

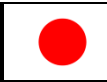
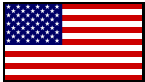


Typhoon Newsletter



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

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FREE

“GET IT DONE”

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Inputs for the August Typhoon
Are due on 05 August 2018.



Department Officer's Comments & Department Committee Reports

From the Commander:

Comrades,

Let me start by personally thanking all of you for the confidence you have shown in electing me as your new Department Commander for the year 2018 – 2019. I promise not to let you down and will do my best to represent you throughout the coming year.

The new VFW administrative year started 1 July 2018. Membership numbers will once again be a little difficult to track this early in the year as the National Membership Team resets the Online Membership System for the year 2018 – 2019. MEMSTATS numbers will be lower than you expect since they track only new members or renewals starting on 1 July 2018. VFW National informed us that the first Life Membership totals will be posted in MEMSTATS once the first Life Membership Payouts have been made to the Department, Districts and Posts in September 2018. You can see your current numbers by doing a Post Query! Senior Vice Commander Farris will be publishing the new numbers as soon as he can get meaningful numbers for you. Our goal this year is to hit 12,001 members for the Department. That will require each Post and District to start their recruiting efforts NOW! I'm confident this goal can be met if we work as a Team!



One of our primary means of Communication this year will be the Department of Pacific Areas Face Book Page. The DPA Communications Group Page will be utilized much more this year for dissemination of important information. If you are a DPA/District/Post Officer/Chairman, I strongly encourage you to join the page. Typhoon Editor, Mrs, Lenee Zaher, has been reappointed again this year. All DPA Officers and Chairpersons will submit articles to her by no later than the 5th of each month. Please include the DPA Webmaster on your emails so that he can post your information on the DPA Webpage. Finally, I have opened up my Commander's Face Book Page (Michael Ray Verville) to all VFW members within the Department of Pacific Areas. If you need to speak to me on any matter that involves the Department - Please feel free to send me a private message or post on my page. If you have ideas to make the Department better - I would be happy to hear from you. Finally, if you don't like something we are doing in the DPA - tell me BUT be prepared to recommend an alternative. Anyone can complain - be part of the solution! We are four days into the new VFW Term. Let's kick it in gear and "GET IT DONE" early this year. Don't wait until April to meet your All-State and All-American "Checklist" requirements for 2018 - 2019! The Department of Pacific Areas continues to excel as a leader within VFW National! Please contact me any time at mverville2005@gmail.com or +639182491184!

Yours in Comradeship and Service,

Michael R. (Mike) Verville
Commander
Department of Pacific Areas – 2018/2019

"GET IT DONE"

From the Senior Vice Commander:

Comrades,

I am humbled and honored to be your Senior Vice Commander of the VFW Department of Pacific Areas for the 2018-19 year. I will do my best to put the knowledge gained as last year's JVC to good use. I would like to congratulate all of this year's elected and appointed officers. I am sure you will strive to continue the example set by our past staff, in making our department a shining example for the Veterans of Foreign Wars.

As most of you are well aware, I have several responsibilities this year, Chairman for Veterans Assistance, Homeless Veterans Chairman, Budget Committee, and Membership Chairman.

Veterans Assistance is primarily for those Veterans in need of a bit of help due to emergencies such as Medical bills, etc. VAC Grant forms are available from me or through your Post. Once the Post commander receives this form, it is forwarded to me with any supporting documentation. The VAC committee consists of the seven District Commanders. They are sent the information by email and vote on whether to approve the grant. I only vote in the instance of a tie. The approval or denial result is sent by me to the Post Commander. If approved, I will instruct the Department Quartermaster to make a deposit for the recipient, either through the Post, or directly to him/her.

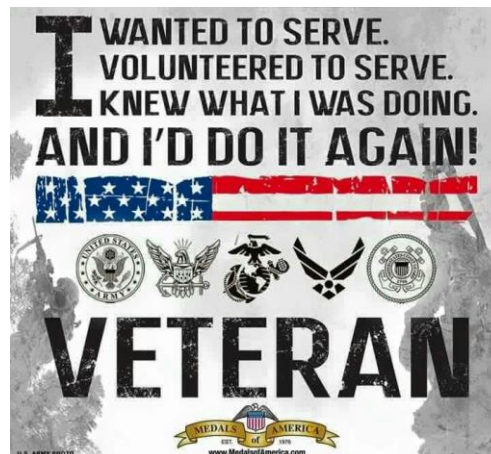
And closely related, occasionally is Homeless Veterans. I have not seen a homeless Vet in our department, but should you locate one, please let me know, and what he/she needs in the way of assistance from us.

Which brings us next to Membership. Now is the time to begin reviewing Commander Verville's All-State requirements. And don't forget CiC Lawrence's All-American requirements. There are several "early bird" incentives being given out by National. I would love to see our department get a few of those. Next month I will be posting a checklist, based on last year's, for the Post and District Commanders to follow as the year progresses. As you have heard already, please don't wait until April to finish the requirements. Getting it done early benefits everyone, the Post, District, and Department.

I will begin publishing MEMSTATS once the system gets caught up. And as the year gets going, you will be seeing the countdown to 100%. I personally liked tracking it last year and will continue it this year as we get close. This will be the year we hit 12,000 members for the department. Let's hit it sooner than later.

The Department of Pacific will have a banner year. Let's "GET IT DONE"!

Rick Farris,
Senior Vice Commander
Department of Pacific Areas



From the Junior Vice Commander:

Hello Comrades,

First of all let me say it is indeed an honor to be elected and serve as your DPA Junior Vice Commander. So thank you for your support and I look forward to working with you during the upcoming term.

My main focus will be Community Service Reports (CSR) which I will be monitoring and reporting on each month. In this month's report you will note we have listed the numbers for May and June since the reporting period for CSRs is May through April each year. The system closes on 30 April and the data is forwarded to National for inclusion in their organization wide annual community service report. In addition to CSRs I will be involved in the DPA outstanding QM, etc., awards, VOD/PP/Teacher's Award, and Buddy Poppies. The Department chairman for VOD/PP/TA is Don Kelly.



Of course I will also be supporting all goals and initiatives established by our Department Commander Mike Verville. If there is anything I can do to assist you in any manner please contact me and I will do everything in my power to help.

Hope your 4th of July was safe and enjoyable. Happy Birthday America! Looking forward to a great year for our Department, our Districts, and your our Posts.

COMMUNITY SERVICE REPORT - AS OF 1 JULY 2018

Post	Dist	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Total
9723	1	13	13	0	0	0	0	0	0	0	0	0	0	26
1054	2	16	9	0	0	0	0	0	0	0	0	0	0	25
9555		24	18	0	0	0	0	0	0	0	0	0	0	42
9612		10	11	0	0	0	0	0	0	0	0	0	0	21
8180	3	17	9	0	0	0	0	0	0	0	0	0	0	26
9985		18	12	0	0	0	0	0	0	0	0	0	0	30
10033		0	0	0	0	0	0	0	0	0	0	0	0	0
10223		8	15	0	0	0	0	0	0	0	0	0	0	23
12147		4	3	0	0	0	0	0	0	0	0	0	0	7
9957	4	1	0	0	0	0	0	0	0	0	0	0	0	1
9876	5	13	0	0	0	0	0	0	0	0	0	0	0	13
9951		20	21	0	0	0	0	0	0	0	0	0	0	41
10217		17	23	0	0	0	0	0	0	0	0	0	0	40
10249		10	6	0	0	0	0	0	0	0	0	0	0	16
11575		0	0	0	0	0	0	0	0	0	0	0	0	0
12074		0	8	0	0	0	0	0	0	0	0	0	0	8
12146		11	24	0	0	0	0	0	0	0	0	0	0	35
12163		15	14	0	0	0	0	0	0	0	0	0	0	29
1509	6	7	1	0	0	0	0	0	0	0	0	0	0	8
2917		50	8	0	0	0	0	0	0	0	0	0	0	58
3457		9	6	0	0	0	0	0	0	0	0	0	0	15
124	7	17	10	0	0	0	0	0	0	0	0	0	0	27
2485		141	128	0	0	0	0	0	0	0	0	0	0	269
9892		60	64	0	0	0	0	0	0	0	0	0	0	124
11447		8	2	0	0	0	0	0	0	0	0	0	0	10
12130		2	0	0	0	0	0	0	0	0	0	0	0	2
Total		491	405	0	0	0	0	0	0	0	0	0	0	896

Yours in comradeship, service, and with best wishes,

Kenneth A Stein
Junior Vice Commander
Department of Pacific Areas

From the Junior Past Department Commander:

Comrades,

Over the past few months we have built up a great deal of momentum, not only in terms of membership recruiting, but also in development of our programs, sponsorships and events. We will need to maintain this activity level to get a solid start to the new VFW year. Taking a long "summer vacation" and losing our current focus and energy will simply make it more difficult later in the year.

Please review the VFW National Membership Program, if you have not done so. There are a number of changes from last year in terms of requirements and incentives that may impact on how you plan and conduct your membership drives. One needed change included is the recognition of the key role of the Quartermaster in the recruiting and retention effort.

We had a great year in 2017-2018 and we have laid a solid foundation to bring the Department to an even higher level this year. Commander Verville and his team are here to support your efforts.

Yours in Comradeship & Service,

John Gilbert
Junior Past Department Commander
Department of Pacific Areas



From the National Councilmember:

Comrades,

Congratulations to Jr Past Commander John Gilbert on leading the Department to another year as All American. This is the 14th year in a row for the Pacific. Let us work to make it 15.

It was a pleasure to see all that attended the Department Convention. Congratulations to all the new officers for the 2018-2019 year.

Thank you to those that brought to me items of importance to take to National. This is why we have the National Council Member position. I work for you. The council only meets 4 times a year, twice at the National Convention, once in August and again in March. If you have something that you would like to take to National please let me know. The more information or back ground you give me the better and convey the message to National.

This is the half way point for me as your Council Member. We will be voting at the Department Convention in 2020 for my replacement. I know that sounds like a long time away, but it will flyby quickly. Anyone that is thinking about running for the position, feel free to contact me or talk to me at the CofA or Convention in Saipan next year.

I look forward to seeing the Comrades of the Pacific that will be attending the National Convention. Please remember the Western Conference will be meeting on Saturday 21 July.

Yours in Comradeship,

Shawn Watson
National Council Member
Department of Pacific Areas

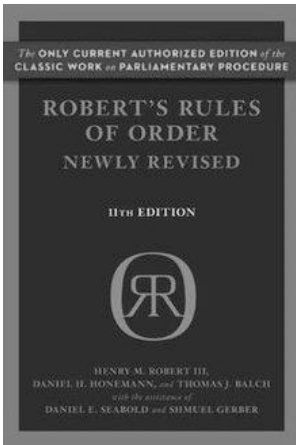


From the Judge Advocate:

Comrades,

I appreciate the trust that you have shown by choosing me to be your Department Judge Advocate. I am very excited and anxious to serve you in this capacity. I want to congratulate all of the new Post, District, and Department officers and hope you will take your oath seriously.

In this issue I will present a summary of Robert Rules of Order.



Robert's Rules of Order - Summary Version

Introduction to Robert's Rules of Order

What is Parliamentary Procedure?

It is a set of rules for conduct at meetings that allows everyone to be heard and to make decisions without confusion.

Why is Parliamentary Procedure Important?

Because it's a time tested method of conducting business at meetings and public gatherings. It can be adapted to fit the needs of any organization. Today, Robert's Rules of Order newly revised is the basic handbook of operation for most clubs, organizations and other groups. So it's important that everyone know these basic rules!

Organizations using parliamentary procedure usually follow a fixed order of business. Below is a typical example:

1. Call to order.
2. Roll call of members present.
3. Reading of minutes of last meeting.
4. Officer's reports.
5. Committee reports.
6. Special orders -- Important business previously designated for consideration at this meeting.
7. Unfinished business.
8. New business.
9. Announcements.
10. Adjournment.

The method used by members to express themselves is in the form of moving a motion. A motion is a proposal that the entire membership take action or a stand on an issue. Individual members can:

1. Call to order.
2. Second motions.
3. Debate motions.
4. Vote on motions.

There are four Basic Types of Motions:

1. **Main Motions:** The purpose of a main motion is to introduce items to the membership for their consideration. They cannot be made when any other motion is on the floor, and yield to privileged, subsidiary, and incidental motions.
2. **Subsidiary Motions:** Their purpose is to change or affect how a main motion is handled, and is voted on before a main motion.
3. **Privileged Motions:** Their purpose is to bring up items that are urgent about special or important matters unrelated to pending business.
4. **Incidental Motions:** Their purpose is to provide a means of questioning procedure concerning other motions and must be considered before the other motion.

How are Motions Presented?

1. Obtaining the floor
 - a. Wait until the last speaker has finished.
 - b. Rise and address the Chairman by saying, "Mr. Chairman, or Mr. President."
 - c. Wait until the Chairman recognizes you.
2. Make Your Motion
 - a. Speak in a clear and concise manner.
 - b. Always state a motion affirmatively. Say, "I move that we ..." rather than, "I move that we do not ..."
 - c. Avoid personalities and stay on your subject.
3. Wait for Someone to Second Your Motion
4. Another member will second your motion or the Chairman will call for a second.
5. If there's no second to your motion it is lost.
6. The Chairman States Your Motion
 - a. The Chairman will say, "it has been moved and seconded that we ..." Thus placing your motion before the membership for consideration and action.
 - b. The membership then either debates your motion, or may move directly to a vote.
 - c. Once your motion is presented to the membership by the chairman it becomes 'assembly property', and cannot be changed by you without the consent of the members.
7. Expanding on Your Motion
 - a. The time for you to speak in favor of your motion is at this point in time, rather than at the time you present it.
 - b. The mover is always allowed to speak first.
 - c. All comments and debate must be directed to the chairman.
 - d. Keep to the time limit for speaking that has been established.
 - e. The mover may speak again only after other speakers are finished, unless called upon by the Chairman.
8. Putting the Question to the Membership
 - a. The Chairman asks, "Are you ready to vote on the question?"
 - b. If there is no more discussion, a vote is taken.
 - c. On a motion to move the previous question may be adapted.

Voting on a Motion:

The method of vote on any motion depends on the situation and the by-laws of policy of your organization. There are five methods used to vote by most organizations, they are:

1. By Voice - The Chairman asks those in favor to say, "aye", those opposed to say "non". Any member may move for an exact count.
2. By Roll Call -- Each member answers "yes" or "no" as his name is called. This method is used when a record of each person's vote is required.
3. By General Consent -- When a motion is not likely to be opposed, the Chairman says, "If there is no objection ..." The membership shows agreement by their silence, however if one member says, "I object", the item must be put to a vote.
4. By Division -This is a slight verification of a voice vote. It does not require a count unless the chairman so desires. Members raise their hands or stand.
5. By Ballot - Members write their vote on a slip of paper; this method is used when secrecy is desired.

There are two other motions that are commonly used that relate to voting.

1. Motion to Table -- This motion is often used in the attempt to "kill" a motion. The option is always present, however, to "take from the table", for reconsideration by the membership.
2. Motion to Postpone Indefinitely - This is often used as a means of parliamentary strategy and allows opponents of motion to test their strength without an actual vote being taken. Also, debate is once again open on the main motion.

Parliamentary Procedure is the best way to get things done at your meetings. But, it will only work if you use it properly.

1. Allow motions that are in order.
2. Have members obtain the floor properly.
3. Speak clearly and concisely.
4. Obey the rules of debate.
5. Most importantly, *BE COURTEOUS*.

For Fair and Orderly Meetings & Conventions

Provides common rules and procedures for deliberation and debate in order to place the whole membership on the same footing and speaking the same language. The conduct of ALL business is controlled by the general will of the whole membership - the right of the deliberate majority to decide. Complementary is the right of at least a strong minority to require the majority to be deliberate - to act according to its considered judgment AFTER a full and fair "working through" of the issues involved. Robert's Rules provides for constructive and democratic meetings, to help, not hinder, the business of the assembly. Under no circumstances should "undue strictness" be allowed to intimidate members or limit full participation.

The fundamental right of deliberative assemblies requires all questions to be thoroughly discussed before taking action!

The assembly rules - they have the final say on everything!

Silence means consent!

- Obtain the floor (the right to speak) by being the first to stand when the person speaking has finished; state Mr./Madam Chairman. Raising your hand means nothing, and standing while another has the floor is out of order! Must be recognized by the Chair before speaking!
- Debate cannot begin until the Chair has stated the motion or resolution and asked "are you ready for the question?" If no one rises, the chair calls for the vote!
- Before the motion is stated by the Chair (the question) members may suggest modification of the motion; the mover can modify as he pleases, or even withdraw the motion without consent of the seconder; if mover modifies, the seconder can withdraw the second.
- The "immediately pending question" is the last question stated by the Chair! Motion/Resolution - Amendment - Motion to Postpone
- The member moving the "immediately pending question" is entitled to preference to the floor!
- No member can speak twice to the same issue until everyone else wishing to speak has spoken to it once!
- All remarks must be directed to the Chair. Remarks must be courteous in language and deportment - avoid all personalities, never allude to others by name or to motives!
- The agenda and all committee reports are merely recommendations! When presented to the assembly and the question is stated, debate begins and changes occur!

The Rules

- **Point of Privilege:** Pertains to noise, personal comfort, etc. - may interrupt only if necessary!
- **Parliamentary Inquiry:** Inquire as to the correct motion - to accomplish a desired result, or raise a point of order
- **Point of Information:** Generally applies to information desired from the speaker: "I should like to ask the (speaker) a question."
- **Orders of the Day (Agenda):** A call to adhere to the agenda (a deviation from the agenda requires Suspending the Rules)

- **Point of Order:** Infraction of the rules, or improper decorum in speaking. Must be raised immediately after the error is made
- **Main Motion:** Brings new business (the next item on the agenda) before the assembly
- **Divide the Question:** Divides a motion into two or more separate motions (must be able to stand on their own)
- **Consider by Paragraph:** Adoption of paper is held until all paragraphs are debated and amended and entire paper is satisfactory; after all paragraphs are considered, the entire paper is then open to amendment, and paragraphs may be further amended. Any Preamble cannot be considered until debate on the body of the paper has ceased.
- **Amend:** Inserting or striking out words or paragraphs, or substituting whole paragraphs or resolutions
- **Withdraw/Modify Motion:** Applies only after question is stated; mover can accept an amendment without obtaining the floor
- **Commit /Refer/Recommit to Committee:** State the committee to receive the question or resolution; if no committee exists include size of committee desired and method of selecting the members (election or appointment).
- **Extend Debate:** Applies only to the immediately pending question; extends until a certain time or for a certain period of time
- **Limit Debate:** Closing debate at a certain time, or limiting to a certain period of time
- **Postpone to a Certain Time:** State the time the motion or agenda item will be resumed
- **Object to Consideration:** Objection must be stated before discussion or another motion is stated
- **Lay on the Table:** Temporarily suspends further consideration/action on pending question; may be made after motion to close debate has carried or is pending
- **Take from the Table:** Resumes consideration of item previously "laid on the table" - state the motion to take from the table
- **Reconsider:** Can be made only by one on the prevailing side who has changed position or view
- **Postpone Indefinitely:** Kills the question/resolution for this session - exception: the motion to reconsider can be made this session
- **Previous Question:** Closes debate if successful - may be moved to "**Close Debate**" if preferred
- **Informal Consideration:** Move that the assembly go into "**Committee of the Whole**" - informal debate as if in committee; this committee may limit number or length of speeches or close debate by other means by a 2/3 vote. All votes, however, are formal.
- **Appeal Decision of the Chair:** Appeal for the assembly to decide - must be made before other business is resumed; NOT debatable if relates to decorum, violation of rules or order of business
- **Suspend the Rules:** Allows a violation of the assembly's own rules (except Constitution); the object of the suspension must be specified

Taken from: <https://www.robertsrules.org/>

Yours in Comradeship,

Robert "Mo" Moses
Judge Advocate
Department of Pacific Areas

From the Adjutant:

Greetings,

I would like to thank Lou Holub, 2018 Department Convention Chairman, his Team, Past Post 12146 Commander Stein and Post 12146 Members for what I believe was a highly successful DPA Convention in Ban Chang, Thailand. Once we were able to get through language barrier issues, things seemed to flow. I know I enjoyed the Convention and associated activities, even though I was very busy at times.



Please forward a copy of your Post or District General Orders to me at: adjdpa@vfwdeptpacific.org I use the General Orders and Election Reports to complete the DPA MEMO ONE. I prefer to use the General Orders because there are times when the National data base (for the election report) is out of date and I have found that your Posts and District General Orders are much more accurate and the General Orders contain the other information that we place on the MEMO ONE. I am still missing some General Orders. If you have not previously sent me your District or Post General Order for 2018-2019, please do so NOW, as the DPA MEMO ONE is in final DRAFT.

We need to now focus our efforts to the new upcoming VFW year. Each year brings new challenges and this coming year will be no different.

Thank you ALL for your continuing support.

Yours in Comradeship,

Jerry Chaplin
Adjutant
Department of Pacific Areas

From the Chief of Staff:

Comrades,

It was great to see those that attended the Department Convention. I would like to thank Post 12146 for the outstanding job hosting. Congratulations to Jr Past Commander John Gilbert on being awarded All American Department Commander.

First congratulations to all newly elected officers and to those that were re-elected or appointed. As we begin the VFW year, let's hit the ground running. The beginning of the first is always busy. Many of the programs are due within the first 4 or 5 months. Each Commander should have a good plan of attack to accomplish their goals for this year. Good luck to all and if you need anything, please feel free to email me.



Commander Verville, thank you for allowing me to serve as you Chief of Staff for this year.

Yours in Comradeship,

Shawn Watson
Chief of Staff



From the Quartermaster:

Comrades,

It was good to see everyone at our Convention. Congratulations to Post 12146 for doing a great job hosting the Convention. Many Posts and Districts took care of their Quartermaster bond and Buddy Poppy obligations, but there are a few exceptions. Please refer to the chart following this article. I will be ordering the QM Bonds at the end of July and you should have them in your Department email inbox a few weeks before the previous year's bond expires.

On the "Audits, Poppies, QM Bonds" chart, the letter "F" after the Paid indication for Quartermaster Bonds means that I have the required form to order your Bond. Our webmaster, Shawn Watson, has included this new form (May, 2018) on our website under the "Forms" menu. If you have not sent me this form, please download it, fill it out, and email it to me so I can get you covered for the following year.

Buddy Poppies will be ordered in early August. Every year some of the ordered Poppies are returned to National as undeliverable. This seems to be unique to Thailand and, to some extent, the Philippines. Please make sure the Quartermaster's mailing address in Memo #1 can receive packages. If not, please send me an address where your Post can receive packages.

Let's have another great year and show the world that the Department of Pacific Areas under the leadership of Commander Verville still leads the way.



2018-2019 POST AND DISTRICT AUDITS/POPPIES/QM BONDS

AUDITS SUBMITTED	JUNE '18	SEP '18	DEC '18	MAR '19	BUDDY POPPIES ORDERED '18-'19	QM BOND ORDERED 2018-'19
9723					\$116/1,000	\$100/\$40,000 Pd F*
District I					X	\$10.50/\$3,000 Pd F*
1054					\$174/1,500	\$125/\$50,000 Pd F*
9555						\$75/\$30,000 Pd
9612						\$65/\$26,000 Pd F*
District II					X	\$17.50/\$5,000 Pd F*
8180					\$116/1,000	\$70/\$28,000 Pd F*
9985	X				\$58/500	\$65/\$26,000 Pd F*
10033					\$58/500	\$70/\$28,000 Pd
10223					\$58/500	\$100/\$40,000 Pd F*
12147					\$58/500	\$35/\$10,000 Pd F*
District III					X	\$17.50/\$5,000 Pd F*
9957					\$58/500	\$75/\$30,000 Pd F*
District IV					X	
9876					\$58/500	\$125/\$50,000 Pd F*
9951					\$58/500	\$35/\$10,000 Pd
10217					\$58/500	\$42/\$12,000 Pd F*
10249					\$58/500	\$52.50/\$15,000 Pd F*
11575						\$17.50/\$5,000 Pd F*
12074					\$58/500	\$42/\$12,000 Pd F*
12146					\$58/500	\$70/\$28,000 Pd F*
12163					\$58/500	\$10.50/\$3,000 Pd F*
District V					X	\$59.50/\$17,000 Pd

1509					\$58/500	\$175/\$70,000	Pd	F*
2917					\$58/500	\$65/\$26,000	Pd	F*
3457					\$58/500	\$65/\$26,000	Pd	
District VI					X			
124					\$58/500	\$49/\$14,000	Pd	
2485	X				\$58/500	\$400/\$160,000	Pd	F*
9892					\$58/500	\$42/\$12,000	Pd	F*
11447					\$58/500	\$31.50/\$9,000	Pd	
12130	X				\$58/500	\$10.50/\$3,000	Pd	
District VII					X			
*F = Bond application form received.								

Yours in Comradeship,

Pete Callaghan
 Quartermaster
 Department of Pacific Areas



From the Chaplain:

Comrades,

Another year has started. First I would like to wish that you and your families have a happy, a safe and wonderful 4th of July Holiday.

We are beginning the year with 0 fatalities within our ranks. Although there have been numerous incidents that have had fatalities. We do not know if any of them were part of our organization or not, but let's pray for them and their families.

Let's remember the following days ahead starting with 27 July 1953 – The Armistice of end the Korea War was signed. 11 Aug 1972, US Troops left South Vietnam. These days are not celebrated but are a great part of why we the VFW exist. Pray for those who made the ultimate sacrifice on these eventful days. Let's pray that we can continue to live in peace and harmony around the world.

Post Commanders and Chaplains Report any fatalities to me at the below email address:

Contact Info: davisronald738@gmail.com

Yours in Comradeship,

Ron Davis
 Chaplain
 Department of Pacific Areas



From the Surgeon:

Comrades,

Good cholesterol (HDL) helps mop up bad cholesterol (LDL) from your body by taking it back to the liver to be processed or disposed of before it sticks to the walls of your blood vessels. So, our objective is to increase HDL and reduce LDL.

To increase good cholesterol (HDL) and decrease bad (LDL):

- 1.) Physical activity** - Benefits can be seen with as little as 60 minutes of moderate-intensity aerobic exercise a week. Start slow, walk briskly for 10-15 minutes a few times a week and then build up to 20-30 minutes of brisk walking at least five times per week. Take stairways for a floor or two rather than the elevator. Think of other ways to include non-strenuous activities in your day.
- 2.) Smoking** - Quit. Interestingly, switching to vapor electronic cigarettes has shown to lead to an increase in HDL (has also blown the lips off a few users and has some other negative health effects).
- 3.) Food** - Eliminate trans-fats found in doughnuts, cookies, crackers, muffins, pies and cakes, margarine/spreads, salty snacks, fried foods and other processed foods. Instead, eat beans, whole grains, high-fiber fruit, fatty fish (omega 3), nuts, and avocados. Cook with olive oil.
- 4.) Drink** - Drinking moderate amounts of alcohol, including red wine, has been shown to raise HDL levels. It's also been shown to lower your risk of heart disease. A moderate amount of alcohol is defined as just one per day for women and two per day for men.

If lifestyle changes don't lead to improvement, your doctor will probably focus on lowering your LDL cholesterol with medications known as statins — such as atorvastatin (Lipitor) and simvastatin (Zocor).

Keep your heart healthy by being cholesterol conscious - get it checked. Choose a heart-healthy lifestyle and reduce your risk of heart disease by making the best choices for your heart. Keep your cholesterol levels in check to start living a longer, healthier, happier life.

Yours in Comradeship & Well-Being,

Brian J. Hamic
Surgeon
Department of Pacific Areas

Article resources: [Mayo Clinic](#); [HealthLine](#)



From the Inspector:

Comrades,

Congratulations to all the new officer's elected for the 2018-2019 term. It is not too early to start preparing for the post and district inspections. Please forward to me your district and post inspection schedules (wwbradford@live.com). I will be submitting the schedule gouge for the August Typhoon. For those going to the National Convention, see you in a couple of weeks. For everyone else, have a great summer.

Yours in Comradeship,

Bill Bradford
Inspector
Department of Pacific Areas



From the Legislative Committee Chairman:

Comrades,

It was great meeting everyone in Ban Chang, and thanks to Lou and Post 12146 for putting it on. As we head into the new VFW year, it is never too late to start thinking about our upcoming requirements. Please, hold your Action Corps Weekly Membership drives.

More time-sensitive than that, however, is the need to get our members registered to vote. It is vital that we elect men and women who will further our mission of taking care of our fellow vets. Each state has different requirements, with the first ones closing off absentee registrations in September. It may only be July now, but the deadlines will be upon us before we know it.

You can hold a voter registration drive at your monthly meeting. Set up a computer and simply go to <https://www.fvap.gov/>. The website will take members through the process to register.

With that out of the way, the following are some highlights of what went on in DC over the last two months that affect veterans:

- 1. Blue Water Navy Veterans Closer to Receiving Benefits:** With a unanimous 382-0 vote in the House on Monday, June 25, H.R. 299, the *Blue Water Navy Vietnam Veterans Act of 2017*, is closer than ever before to becoming law and finally providing Blue Water Navy veterans the benefits they have been denied for too long by VA's arbitrary and capricious regulations. The bill would also expand benefits to veterans exposed to Agent Orange while serving along the Korean DMZ and children born with spina bifida due to a parent's exposure during service in Thailand. It will also require VA to report on research being conducted on Gulf War Illness. The VFW calls on the Senate Committee on Veterans' Affairs to swiftly consider and pass this important legislation. [Read the bill text.](#)
- 2. Kentuckian Receives Medal of Honor:** On Tuesday, President Trump presented the Medal of Honor to the widow of Army 1st Lt. Garlin Murl Conner, a Kentucky farmer and World War II veteran, who on the morning of Jan. 24, 1945, ran alone toward an attacking battalion of German soldiers and Panzer tanks to direct American artillery fire. Conner, who died in 1998, enlisted in the Army in 1941 at the age of 21 and would go on to serve in 10 campaigns over 28 months on the front lines, to include Anzio, Italy, where he earned a battlefield commission. The Army credits him with four Silver Stars, a Bronze Star and three Purple Hearts. Few in his family or hometown knew about his wartime achievements because he never talked about it, and the campaign to get him the Medal of Honor didn't begin until a 1996 meeting with a former Army Green Beret from Wisconsin, Richard Chilton, who was conducting research on an uncle who died after the Anzio landing. Chilton is a life member of VFW Post 11279 in Twin Lakes. [Read more.](#)
- 3. Senate Holds Hearing on Wilkie Nomination:** On Wednesday, DOD Under Secretary of Defense for Personnel and Readiness Robert Wilkie testified before the Senate Committee on Veterans' Affairs as part of his confirmation process to be the next secretary of Veterans Affairs. Wilkie discussed his military background and how he plans to work for veterans by walking the post and improving customer service at VA. Committee members asked Wilkie about several VFW priorities, such as expanding benefits to Blue Water Navy veterans; improving access to care by implementing the VFW-supported VA MISSION Act which includes ensuring veterans of all eras are eligible for caregiver benefits; and his plans to address staffing shortages. Wilkie was also given the opportunity to clarify reports about his past statements regarding the confederate flag and other issues. [Watch the hearing](#), which starts at the 12:15 mark.
- 4. VFW Calls on Congress, VA, and DOD to Act on Burn Pits:** On Thursday, June 7, the VFW testified on the harmful effects of open air burn pits used in Iraq and Afghanistan. VFW Associate Legislative Director Ken Wiseman highlighted the impact on women veterans with particular regard to reproductive health concerns and how research needs a dedicated funding mechanism. The Department of Veterans Affairs testified on continuing research efforts and details of VA's Airborne Hazards and Open Burn Pit Registry. The VFW supports several



pieces of legislation that would strengthen the registry's efforts to collect data on those exposed to burn pits which could be used in future research. [Watch the hearing.](#)

Comrades, this concludes my report on legislative matters concerning veterans. If you have any questions you may contact me at corter79@hotmail.com. I look forward to seeing those of you who are going to Ban Chang.

Yours in comradeship,

Jonathan Brazee
DPA Legislative Chairman
Department of Pacific Areas



From the Certified National Recruiter:

Greeting Comrades,

I hope you all had a great 4th of July. Man what a great year in membership the Department has had the most recruiters recruiting last year since I have been your CNR for the Department We had 156 recruiters doing their best and brought the Department of Pacific to over 100% this past year! What a great Job!

We also had 13 of these recruiters joining the "Over 20 Group" and they were: William Russel Post 9612, David Gley. Jessica Martinez, Leon Ellison Ron Davis and Warren Maxson all from Post 8180, Don Kelley and George Beck from Post 10223 long with myself at Post 12147, Brian Merenda from Post 2917, Michal Kelley Post 3457, Cliff Wilsey from Post 2485 and our old Senior Vice Commander now Commander Mike Verville from Post 11447. A special Thanks and Congrats again to ALL of our recruiters this year. You all made the Department of Pacific stand tall this year with the best of the Departments at the National level.



It was great seeing a lot of you at the Convention this year in Thailand my hats go off to Post 12146 for hosting a great event. At the convention I passed out Recruiting Materials to all the post when you need more just let me know.

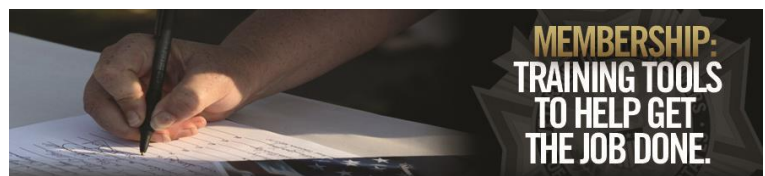
I hope you all took advantage of the past holiday to start recruiting. Let "Get it Done" early this year and keep the momentum going. It would be great to be 100 percent by the CofA it has been done before in the Pacific.

I look forward to another great year in membership and working with Commander Mike and his "Get it Done Team"

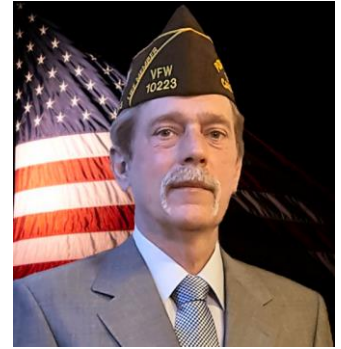
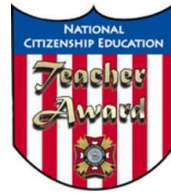
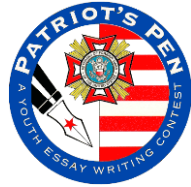
If you need help I am only an email away PDCLyons@VFWDdeptPacific.org

Yours Always in Comradeship,

Larry Lyons
Certified National Recruiter
Department of Pacific Areas



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



Comrades,

Hopefully some have had the opportunity to promote this year's VOD / Patriot Pen / Teachers award program before the summer school break. If not, start making your preparations and making contacts with schools and students in your areas as soon as school is back in session. A student can enter even if the school does not want to participate in the program.

The themes for this year's programs are:

VOD - "Why My Vote Matters"

PP - "Why I Honor the American Flag"

Qualifications and necessary entry forms can be found by going to www.vfw.org/community/youth-and-education/youth-scholarships. More information can also be found at www.vfw.org. Login and go to the My VFW tab, then under "Member Resources" click on "VFW Training and Support", select "Community Service & Youth Programs" then select the "Voice of Democracy Audio-Essay Competition", "Patriot's Pen Youth Essay Contest" and "Smart/Maher VFW National Citizenship Education Teacher Award".

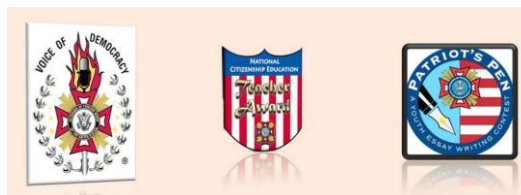
Entry deadline to the Post is 31 October 2018. In order to qualify for All-State and All-American, each Post and District must submit entries for all three programs or make a donation to VFW National. If there are Posts or Districts that do not have any entries in their area you may make your donations by going to https://vfwprograms.formstack.com/forms/programs_donation_form. Post donations are \$50.00 and District donation is \$100.00 for each program. The deadline for donations is also 31 October 2018. Please forward your donation receipt to <mailto:vodppdpa@vfwdeptpacific.org> to get credit.

District commanders, please let me know who your DISTRICT CHAIRMAN is for the VOD / Patriot Pen / Teachers Award's program as soon as possible. Please send names and email addresses to <mailto:vodppdpa@vfwdeptpacific.org>.

"VFW – Make It Happen, Get It Done"

Yours in Comradeship and Service,

Don Kelley
Voice of Democracy / Patriot's Pen / Teacher's Award Chairman
Department of Pacific Areas
<mailto:vodppdpa@vfwdeptpacific.org>
Phone: +82-10-2442-8938



From the National Home for Children Chairman:

Comrades,

It was nice to see everyone that attended the DPA Conference in Ban Chang, Thailand. I would like to once again Congratulate Incoming DPA Commander Michael Verville, and wish him and the DPA an excellent 2018-2019 year.

There have been a few more changes to this year's All State and All American. What has not changed is the Donation for the National Home for the Children. This requirement remains the same as last year, your District and Post is requested to make a Donation of \$50.00 to the National Home.

I have published before and I am doing so again this year as we still seem to have a few Post that just cannot seem to understand how to make this donation. Please read and if you do not understand send me an Email and I can assist you in getting this very easy requirement check off well in advance of the April 30 2019 cutoff to be recognized at the DPA convention in June 2019.

How to make your Donations: To make online donations go to www.vfwnationalhome.org Click on **Donate Now (TOP right hand corner)**

Choose Donation Amount: \$25.00, \$50.00, \$100.00, Other (Amount for All State again this year is only \$50.00.)

Designation: (where you want your Donation use for) Where Needed Most, Activity Fund, Amy Ross Endowment Fund, Education Fund, Helpline Fund, Maintenance Fund, Scholarship Fund, Technology Fund, Transportation Fund, Recreation Area Improvement Fund and Museum Fund.

Recurring Gift: Check this block if you wish to make this a monthly Donation.

Tribute Gift: Checking this box will open another drop down where you can add the person name that you are honoring.

Billing Address: Here is the BIG one! If you are making this gift on behalf of an organization like your District or Post CHECK this block. In the Organization name block please put your District or Post number If would help if you put it in as DPA, POST (#####).

Continue on with putting your Billing address in. I always leave a comment like Donation on Behalf of Post (#####).

Payment details: Finish this and click on Donate.

They should send you a notice to the Email address that you put in the Billing Address area. This is the email that you should forward to the DPA National Home Chairman so your District or Post can get check off. It is also used it to double check the monthly listing received from the National Home.

Donation by Mailing in a Check: If this is done on a personal check, please insure that you have written in the memo area that it is on behalf of DPA & your Post number. You should also include a small note in the envelope with your email address so they can send you a receipt.

Please use this **USPS** address: VFW National Home, 3573 South Waverly Road, Eaton Rapids, MI 48827

National Home Donation Report

Since this is the Start of the new VFW year 2018-2019 No reports have been published as of yet. Once District and Post starting making their Donations I will received a Monthly copy from the National Home and it will be published.

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@vfwddeptacific.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
nhcdpa@vfwddeptacific.org



VFW NATIONAL HOME FOR CHILDREN
Every child deserves a happy family



From the Americanism and Loyalty Day Chairman:

Comrades,

We have embarked on the 2018-2019 VFW Year. How are you going to display Americanism throughout our nation, your communities, and your posts? I have listed a few patriotic ways to remember and support our veterans.

- **Host patriotic holiday parties for veterans, active-duty military and their families at your Post:** Invite the entire family to come and join in the fun at your Post. Host a barbeque or other meal and include patriotic music, games for both children and adults, and fun decorations.
- **Partner with other community organizations to reach more people.** The more, the merrier! Join forces with other organizations in your area (Boy Scouts, Girl Scouts, mental health agencies, food pantries, etc.) to increase the services you can provide to veterans, active-duty military and their families.
- **Educate youth about what it means to be a patriotic American.** Partner with schools or host special events for youth. Include age-appropriate lessons and activities. You will likely not witness the impact of the teachings, but they can make such an impact; those children will remember the lessons and will be proud to walk up to a veteran and say "thank you."
- **Distribute U.S. Flags and/or present a certificate of recognition to a local business, private citizen and/or youth group for flying the Flag.** Distribute flags to businesses, community organizations and schools that do not have a flag flying or provide a new flag to those whose flag is tattered. Present a certificate in recognition to those displaying the Flag or POW/MIA flag. They will be honored to be recognized for their American pride.
- **Participate in a local parade.** Who doesn't love a parade? Passing out Flags to children, riding on a Post or Auxiliary float and marching with the colors are some typical ways to participate. Be sure to invite local media to attend these events! A picture or an article in your local newspaper reminds your community that the VFW continues to support our veterans and our communities with patriotic pride.

Yours in Comradeship,

William Russell
Americanism and Loyalty Chairman



From the Roving Ambassador:

Hello Comrades,

Guess what??? It is me...AGAIN serving as the Department Roving Ambassador. I would like to thank Department Commander Verville for appointing me this year and congratulations to JPDC Gilbert for leading the Department to another great year!!! I would also like to thank 2018 Convention Chairman Lou Holub, Past District V Commander Ken Stein, and the members of Post 12146 for their outstanding job at last month's Department Convention.

Commander Verville's theme for the year is "Get It Done" and I am confident that our Officers this year will do just that!!! Annually July is a difficult month because we are getting settled after the Convention but let us take a breath and start the year strong and end it on a positive note, too!!!

In closing, I would like to wish each of you and yours and healthy, safe, and positive year!!! I am here to assist in any way possible. May God continue to bless you, your families, and the good ole USA!!

Yours in Comradeship,

Kevin E. Mitchell
Roving Ambassador



From the Veterans and Military Support Chairman:

Comrades,

I hope you all had a wonderful 4th of July. As you all know I will be stepping down as the Veteran & Military Support Program Chairman for the Department of Pacific Area at the National Convention thus this will be my last Input to the Typhoon a Mike Lutman will be the Chairman for the next 3 years.

We are changing the distribution of the V&MSP pins distribution this year and we will only be receiving 30 each \$20.00 pins this year and they will be available by the first come first serve basis so if you want send an email to me real quick or to Mike. He will assume and has access already to the MAPDPA@vfwdeptpacific.org email address. So you can contact him there.

We already have 2 Map Requests in for the year so far. This is a great opportunity to say Thanks to our Military Members by sponsoring an org. day type BBQ for them. Get a hold of Mike or myself and we can guide you through the steps.

It has been a pleasure working these programs for the past 3 years and I want to thank PDC Homer for appointing me to this position. It has been truly a pleasure working with you all on these programs.

Thanks! And Let's Get It Done!

Yours Always in Comradeship

Larry Lyons
Your Past V&MSP Chairman
Department of Pacific Areas



From the Webmaster:

Comrades,

As we begin the new VFW year, many of the email accounts are being turned over. If you have a DPA email account and have not been given the password let me know. When you email me please include the email account that you need help with.

Once you have access to your email account there are a few things you need to do. First is go into the personal settings! This is accessed by clicking options at the top of the page then clicking personal settings. In this area you can change the name seen on the account and signature block, if one was set up before.

If you would like to set up your email in outlook or on your phone, please email me and I will send you the instructions.

Yours in Comradeship,

Shawn Watson
Web Master
Department of Pacific Areas

