### DEPARTMENT OF PACIFIC AREAS LEGACY LIFE MEMBERSHIP PROGRAM

These Legacy Members cared enough about our Department/Post future that their Legacy will live on forever. Be a Legacy Member! sign up today!

YES, I PROUDLY SERVE IN THE PACIFIC AREAS

<b>Okinawa District I - Home of the Rock</b> Mitchell L. Farris ★ Robert E. Morgan ★ Dennis E. Provender ★ Terry T. Shoemaker ★		<b>Taiwan District IV - Beautiful Island</b> Orville D. Hamblett ★ Arthur E. Scholl ★ Merlie E. Porter ★	
<b>Japan District II - Land of the Rising Sun</b> Michael Castro ★ Ricky W. Faris ★ Randolph E. Himes ★ Nathan A. Hammon ★ Francis A. Hunter ★ Michael D. Lattman ★ Sidney E. Malone ★		<b>Thailand/Cambodia District V - Land of Smiles</b> Frederick W. Berg, Sr. ★ Jonathan P. Brazee ★ Al S. Briscoe ★ Roscoe C. Butler Jr. ★ Michael H. Cooperman ★ Kenneth W. Falk ★ Al R. Fitchett ★ Thomas Friend ★ Richard C. Haughey ★ Louis S. Holub ★ R.R. Hubbard ★ William J. Hudson ★	
<b>Korea District III - Land of the Morning Calm</b> George E. Beck ★ Thomas E. Bergan ★ Donald E. Button ★ Jamaricus A. Brooks ★ Joseph E. Brown ★ Ralph L. Connor, Jr. ★ Dora Conwell Lynwood ★ Christopher E. Coyle ★ Daniel G. Delaney ★ Lon G. Garwood ★ Billy T. Hance ★ Mike W. Higgins ★ Patrick J. Higgins ★ Ernest W. Lee ★		<b>Guam/Saipan District VI - Where the USA Day Begins</b> William J. Barlett ★ William W. Bradford ★ Cory D. Mangrove ★ Robbie A. Normand ★ Douglas G. North ★ Luis A. Reyes ★ Casey E. Roberts ★ Jeffery D. Rowan ★ Rockie P. St. John ★ Kenneth P. Seidenzinski ★ Stephen M. Sharp ★ Mark B. Varney ★ Dean W. Yoder ★	
<b>Philippines District VII - The Last Paradise</b> John Q. Adams ★ Thomas G. Aldrich ★ Warren E. Baunister ★ Dale A. Barsy ★ Gerald T. Brown ★ Edward P. Brozowski ★ Carl Burke ★ Thomas R. Burnett ★ Ronald Burrus ★ Grady E. Byrd ★ Gerald F. Chaplin ★ Robert C. Chesko ★ Donald B. Conaty ★ Richard A. Corni ★ Thomas L. Darius ★ Paul E. Davis ★ Walter O. Decker ★ Robert L. Delves ★ Michael D. Devore ★ Jack R. Dietz ★ Dennis L. Doty ★ Charles J. Dwyer ★ Charles M. Ellingwood ★ Thomas I. Elliott ★ R. Bob Farrow ★ Thomas J. Gallagher ★		<b>At Large</b> Edward C. Geimer ★	
<b>192 Members As of Nov 03, 2015</b>		<b>At Large</b> Edward C. Geimer ★	
<b>Philippines District VII - The Last Paradise</b> Warren W. Marr ★ John A. Marsh ★ John Marshall, Jr. ★ Larry E. Gelsler ★ John T. Mayberry ★ Malcolm M. McCallum ★ Arthur D. McCoy ★ Buddy W. McGuire ★ Clayton L. McKelvie ★ Peter Miller ★ Thomas R. Morado ★ Walter E. Moran, Sr. ★ Paul O. Morgenthau ★ Guadalupe E. Nava ★ Eric D. Nelson ★ Dennis C. Patch ★ Benjamin N. Pennell, Sr. ★ Edward L. Perdue ★ Gerald H. Prinz ★ Richard F. Malkovich ★		<b>At Large</b> Edward C. Geimer ★	
<b>Philippines District VII - The Last Paradise</b> Jerry C. Prowant ★ Lawrence A. Radel ★ Larry B. Rader ★ William J. Reedy ★ John R. Revell ★ Leon S. Sackhar ★ Emory C. Russell ★ Frank J. Sass ★ Kenneth W. Schaefer ★ Lawrence V. Scatena ★ Scott Simms ★ Norman G. Smith ★ Charles R. Spain ★ Thomas V. Stephens ★ Ronald D. Teets ★ Tom Thomas ★ Linn B. Tri-Travers ★ Archie Turner ★ Michael R. Verville ★ Charles Viands ★ Rbert O. Webber ★ Clifton W. Wilsey ★ Clifton W. Wilsey Jr. ★ Gaylord H. Winge III ★ David D. Wyffels ★ Robert W. Zaher ★		<b>At Large</b> Edward C. Geimer ★	

★ - Gold ★ - Silver ★ - Bronze ★ - In Memoriam ★ - Deceased

## LEGACY LIFE MEMBER EXPLANATION OF BENEFITS

MEMBER INCENTIVES	BRONZE \$400	SILVER \$800	GOLD \$1200
Plated Engraved Life Member Card	●	●	●
Lapel Pin	●	●	●
Hat Pin	●	●	●
Distinctive VFW Store Line for Legacy Life Members	●	●	●
Framed Legacy Life Membership Certificate	●	●	●
Member Recognition on Internet & Convention Program	●	●	●
Member Recognition at Kiosks at Memorial Building in Washington, D.C. and Museum at National Headquarters	●	●	●
Special Legacy Life Member Plaque	●	●	●
Hat Patch	●	●	●
Personalized Brick at Centennial Plaza	●	●	●
VFW Store Discounts (for personal use only) *	5%	10%	15%
Increased Level of No-Cost AD&D Insurance *	\$2000	\$3500	\$5000
Annual Endowment: Post	\$6	\$12	\$18
Annual Endowment: Department	\$6	\$12	\$18

\* does not apply to Memorial Life Legacy Membership



Yours in Comradeship,  
Bob Zaher  
Chairman, Legacy Life Membership  
Department of Pacific Areas



## From the Life Membership Chairman:



Greetings Comrades,

1. The Department will once again provide paid life memberships to posts meeting the following criteria:

- |                                    |   |
|------------------------------------|---|
| A. Posts over<br>1,000 Members     | 1 Life membership for each<br>15 N/R LM recruited   |
| B. Posts with<br>500 - 999 Members | 1 Life membership for each<br>10 N/R LM or Multiple |
| C. Posts under<br>500 Members      | 1 Life membership for each<br>5 N/R LM or Multiple  |

2. Congratulations to the following Posts for winning DPA paid Life Memberships for recruiting new or reinstated (N/R) Life Members.

POST	Total Recruited	How Many Won	How Many Processed
124	5	3	1
9612	5	1	0
11447	14	2	2
12147	7	1	0

3. Scan applications to me at [clffwilsey@gmail.com](mailto:clffwilsey@gmail.com) and I will make it happen.

Yours in Comradeship,  
Cliff Wilsey  
Life Membership Chairman  
Department of Pacific Areas



The following U.S. Presidents  
enjoyed VFW Life Membership:

Theodore Roosevelt  
Harry S. Truman  
Dwight Eisenhower  
John Kennedy  
Lyndon Johnson  
Richard Nixon  
Gerald Ford  
George Bush

**Your Life Membership  
saves you 10%  
on exclusive  
merchandise at the  
VFW Store  
for the  
first year!**



## From the National Home for Children Chairman:



VFW NATIONAL HOME FOR CHILDREN

*Every child deserves a happy family*

Comrades,

We are almost half way through this year. Our Donations to the National Home is falling way behind the curve it does not take much to support the Home and the Children.

Commanders I ask you all to rally the District's and the Post's. We can do this; we can make this a banner year for donations to the National Home for the Department of the Pacific.

Any Post wanting some Fundraising Ideas just give me a shot out at [NHCDPA@vfwdeptpacific.org](mailto:NHCDPA@vfwdeptpacific.org).

### National Home Donation Report

Here is the last listing of our District's and Post's that have made their annual donation to the VFW National Home for the Children. This report is as of 30 October 2015 as received in from the NH and Post Quartermasters.

District / Post	Reported	District / POST Donated	Life Members		District / Post	Reported	District / POST Donated	Life Members
District 1	No				District 5	No		
9723	No		142		9876	No		4
District 2	Yes	\$100.00			9951	No		7
1054	Yes	\$100.00	66		10217	Yes	\$50.00	12
9555	Yes	\$100.00	157		10249	No		3
9612	Yes	\$100.00	26		11575	No		4
District 3	No				12074	No		0
8180	No		10		12146	No		0
9985	No		6		District 6	No		
10033	No		15		1509	No		27
10216	No		78		2917	Yes	\$50.00	1
10223	No		8		3457	No		2
12109	No		0		District 7	No		
12147	No		0		124	Yes	\$50.00	0
District 4	No				2485	Yes	\$440.00	21
727	No		10		9892	No		3
9957	No		53		11447	No		7
					12130	No		
Total		\$400.00	571		Total		\$590.00	91

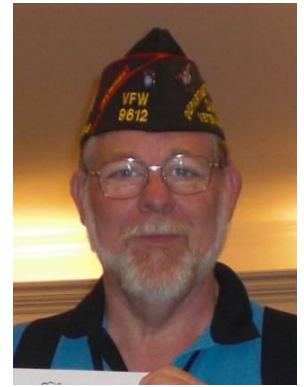
Not Confirmed

Grand Total : \$990.00

### Congratulations newly elected Officials for the National Home.

The VFW National Home for Children Board of Trustees installed new leadership at its Annual Meeting of Life Members October 24 for the 2015-2016 term year.

President: Ms. Virginia Carman of Washington.  
 Vice President: Mr. Thomas Tweet of Minnesota.  
 District # 3: Mr. Ron Stensland of Pennsylvania. (6 year term)  
 District # 4: Mr. Merton "Sam" Compton, Ohio. (6 year term)



**Tribute Park expands!**

November 2, 2015



Panteleakos.

It was a busy summer in the National Home's Tribute Park! With two new paths, a new bench, new trees and several new plaques, the park continues to grow as a place of beauty and serenity to be enjoyed by residents and visitors alike.

Take a stroll down Path #2, the new VFW Auxiliary Department of Florida Members' Path.

Rest a moment on the new bronze bench honoring "Florida's own veteran" past National Home Board President Jack McDermott.

And take in the beauty of the new Water lily Magnolia Tree. All thanks to the Department of Florida VFW Auxiliary.

Pause to honor the National Home alumni who have served in the U.S. military and remember those alumni who made the ultimate sacrifice at the plaque donated by past Commander in Chief John Stroud and past National President Ann

Another plaque honors all veterans from the state of Wyoming, donated by the Department of Wyoming. A walk down Path #3 will take you down Oklahoma's Path to the Future, generously donated by VFW...[Read More](#)

**E-Newsletter:** Monthly

Dear VFW Post,

As you all know, the National Home turned 90 on January 7 of this year, and to celebrate we are raising funds to renovate and update our museum. This month's e-newsletter will take a closer look at the museum renovation project, as well as give you an update on our progress.

As National Home Chairmen and Veteran and Family Support Chairmen, you may get questions about this important project, as well as the upcoming appeal that your department's posts and auxiliaries will be receiving in November. To assist you in answering those questions and spreading the word, here are ten things every post and auxiliary member should know about the National Home Museum.

1. The museum tells the story of YOUR VFW National Home for Children, the tremendous impact it has had on the families it has served and the good we hope to continue to do for generations to come.
2. The National Home's museum was started in the 1980's by a resident who didn't want to see the Home's rich history lost. He simply found some empty space in a building and set to work over six months assembling materials and developing displays – the very same materials and displays you see if you visit the museum today.
3. Most of the funds raised will go toward renovating the museum's future home. In addition, the National Home plans to develop new interactive and audio / visual displays as well as perform necessary preservation work on the artifacts and photos to ensure they continue to tell the National Home's story for generations to come.
4. Local museum curators have already agreed to consult with the National Home on how best to preserve these important pieces of the Home's history.
5. The new museum will move across the street from its current location into a building that is large enough to accommodate the museum's current collections as well as future ones. And it's already a handicap-accessible facility.

6. The collections on display have not been updated since the museum was started more than 30 years ago. The National Home has boxes of additional photographs and other artifacts that the current museum cannot accommodate.
7. Its current space is too small and not handicap accessible, meaning many visitors do not have the opportunity to experience it.
8. The museum receives more than a thousand visitors each year, including VFW and VFW Auxiliary members, residents, alumni and families from all over the country – much more than was ever anticipated when it was created.
9. So far, the National Home has raised \$26,000 for the Museum Fund.
10. We need a total of \$130,000 to complete the project, and construction can only start once the project is fully funded.

I hope this gives you a better understanding of what we are trying to accomplish and why. If you have additional questions on the Museum Fund or any other aspect of the National Home's operations, please don't hesitate to contact me.

Thanks for all you do!

I received from the National Home via email this monthly E-Newsletter. Would you like to sign up to get this monthly E-Newsletter? [CLICK HERE](#)

At the bottom of the page fill out your First & Last Name and Email address. Click on Sign up. That's it.

Please report any and all donations that you make to the National Home to me so they can be recorded and tracked. Email them to [nhcdpa@vfwdeptpacific.org](mailto:nhcdpa@vfwdeptpacific.org)

*The VFW National Home for Children serves as a living memorial to America's Veterans by helping our nation's veteran and military families during difficult times.*

Yours in Comradeship,  
Randell E. Himes  
National Home for Children Chairman  
Department of Pacific Areas  
[nhcdpa@vfwdeptpacific.org](mailto:nhcdpa@vfwdeptpacific.org)





## From the Roving Ambassador

Comrades,

Last month, one of the VFW's newest Post, East Anglia Post 12143 representing Mildenhall / Lakenheath, United Kingdom, had the honor of hosting National VFW CINC John Biedryzcki and Adjutant General Robert Wallace for dinner after a long day. CINC Biedryzcki presented each Post member a Coin and Pin. The purpose of the CINC's visit to the United Kingdom was to be briefed on the mission and changes to the Lakenheath / Mildenhall community and to speak to Airmen on how the VFW can better serve them. It was a pleasure to accept Post Commander Daniel McMillan (to the right of the CINC) request than I joined our fellow Comrades for a great evening!!



Yours in Comradeship,  
Kevin Mitchell  
Roving Ambassador  
Department of Pacific Areas



## From the Safety Chairman:

Comrades,

## SAFETY TIPS LIFTING & CARRYING OBJECTS

1. Examine the size and weight of the item(s) needing to be moved. Don't assume a small box will move easily. Gently push the object with your hands (or feet) to determine the weight of the load.

- Stretch your legs and back before lifting anything.
- Stack heavy items between the knee and chest height to minimize the need to lift.
- If possible, ask another person for help in lifting and carrying shelving, product or other items.
- Use a hand truck, cart, dolly, or other equipment if needed. Be sure the load is balanced well before moving and remember to push, not pull, the load.
- Clear the path you plan to take of any obstacles or hazards.
- To lift, use slow movements and face your body towards object. Bend your knees and firmly grasp the item with your entire hand, not just fingers.
- Keep your back straight as you lift straight up.
- Center the load in the space between your shoulders and waist.
- To set the item down, bend your knees and slowly lower it to the ground. Do not let go until it is securely on the floor.
- When working together to carry or lift an object, let one person call the orders to direct the lift.



- Use a step stool or steady ladder to reach loads above your shoulders.
- Avoid far-reaching and twisting motions when possible.
- Take breaks and vary the load when moving a lot of product or other items.

## 2. Opening Boxes:

- To avoid injury or damage, you should use caution when opening boxes. Use the following guide to safely open a carton with a box cutter.
- When working with freight and opening boxes, always keep a box cutter with a sharp blade handy.
- Set the carton on a flat, steady surface.
- Examine the box to determine the thickness of the cardboard. Thin cartons require less pressure to cut and caution should be taken not to damage the contents with the box cutter.
- Place one hand on the box and use the other hand to firmly hold the box cutter.
- Begin cutting with the box cutter blade angled slightly upward and away from the merchandise. Cut away from your body and as close to the top of the box as possible.
- With each cut, be sure all body parts and clothing are not in the path of the box cutter.

Yours in Comradeship,  
Rhett O. Webber  
Safety Chairman  
Department of Pacific Areas  
63-45-458-0159 or 63 921-374-7857  
[rhett\\_webber@yahoo.com](mailto:rhett_webber@yahoo.com)



## *From the Assistant Department Service Officer:*

Comrades,

## Foreign Medical Program (FMP)

The Foreign Medical Program (FMP) is a Department of Veterans Affairs (VA) health care benefits program for Veterans with VA rated service-connected conditions that are residing or traveling abroad. Under FMP, VA assumes payment responsibility for certain necessary health care services associated with the treatment of service-connected conditions.

Veterans residing or traveling overseas that are treated for service connected conditions are responsible for payment. Some hospitals will Bill FMP direct for medical services more than a specific amount depending on the hospital.

For small outpatient bills the veteran can register with FMP, fill out a claim form and submit the bill. FMP in turn will send the veteran a check.

Remember FMP is a VA program and not a VFW program.

The VFW service officers will also be happy to assist in filing for FMP reimbursement.

Yours in Comradeship,  
Barry P. Moshinsky  
Assistant Department Service Officer  
Department of Pacific Areas  
[barrymoshinsky@gmail.com](mailto:barrymoshinsky@gmail.com)



# ADSO





## From the Scouting Team Chairman:



Comrades,

I am Kim McCann. I have been honored to have been selected to be our Scouting Chairman for the Department of the Pacific Area. I am not new to Scouting. I currently am Zone Commissioner and District OA Adviser for Scouts in the Far East Council. I look forward to meeting all Post Scouting Representatives and working together to promote Commander Homer Kemper's vision. "Take care of Scout's because they are our Leaders for Tomorrow!" Commander Kemper believes we should all be involved in the mentorship of all Scouts! My email is: [scdpa@vfwdeptpacific.org](mailto:scdpa@vfwdeptpacific.org). Please feel free to contact me on any issue concerning Scouting in our area. Please email me and let me know who the Scouting representative is for your post and if you already charter a Troop / Pack / Venturing Crew! Please let me know also if you would be willing to take on the responsibility of being a "Charter Organization". I promise to represent the VFW at all of our Scouting District Committee meetings and bring up any issues you send to me. I will work tirelessly for our organization and Scouting to meld the two together seamlessly. We are working with the Scouts in Yokosuka to have a Veteran's Day event. We go out together to the Yokohama Foreign Cemetery to place flags on the internments of our Veterans buried there (also on Memorial Day). If you have events at your posts for Veterans or Memorial Day that do not include the Scouts, please contact me for the nearest Troop / Pack / Crew in your area and we can bring you together!

VFW Scout of the Year Award – Commander Kemper and I agree - Let's get a Scout to the National Level this Year! Please talk to your Eagle Scouts, Gold Award Scouts (Girl Scouts), Silver Award Scouts (Venturing Crew), or Quartermaster Award (Sea Scouts) about the program and submitting a nomination package. These packages are in depth and take a while to put together. You should be working with the candidate to assist them in their package. I have been on many Eagle Scout Boards of Review and worked on many packages in that respect. Our Scout of the Year packages are just as thorough and the Scouts need our attention to get the best possible product. The Scout must be 15 years of age and enrolled in High School at the time of selection. Scouts should submit the completed VFW Scouting Scholarship form, resume of High School Activities, Scouting record (and I recommend a copy of his Eagle Scout Package), community service record and letters of recommendation no later than March 1<sup>st</sup>. The VFW National 1<sup>st</sup> place winner receives \$5000, 2<sup>nd</sup> place winner \$3000, and 3<sup>rd</sup> place winner \$1000. The winner at the Department of the Pacific level will receive \$500. I look forward to receiving your inputs!

Yours in Comradeship, Service, and Scouting!

Kim McCann

Scouting Team Chairman

Department of Pacific Areas





## From the Veterans and Military Support Chairman:

Comrades,

I would like to take this time to wish you all a Happy Thanksgiving and give a special thanks for those who are serving today and those who served prior years, I hope your Veterans Day went well for you.

Down to brass tacks in the V&MS world. Congrats goes out to Post 8180 for completing the first MAP program of the year and completing the required close out reports.

Just got word that National V&MS has also approved a MAP Program for Post 10033 in Daegu, Korea for their Thanksgiving feast for \$426.00. We also have new MAP Projects pending for Post 1054, 10216 and 12147 keep them coming in.

Remember recruiting efforts are the icing on the cake at MAP Program event. Here is what I have been reported to as far as NV&M Support donations and such. If you see something wrong please email me so I can verify it with National. You can always contact me at [PDCLyons@VFWDeptPacific.org](mailto:PDCLyons@VFWDeptPacific.org) So far Post and Department has donated \$925.00 this year so far. Great!



### National Veterans & Military Support Programs & Requirements for All State as of 19 Nov 2015

District	Post	REQUIRED		One these three must be accomplished	
		Donation to V&MSP	Conduct MAP Program	Adopt-A-Unit	VFW Washington Registration Drive
D1			NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
D1	9723				
D2			NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
D2	1054		YES	YES	
D2	9555				
D2	9612				
D3			NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
D3	8180		YES	YES	
D3	9985				
D3	10033	YES, \$50.00			
D3	10216			YES	
D3	10223				
D3	12109	YES, \$25.00			
D3	12147	YES, \$50.00			
D4			NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
D4	727				
D4	9957				
D5			NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
D5	9876				
D5	9951				YES
D5	10217	YES, \$50.00			YES
D5	10249				
D5	11575				
D5	12074				
D5	12146				
D6			NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
D6	1509				
D6	2917	YES, \$50.00			
D6	3457				
D7			NOT REQUIRED	NOT REQUIRED	NOT REQUIRED
D7	124	YES, \$50.00			
D7	2485	YES, \$150.00			
D7	9892				
D7	11447				
D7	12130				
DPA		YES, \$500.00			
<b>Totals</b>					

Look forward to see as many of you at the CofA again, Happy Thanksgiving.

Yours Always in Comradeship,  
Larry Lyons  
Veterans and Military Support Chairman  
Department of Pacific Areas

# VMSC



## From the Veterans Assistance Committee Chairman:

Comrades,

# CALL TO ACTION HELP A VET!



Just a short note to update everyone on where we are in terms of the Department of Pacific Areas (DPA) Veterans Assistance Committee. So far I have received the names of two committeemen from the District Commanders / Adjutants. It was requested that all Districts submit the name of one member to serve on the committee by No Later Than (NLT) 1 November 2015. District Commanders -- If you have not yet appointed a member to serve on the committee - Please make your appointment as soon as possible. Our goal for the Mid-Term is to have the committee up and running with hopefully a needy veteran identified for each District. If you need my help - Don't hesitate to ask. I am available anytime to answer any questions or to assist in any way. Remember our goals are assist homeless veterans make it home. We will not only help homeless veterans but any veteran in our region that needs help.

This committee will be responsible for trying to assist our vets who are in desperate need of assistance such as those that find themselves without necessary funds to pay overseas medical bills or other basic necessities. Many who are not retired or entitled to VA benefits that are living in our area get overwhelmed by medical needs or prescriptions and some can't even cover their needs for food and clothing. These vets can't just walk in to a VA Center on a space available basis and get help. Some of these fellow veterans really don't want to return to the states - and others are too proud to ask for help - they just need a short-term helping hand to get them back on their feet. We probably will not be able to fund all their needs - but in most cases we can steer them to other available resources within our Department's geographic boundaries or the National Programs. The Department needs your help to make this program a success. Will you help? I look forward to your thoughts and input!

Yours in Comradeship,  
Michael R. (Mike) Verville  
Veterans Assistance Committee Chairman  
Department of Pacific Areas

# VACC



## ***From the Voice of Democracy / Patriot's Pen / Teacher's Award Chairman:***



Comrades,

All posts should have received all of their entries, and hopefully, completed judging. All Districts should be receiving them, and have judging scheduled. Pay particular attention during judging to the rules regarding length (3-5 minutes for VOD, 300 words and not to exceed 400 words for PP), correct spelling and grammar, and content. For District Commanders, please ensure that your winners make it to C of A, either hand-carried by your representative, or yourself. And, don't forget Teacher of the Year packages. I expect to be at C of A on the 9<sup>th</sup>, and would like to begin grading on either the 10<sup>th</sup>, or the morning of the 11<sup>th</sup>. I will require one rep from each District for the grading.

VOD - "My Vision for America."

Deadline to the Post is Nov. 1, 2015. To Dept. by Nov. 30, 2015

**\$30,000** to the winner.

PP - "What Freedom Means to Me."

Deadline to the Post is Nov. 1, 2015. To Dept. by Nov. 30, 2015

**\$5000** to the winner.

Teacher's Award - [www.vfw.org/community/TeacheroftheYear/](http://www.vfw.org/community/TeacheroftheYear/) and go to the requirements section.

Deadline to the Post is Nov 1, 2016. To Dept. by Nov. 30, 2015.

Each year, the Veterans of Foreign Wars selects emergency services persons, law enforcement officers and firefighters to receive VFW national awards. Post Safety Chairmen are encouraged to submit a candidate for these awards to their respective Department Headquarters by January 1, 2016. I have enclosed the documentation regarding the criteria and requested information for all candidates at the Post level. The Department must select a single candidate for each award and submit the VFW Department Public Servant Award Citation Request Form to VFW National Headquarters at the address listed below, by February 1, 2016 for each category winner.

The three nominations from each Department will receive the appropriate VFW national citation. Department Commanders are expected to arrange the presentation of these awards at a venue chosen by the award recipient and outside of the VFW to maximize public exposure of our awards. Events such as the state meeting of the recipient's professional association, at their city council meeting or in front of their peers in their firehouse or police station are highly encouraged.

In addition to Department nominees, we encourage Posts to recognize their nominees. For that purpose, there are citations offered in the 2015-16 VFW Store catalog on page 68, for use at either the Post or Department level. You may also view them at [www.vfwstore.org](http://www.vfwstore.org).

I again encourage each of you to get the word out to your respective Posts about these awards.

Yours in comradeship and service,  
Rick Farris

Voice of Democracy / Patriot's Pen / Teacher's Award Chairman  
Department of Pacific Areas  
vodppdpa@vfwdeptpacific.org





## ***From the Youth Activities Chairman:***

Comrades,

# **EXERCISES FOR CHILDREN**

It is widely known that childhood obesity is staggeringly high and getting worse. With all the video games, television, computers, etc., it's no surprise children are becoming overweight and inactive. It is important to educate younger children about the importance of a healthy and active lifestyle. But, what is the best workout for children? Here is one that will help.



To prevent injury, it is important for your child to warm up before exercising. This should include about five to ten minutes of light activity, such as walking, calisthenics (jumping jacks, bending, knee lifts), and stretching. You may modify them if necessary to suit your particular circumstances. Increase or decrease the number of repetitions according to the children's particular needs and physical ability. When you first start these exercises, correct form is more important than speed. After you become familiar with them, you may increase the speed at which you perform them. Most of them are considered cardiovascular (aerobic) exercises as well as strength building (anaerobic) exercises. They will also help you develop balance, coordination and agility. These exercises can be performed just about anywhere with little effort. Correct supervision is a NECESSITY, and SAFETY is the primary concern.

### **EXERCISE 1 - "JUMPING JACKS"**

Areas Effected: leg and arm muscles:

### **EXERCISE 2 - "SLALOM JUMP"**

Effected Areas: leg muscles:

While standing straight up with your feet together, squat down about half way, leaning slightly forward. Put your left arm in front of you and your right arm in back (running position). Lean and jump to the right while swinging your arms in the opposite position and keeping your feet together.

You should now be to the right of your original starting position with your right arm in front of you, your left arm in back and your feet together with your knees bent in a crouched position.

Now lean and jump back to your original position while swinging your arms back to their original position. (when you become comfortable with these exercises, you may increase their effectiveness by adding ankle and wrist weights (1-3 lbs.) when performing them). Perform 2 sets of 15-20 reps.

### **EXERCISE 3 - "SKI JUMP"**

Effected Areas: legs and arms:

From a standing position with your left leg and left arm in front of you and your right leg and right arm in the back, slightly bend your knees (running position). Jump up while swinging your arms and legs in the opposite direction before you land on the floor. You should now have your left leg and arm in back of you and your right leg and arm in the front. Now, jump up again while swinging your arms and legs in the opposite direction before you land on the floor. You should now have your left leg and left arm in front of you and your right leg and right arm in the back (original position). (When you become comfortable with these exercises, you may increase their effectiveness by adding ankle and wrist weights (1-3 lbs.) when performing them.) Perform 2 sets of 15-20 reps.

### **EXERCISE 4 - "SQUAT THRUST WITH PUSH"**

Effected Areas: Leg and arm muscles, chest and back:

Standing straight up with your feet about twelve inches apart and your hands down by your side. While keeping your back straight, crouch down by bending your knees until your hands touch the floor in front of your toes. This will be the "squat" position. With your hands flat on the floor in front of your feet, kick your feet straight out in back of you. This will be the "push-up" position. While keeping your legs and back straight, bend your elbows and lower your body until your chest

touches the floor. Now straighten your elbows to raise your body back to the "push-up" position. Jump back to a "squat" position while keeping your hands on the floor. Now stand up straight to original "starting" position. Perform 2 sets of 10 reps.

#### EXERCISE 5 - "ALTERNATE TOE TOUCH"

Effected Areas: Legs, arms, back and shoulders: From a standing position with your back straight and your feet about two feet apart, put your arms straight out beside you. While keeping your elbows and arms straight, bend forward and twist your body to touch your left toes with your right hand. Your left arm will be straight above you. Now return to your original straight up position with your arms straight out beside you. Repeat this technique to touch your right toes with your left hand, then return to your original position. Perform 2 sets of 10-20 reps.

#### EXERCISE 6 - "STAIR CLIMBER"

Effected Areas: Legs, ankles and feet:

1. Walk up the stairs with only the ball of your foot coming in contact with each stair. Try to step smoothly with little or no impact and noise. Walk down the stairs using the same technique.
2. Walk up the stairs using the same technique as step #1, but, skip every other stair. Walk down the stairs using the same technique as step #1, but, do NOT skip any stairs on the way down.
3. Walk up the stairs while placing your foot flat on each stair with your heel hanging over the edge and pushing yourself up with your toes to the next stair. Walk down the stairs using the same technique as step #1.

Perform 2 sets of 10-15 stairs/reps each way on all 3.

#### EXERCISE 7 - "TRUNK ROTATIONS"

Effected Areas: back, sides and hips:

From a straight standing position with your hands on your hips, rotate your upper body as far as possible in each direction. This exercise should be done with a smooth even motion. Do not rotate fast or jerk your body. Perform 2 sets of 15-20 reps.

#### EXERCISE 8 - "SHUTTLE RUNS WITH BALL"

Effected areas: total body: From a standing start, participants run a 10 meter shuttle, and perform any given ball skill (soccer ball shot, rugby pass, NFL catch, medicine ball throw etc). Perform 3 sets of 3min bouts.

#### HEALTH BENEFITS:

All exercises labeled above incorporate both cardiovascular (aerobic) and strength (anaerobic) work which involves most of the time "whole body" exercises that encourage the children to train their sense of balance and coordination which are integral in the progressive development of a child's physiological systems. Health benefits can be derived simply from becoming more physically active, but the greatest benefits come from engaging in planned and structured exercise. Cardiovascular risk factors can be reduced and physical fitness enhanced with low to moderate levels of physical activity (40-60% of a person's maximal aerobic capacity) (Blair & Connelly, 1996). And, low- to moderate-intensity activity is less likely than vigorous exercise to cause musculoskeletal injury and sudden heart attack death during exercise (a very rare occurrence even for vigorous exercisers), while it is more likely to promote continued adherence to activity (Blair & Connelly, 1996; NIH, 1995). Current recommendations state that children and adolescents should strive for at least 30 minutes daily of moderate intensity physical activity (Pate, Pratt et al., 1995). An alternate approach that may be equally beneficial would be to engage in 5- (Blair & Connelly, 1996) to 10-minute (NIH, 1995) bouts of moderate intensity activity throughout the day, for a total accumulation of at least 30 minutes for adolescents and adults and 60 minutes for children (Pangrazi, Corbin, & Welk, 1996).

Walking briskly or biking for pleasure or transportation, swimming, engaging in sports and games, participating in physical education, and doing tasks in the home and garden may all contribute to accumulated physical activity. All things aside, at the end of the day, all a child wants to do is to have FUN! They want to be constantly stimulated from one day to the

next. Their minds are always shifting from one thing to the next, so when provided with all the variables, the best workout needs to be designed specifically and especially for their needs.

#### MOTIVATION:

How can you motivate children to workout?

What motivates children and adolescents to continue and sustain physical activity levels? Why is there such a dramatic decline in physical activity during adolescence, and how can we stem the tide of declining physical activity levels?

Physical activity has been defined as "bodily movement produced by skeletal muscles that results in energy expenditure" (Pate, Pratt et al., 1995). There is no debate about the value of physical exertion/regular physical activity has significant health benefits, and even modest increases in energy expenditure can have health-enhancing effects. The Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People (CDC, 1997) highlights the contributions that social-contextual, psychological, and emotional factors play in youths' physical activity behavior. Most notably, perceptions of competence (e.g., physical ability, physical appearance), enjoyment of physical activity, and social support by parents, teachers / coaches, and peers were cited as essential influences on physical activity in children and teenagers.

Recent studies by sport and exercise psychologists provide empirical evidence for the role of these predictors of participation behavior, and specify the mechanisms by which these constructs effect change in behavior (Weiss, 2002; Weiss & Ferrer-Caja, 2003). Motivation is defined as behavioral choice, effort, persistence, and performance and can be translated to the physiological jargon of frequency, intensity, duration, and level of physical activity.

#### PROVIDE OPTIMAL CHALLENGES:

An optimal challenge is one that matches the difficulty level of activities to the child's capabilities. Thus children's successful mastery of skills is within reach, but they must exert necessary effort and persistence to attain the goal.

#### CREATE A MASTERY MOTIVATIONAL CLIMATE:

Coaches and teachers influence children's beliefs, affective responses, and behaviors by shaping the learning environment or motivational climate in which activities take place (Ames, 1992). Motivational climate focuses upon how success is defined, how children are evaluated, what is recognized and valued, and how mistakes are viewed.

#### MAKE PHYSICAL ACTIVITY FUN:

Time and again enjoyment emerges as a strong predictor of motivated behavior. When we enjoy the activities that we do, we want to do them more often. We know from studies with children and adolescents that high action and scoring, high personal involvement in the action, close games, and opportunities to affirm friendships is key to activity enjoyment (Coakley, 1993).

#### HELP CHILDREN HELP THEMSELVES:

Mastering skills, achieving personal goals, and progressively improving are internal sources of information children and adolescents use to judge their physical competence. Goals that are specific, optimally challenging, and self-referenced will point youth in the right direction for sustaining physical activity motivation. Physical inactivity has become a serious problem in the United States. More than half of U.S. adults do not meet recommended levels of moderate physical activity, and one-fourth engage in no leisure time physical activity at all (PHYSICAL ACTIVITY, 1996). Inactivity is more prevalent among those with lower income and education, and, beginning in adolescence, affects females more than males (NIH, 1995; Physical Activity, 1996). A pattern of inactivity, also known as sedentism, begins early in life, making the promotion of physical activity among children imperative.

Yours in comradeship and service,  
David Robinson  
Youth Activities Chairman  
Department of Pacific Areas





## From the Typhoon / Around the Pacific Editor:



Comrades,

Please send your inputs on or before **05 January 2016**. I assemble the publication as I receive inputs so the sooner the better. We are in need of your inputs for the Around the Pacific portion of our publication. It seems like we only hear from the same few Posts. All Posts have a piece of this pie. Please see information below:

*NOTE: If a slight delay is needed please notify me in advance, so I can coordinate your submission. As Editor I need time for preparing the newsletter for publication to meet the distribution deadline. I thank you in advance for your support.*

## Submission Format

### VFW DPA Typhoon / Around the Pacific Newsletter: (Monthly)

Format:	Arial Font / 10 Pitch / Single Page 1/2 inch margin (Two pages if needing to use charts, etc.)
Photos / Graphics:	JPG, PNG, GIF, etc., ok / No larger than 1MB each / No PDFs
Date Due:	5th of the Month (except for July and December)
Published:	Between 10th - 15th of the Month (except for June and December)
Send to:	typhoon@vfwdeptpacific.org
Label File as:	Typhoon Jan 2015 Position Name.docx ATP Jan 2015 Post Number.docx
Sample Label File:	Typhoon Jan 2015 JVC Moses.docx ATP Jan 2015 Post 2485.docx

I look forward to seeing all of you at the Mid-Term Department Council of Administration and Mid-Term Grand Scratch in Ban Chang, Thailand!!

Thanks for helping me to help you and thank you all for everything you do for our military active duty, veterans, and their families!

Yours in Comradeship,  
Joe Mortimer  
Editor  
Department of Pacific Areas





## ***Search the Edition***

Now, let's see if you are reading this publication. Commander Homer Kemper has initiated a game for the Typhoon / Around the Pacific newsletter where you look for an item in the publication. Last month's edition we received one response, however there were no qualified winners. Please be sure to read the rules.

The next item in the "Search the Edition" Game in this edition will be a little black turkey silhouette, so gobble on up and read the Typhoon / Around the Pacific and see if you can find it.

The following rules for participants:

**1. Who can and cannot participate?** Participants are VFW members in good standing with a Post that is part of the VFW Department of Pacific Areas with the exception of the following: Past Department Commanders, current serving Council Members, other National Level, Department, Districts, and Post Level elected or appointed positions. The idea is to try to get Comrades reading the Typhoon / Around the Pacific newsletter.

**2. What do you have to do?** Read the Edition of the Typhoon / Around the Pacific newsletter and look for a very small black turkey silhouette that looks like this ( 🦃 ). Hint, it is not the one on this page. When participants find the small black turkey silhouette, they shall:

- a. Send an e-mail to the Department Editor at: [typhoon@vfwdeptpacific.org](mailto:typhoon@vfwdeptpacific.org)
  - b. Subject line of the e-mail should be "SEARCH THE EDITION".
  - c. Participant provides their Full Name, Post Number, District, and what page they saw the small black turkey silhouette on.
- 4. How can you become a winner?** The first e-mail received by the Department Editor via the received e-mail date and time received with the correct page number will be the winner. E-mail must contain the requested information above. The Department Editor will forward the winning e-mail to the Department Commander. All winners will be listed in future editions.
- a. Winners of each edition shall receive a \$25.00 VFW Certificate, which will be issued at the Mid-Term Council of Administration in December 2015 and at the Annual Convention in June 2016. If the member is not present, the Post or District Commander will pick up and deliver to the winning member.
  - b. Once a participant becomes a winner of an edition, they may not participate in another monthly edition during the 2015-2016 VFW year.
  - c. All winners through the 2015-2016 publishing year are eligible for an additional \$100.00 VFW Certificate drawing at the Annual Convention in June 2016.
  - d. Each edition will have a different item to find and will be published in that edition.

### **Previous Edition Winners:**

🦃	July 2015:	None who qualified.
🦃	August 2015:	None who qualified.
🦃	September 2015:	None who qualified.
🦃	October 2015:	Matthew R. Beaver, Member, VFW Post 9612, District 2 Mainland Japan

# Happy Hunting!



## ***Around the Pacific Community Report***

### **DEPARTMENT COMMANDER'S TRAVEL TO WESTERN CONFERENCE IN BOISE IDAHO**



**BOISE, IDAHO** – From 05-08 November 2015, the VFW Western Conference was held at the Riverside Hotel in Boise, Idaho, where the VFW held great Leadership and Training seminars. Many thanks to the VFW Department of Idaho in Boise for hosting an outstanding conference as well as once again proving the West is the Best. At the Western Conference representing the Department of Pacific Areas were National Council Member Jerry Kraus and Commander Homer Kemper photographed with National Commander-in-Chief John Biedrzycki centered in the right photo.



The VFW Western Conference is made up of the following Departments: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Kansas, Latin America / Caribbean, Montana, Nevada, New Mexico, North Dakota, Oregon, Pacific Areas, Utah, Washington, and Wyoming.





## *District 1 Okinawa Japan*

### VFW POST 9723 VETERANS DAY CEREMONY AT KADENA AIR FORCE BASE OKINAWA JAPAN





# VFW POST 9723 VETERANS DAY BUDDY POPPY DRIVE AT KADENA AIR FORCE BASE OKINAWA JAPAN







## District 2 Mainland Japan

### VFW POST 1054 SCOUTING ACTIVITIES



Left: The Second picture is from the "Relay for Life" on 10 October 2015. The VFW and Scouts from Troop 35 Yokosuka Japan represented together at the annual relay for life in Ikego Japan!

Right: Scouts doing events with Post 1054 with Post Commander Mike Lutman and Kim McCann at the welcome of the USS Ronald Reagan on 02 October 2015. We were part of the welcoming committee on the pier. We brought Scouting and VFW to our new Shipmates from the USS Ronald Reagan!

### VFW POST 1054 SERVICE OFFICER AWARD



**YOKOSUKA, JAPAN** - VFW Post 1054, Service Officer presents Ron Kurth a Letter of Appreciation on behalf of National Commander John Biedrzycki, for all the support Mr. Kurth has provided VFW Post 1054 over the last few years.



## VFW POST 9612 COLUMBUS DAY RECRUITMENT / BUDDY POPPIES



**CAMP ZAMA, JAPAN** - Monday, 12 October 2015, Comrades Wykes, Boudreaux, and Himes, setup a Recruitment / Buddy Poppies table outside the Camp Zama Commissary.

## VFW POST 9612 HALLOWEEN AT THE POST HOME



**CAMP ZAMA, JAPAN** - Friday, 30 October 2015, the Post opened there doors for a night of ghost and goblins and fun of all kinds. Members and their families were invited for this open event.



## VFW POST 9612 PASSING OUT HALLOWEEN CANDY



**CAMP ZAMA, JAPAN** - Saturday, 31 October 2015, Comrades Malone, Himes, and Lemker, Set up a table on the Sagamihara Family Housing area. Were we passed out so much candy it would make you teeth fall out. You tummy would ache for a month of Sundays. All in the fun and games with the local community.

### COMMUNITY:

COM-MU-NI-TY *noun*

AMERICANS WHO VALUE PATRIOTISM AND GET INVOLVED TO ENCOURAGE OTHERS AROUND THEM TO SHOW THEIR APPRECIATION FOR THE SACRIFICES MADE BY OUR VETERANS.

PHOTO BY THE U.S. ARMY





## VFW POST 9612 OBSERVE VETERANS DAY IN HODOGAYA WAR MEMORIAL CEMETERY JAPAN



**HODOGAYA, JAPAN** - On District Commander David Wykes and Post Commander Randell Himes both of VFW Post 9612 Camp Zama, take part in the Remembrance Day observance in Hodogaya.





## VFW POST 9612 COMRADE LIVING HISTORIAN CIVIL WAR REENACTOR IN TOMS FARM CALIFORNIA



**CORONA, CALIFORNIA** - Comrade Joe Mortimer of VFW Post 9612, Camp Zama, District 2 Mainland Japan, on 18 October 2015, volunteered as a Living History Civil War Reenactor as a Cavalry Trooper with Company I, 2nd U.S. Cavalry Regiment, Frontier Army of the West 1861-1864 during the Toms Farm Civil War Reenactment in Moorpark.

*Recruit someone today!*



## VFW POST 9612 COMRADE LIVING HISTORIAN CIVIL WAR REENACTOR IN THOUSAND OAKS CALIFORNIA



**THOUSAND OAKS, CALIFORNIA** - Comrade Joe Mortimer of VFW Post 9612, Camp Zama, District 2 Mainland Japan, on 07-08 November 2015, volunteered as a Living History Civil War Reenactor as a Cavalry Trooper with Company I, 2nd U.S. Cavalry Regiment, Frontier Army of the West 1861-1864 during the Blue and the Gray Civil War Reenactment in Thousand Oaks.





## VFW POST 9612 COMRADE OBSERVES U.S. MARINE CORPS BIRTHDAY IN FALLBROOK CALIFORNIA



**FALLBROOK, CALIFORNIA** - Comrade Joe Mortimer of VFW Post 9612, Camp Zama, District 2 Mainland Japan, on 10 November 2015, took part in the 240th United States Marine Corps Birthday celebration held at VFW Post 1924 in Fallbrook, California. Semper Fi and happy birthday Marines!





## VFW POST 9612 COMRADE VETERANS DAY OBSERVANCE IN ESCONDIDO CALIFORNIA



**ESCONDIDO, CALIFORNIA** - Comrade Joe Mortimer of VFW Post 9612, Camp Zama, District 2 Mainland Japan, on 11 November 2015, took part in the Veterans Day observance held by American Legion Post 149 in Grape Day Park, Escondido, California.



## *District 5 Thailand / Cambodia*

## VFW POST 12146 BAN CHANG IN THE COMMUNITY



**BANCHANG, THAILAND** - Post Commander Ken Stein and Junior Vice Commander Marty Gruber presenting computers to a local school. The Post was able to have three computers donated and with the help of the local government selected the government school that could best use the two desktop and one lap top computer.

**BANCHANG, THAILAND** - The Post received a request from JUSMAGTHAI to assist the widow of a retired U.S. Navy Chief Petty Officer. Senior Vice Commander Joe "Sully" Sullivan and Junior Vice Commander Marty Gruber immediately began working with the widow and the Royal Thai Navy to ensure the request was honored. The Chief's wishes were carried out by having his ashes placed in the sea outside the Royal Thai Navy Base Sattahip. Eight Post members plus the Honor Guard and Junior Marines from Pattaya Post 9876 conducted a military and flag folding ceremony. Then we all accompanied the family on a Thai Navy boat and assisted in placing the Chief's ashes in the sea. Below is Post Commander Ken Stein presenting our flag to the widow.





## District 7 Philippines

### VFW POST 124 19TH YEAR ANNIVERSARY "DOING THE RIGHT THING"



U.S. VETERANS OF FOREIGN WARS  
VFW Post 124

19TH YEAR ANNIVERSARY



HAPPY BIRTHDAY  
U.S. NAVY  
239 YEARS OF SERVICE

NEWTOWN PLAZA HOTEL  
42 CLARO M RECTO STREET CORNER  
LEONARDWOOD ROAD,  
BAGUIO CITY  
OCTOBER 18, 2015



## Pacific Areas General Announcements

MOVING, TRANSFERRING, OR OTHERWISE LEAVING  
THE LOCAL AREA OF YOUR POST?  
LET YOUR POST KNOW



If moving, be sure to let your Post Quartermaster / Adjutant know and provide your change of address, so you will not miss any of your VFW Magazine subscriptions and other VFW benefits.

## IS YOUR MEMBERSHIP UP TO DATE?

Are you a member in good standing? Look at your membership card. If it is about to expire, renew it today or better yet, go **LIFE MEMBERSHIP** and save money over time. It's never too late to switch to a Life Membership and you never have to worry about rate increases or remembering to renew! Log onto:

<http://emem.vfw.org/>

## **MEMBERSHIP RECRUITING AND APPLICATION PROCESSING**

Membership is the future of our organization. All comrades should be willing assist with a membership growth and/or help the post in whatever needs to be done. When you are submitting an application for membership for a perspective new member, it is important to ensure you have it completed properly so as not to delay the processing. At the next Post Monthly General Business Meeting, the applications will be reviewed for completeness and voted on before submission to the VFW National Headquarters. To ensure no delays in processing:

- Ensure you complete the application fully,
- Include proof of eligibility,
- Payment in the form of a check, money order, credit card, or cash for either Life Membership or Annual Membership. (Checks and money orders will be made out to "VFW Post \_\_\_\_\_.")

Temporary membership is then granted to attend VFW Meetings and events with the Post until such time as the newly recruited Comrade receives their VFW Membership Card from the VFW National Headquarters with full membership benefits.



VFW Life Members can now take the next step in ensuring veterans a better tomorrow by becoming a Legacy Life Member today. Be remembered for your service as a veteran and VFW member. It's easy to get started. Choose from Gold, Silver or Bronze, each with its own prestigious benefits.

**Gold \$1,200**

**Silver \$800**

**Bronze \$400**

Legacy is tax deductible to the maximum extent allowed. Use the installment plan option to make quarterly payments.

For more information logon to:

**<http://emem.vfw.org/>**



## DEPARTMENT OF PACIFIC AREAS CLARK CEMETERY



Clark Cemetery Maintenance Fund donations accepted to support the maintenance of this cemetery, which is completely dependent on individual and group donations. VFW Post 2485, located in Angeles City, Philippines, is the caretaker of Clark Cemetery for the VFW Department of Pacific Areas and is in need of your help.

**<http://www.vfwpost2485.com/cemetery.htm>**

*If you make a donation, we thank you very much and ask you to please inform your Post Adjutant / Quartermaster.*

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## DEPARTMENT OF PACIFIC AREAS GRAVE DIGGERS



Become a member and support the Department of Pacific Areas Grave Diggers Program which is open to anyone who has a desire to support the Clark Cemetery. To use our PDF "fill-able" application form log:

**[http://www.vfwpost2485.com/grave\\_diggers.pdf](http://www.vfwpost2485.com/grave_diggers.pdf)**

- Please mail your application and membership fee, as well as any future donations to:

VFW Post 2485  
Attn: Grave Diggers  
PSC 517, Box RC-V  
FPO AP 96517-1000


*If you make a donation or become a member of the Grave Diggers, we thank you very much and ask you to please inform your Post Adjutant / Quartermaster.*

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## POST COMMUNITY SERVICE REPORTS

*All members please submit!*

Reminder to submit your Monthly Volunteer / Community Service Reports to your Post Junior Vice Commander as directed by your Posts. Reports are due on the Department Website **on or before the last day of each month for that month.**



**You Served with Honor and Pride, Reward Yourself...**

Make a commitment that will last a lifetime.

AVFW Life Membership creates a substantial savings over paying annual dues while helping to support VFW. There's no better way to say you're concerned about veterans issues and the future care of our young fighting forces today than to become a Life Member now.

Here's what you can look forward to:

- Significant cost savings over annual fees
- Lifelong accidental insurance policy
- Lifetime member services, benefits and discounts
- Uninterrupted delivery of VFW magazine
- Eligibility for VFW Legacy Life program

**Start saving now! Becoming a VFW Life Member is easy.**

Pay all at once or use the installment plan to spread out the payments. Both are affordable ways to show your commitment to the organization.

Here are examples of how the savings can work for you based on the current rate.

New members can fill out an application online at [www.jointhelife.org](http://www.jointhelife.org) to see their savings.

Eligibility:	Cost to pay annually over the course of her membership*	Cost to be a VFW Life Member	How much she saves
Operation Iraqi Freedom	\$1,750	\$425	\$1,300

Joined in 2004  
Age: 25  
Cost to be a life member in other vet organizations up to \$1,326

Eligibility:	Cost to continue to pay annually over the course of his membership*	Cost to be a VFW Life Member	How much he saves
Vietnam War	\$455	\$290	\$165

Joined in 1974  
Age: 62  
Cost to be a life member in other vet organizations up to \$668

\* Based on enrolling a member through age 75

## VFW MEMBERSHIP



membership | veterans advocacy | troop support

***“It’s not what you paid to be a member, it’s what you paid to be eligible.”***



**Veterans Day!**

**In Memory of those who Served....**

**In Honor of those who serve us now!**





## Cootie Corner Announcements

### MOC PACIFIC AREAS PADDY DADDY PROGRAM

M.O.C. Grand of the Pacific Areas is asking you to help support the Paddy Daddy Program.

Applications are available online on the VFW Department of Pacific Areas website. The Paddy Daddy Application for signing up Comrades, Cooties, Friends, Family, and yes, even your Pets can be signed up!

Please fill out as many applications as you like for a very good cause. The VFW National Home Special Project is the recipient of the proceeds from our very own program in the Pacific Areas.

Send the application to me along with a check made out to "Ee CHI GAE Pup Tent #2, in the amount of US\$25.00, and I will promptly prepare your Certificate, Card and Pin and mail them to you. If you have any questions please do not hesitate to e-mail: [bthaney12@vfw10223.org](mailto:bthaney12@vfw10223.org)

Yours in Comradeship,  
L.O.T.C.S.  
Billy Haney  
Seam Squirrel Pup Tent #2  
Military Order of the Cootie  
Paddy Daddy Chairman







## *Pacific Areas Photo of the Edition*

*Submitted by Joe Mortimer, VFW Post 9612, Camp Zama, Japan*

# IN HONOR OF THE MARINE CORPS BIRTHDAY



## *Pacific Areas Joke of the Edition*

*Submitted by Joe Mortimer, VFW Post 9612, Camp Zama, Japan*

## One for the Marines! (or three?)

A Sailor in a bar leans over to the guy next to him and says, "Wan'na hear a MARINE joke?"

The guy next to him replies, "Well, before you tell that joke, you should know something. I'm 6' tall, 200 lbs, and I'm a MARINE. The guy sitting next to me is 6'2" tall, weighs 225, and he's a MARINE. The fella next to him is 6'5" tall, weighs 250, and he's also a MARINE. Now, you still wan'na tell that joke?"

The Sailor says, "Nah, I don't want to have to explain it three times."



## ***Letters of Intent - 2015-2016 VFW Year***



### **LETTER OF INTENT 2016-2017 VFW YEAR** **Junior Vice Commander** **Ricky W. Farris**

I am proud to announce my candidacy for the position as VFW Department of Pacific, Junior Vice Commander for the 2016-2017 term. As a Gold Legacy Life member of VFW Post 1054 in Yokosuka, Japan, and current VFW Department of Pacific, Voice of Democracy/Teacher Chairman, I have established a solid record of accomplishments which have enhanced services to our members, including earning All-American District and Post Commander. I bring all of my dedication, experience, and leadership to our great department, in furthering our goals and furthering our fine reputation throughout the VFW.

My record in a range of elected and appointed positions at the Post, District and Department levels makes me uniquely qualified for the position of Department Junior Vice Commander. Please consider my previous experience:

Post 1054 Commander (2012-13) (All American/All-State 2012-13)  
Outstanding Post Membership Chairman (2012)  
Outstanding Post Commander, Dept of Pacific (2013)  
Outstanding Member, Dept. of Pacific (2014)  
District 2 Commander (2013-15) (All-American/All-State 2014-15) (#2 Nationally, 2015)  
Department of Pacific VOD/PP/Teacher (2015-16)

I support the VFW in all of our endeavors. Interacting with Active Duty military, as well as our veterans, provides me with great input on their needs and services, both those now being provided, and those lacking. I will strive to get the best for our veterans and Active Duty, and support the VFW's programs and services. If elected, I will work tirelessly in support of all that Guard the Gates of Freedom today, and relentlessly in providing our veterans with all the rights we have earned in the defense of our beloved country. And let us never forget those in need of our support in Nursing Care facilities, such as our 95 year old World War II hero, Jack Bove.

I look forward to seeing each of you at the upcoming Council of Administration and at our 2016 Department Convention in Chang Mai, Thailand in June 2016.

Yours in Comradeship and Service to Veterans,

Ricky W. Farris  
Candidate for Junior Vice Commander, VFW Dept. of Pacific

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## **See you in the next edition!**