

## ***A Time of Change***



Our normal has begun to change. “Business as Usual” isn’t anymore. Previously hidden or ignored habits are coming to light and being re-evaluated.

Is it the global pandemic? Is it the time of year? Is it the impending drama of the months to come?

Whatever the case may be, we are veterans. One of our best skills that continues to serve us well after we take off the uniform is the ability to ADAPT to change rather than resist it.

It may be difficult to step back and look at things objectively. It may be uncomfortable to consider all of the options and the best way forward. But it is necessary. Nothing good comes from standing still in a moving river. Adapt to the changes that are coming, adjust your position in the water, and welcome a new view of the horizon.

As our world continues to change before our eyes, I ask you to embrace it, adapt to it, and make the best of what’s to come. I know I am.

## ***Veterans Day Plans?***

With a global pandemic still hindering our ability to freely gather for public ceremonies and celebrations, Veterans Day in 2020 will probably look a bit different from normal.

As of printing, there has not been confirmation of any parades or other public events to mark the holiday, but with the creativity folks have been showing, it wouldn’t be much of a surprise if folks found ways to still honor Veterans in their own ways.

If you do partake in any Veterans Day events, virtual or otherwise, please let us know – take pictures, write a brief story, etc and then send it over to [whatsnew@ncwveterans.info](mailto:whatsnew@ncwveterans.info) so it can get posted on the website and included in the next issue of the Gazette.

To all of the Veterans across our region, I sincerely say

***“Thank you for your service”***



It’s almost time to cast your vote in a very important election. Check <https://votewa.gov> to ensure you are registered, get more information on the candidates and measures, and update your registration if needed.

Ballots will be mailed to your home in late October – make sure you complete it as soon as possible and return it via postal mail or by dropping it into a local ballot collection box.

## Reminders Regarding COVID-19

This virus isn't going away, and there's no quick fix waiting in the wings. So we need to adopt a few new "normal" habits:

- Don't stand or sit so close
- Wear a mask when around others
- Keep your hands to yourself, and wash/sanitize them often

Science tells us the virus moves on the droplets in our breath, so prolonged talking and breathing in close proximity to others is a common transmission method. Give each other space and wear a face covering to keep your droplets to yourself when possible.

The more we can adhere to these best practices now, the sooner our regional infection rate will go down, which is key to lifting the restrictions we're currently facing on events, gatherings, and other business activities.

If you want the most reliable information, check in with the most reliable sources:

**World Health Organization:** [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

**Centers for Disease Control and Prevention:** [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

**WA Department of Health:** [www.doh.wa.gov/Emergencies/Coronavirus](http://www.doh.wa.gov/Emergencies/Coronavirus)

**Veterans Affairs:** [www.publichealth.va.gov/n-coronavirus/](http://www.publichealth.va.gov/n-coronavirus/)

### STAY BACK, JACK!

SOCIAL DISTANCING IS A THING NOW.



SPEAK LOUDER. USE AIR FIST BUMPS.

## Do You Know About YesVets?



Employers who have hired Veterans and would like to participate in the program should visit [www.yesvets.org](http://www.yesvets.org) and register your company. You will receive a decal to display that you are a "Proud Employer of US Veterans".

The Employment Security Department, Washington Department of Veterans Affairs, Department of Commerce, Washington State Military Transition Council, Washington State SHRM, and local chambers of commerce across the state have partnered together to create a statewide campaign to hire veterans, supporting House Bill 2040. This Bill, introduced by Representative Gina Mosbrucker, recognizes employers who show their commitment to veteran employment by hiring veterans into their workforce.

## ***Veterans In Business: Aaron Todd, Downtown Bike***

A new feature coming to the NCW Veterans Info website is Veterans In Business, where we get to meet some of the local entrepreneurs who also served their country in uniform. The first in this series introduces Aaron Todd, owner and operator of Downtown Bike in Cashmere.



Aaron served in the US Air Force from 1992-2000 as an Avionics Technician. His lifelong passion for bicycles continued even after an accident brought his racing days to an end, as he refocused on bicycle repair, maintenance and consulting.



Recently, Downtown Bike was one of the semi-finalists in the Supernova Business Launch Competition. During this event, Aaron made new connections within the community while refreshing his knowledge on business plans.

Be sure to stop by and read the full interview with Aaron on our website:

<https://ncwveterans.info/business/veterans-business-aaron-todd-downtown-bike/>

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## ***Springwater Insurance Group: Un-confusing Veterans***

Would you like to hear more about healthcare benefits, such as dental, vision, hearing, meals, case/care managers, free health club memberships, all in addition to your VA benefits with no additional cost?

Springwater Insurance Group, formerly Senior Insurance, will be hosting meetings at the Wenatchee Convention Center October 13<sup>th</sup>, 14<sup>th</sup>, and 15<sup>th</sup>. We have four 45 minute meetings planned for each day, where we will teach you about how to use your VA healthcare and, when appropriate, also use Medicare Part C. This is purely informational – there is no obligation to join a Part C plan. If you're interested in our \$0 premium plans but can't make it to our meetings, we can talk over the phone or have a zoom meeting. Whatever work for your needs.

Questions, and to RSVP, please call Springwater Insurance Group at **(509) 888-2600**. Please leave a message if we are helping others.

## ***Tour of Duty Foundation***

Another recent interview posted to the NCW Veterans Info website presents a new nonprofit that is forming in the area to ensure No Veteran is Left Behind. Meet Cortlin Martin and the Tour of Duty Foundation.

In March 2020, an unaccompanied veteran passed away. Thanks to Cortlin's work connecting with the community through social media and word of mouth, that veteran was able to receive Military Honors at their funeral, instead of being buried alone. And in that process, Cortlin discovered a new mission.

With the help of 6 other Board Members, the new nonprofit is coming to life. But it's going to take the support of a community to help get it off the ground.



Read the full interview with Cortlin at

<https://ncwveterans.info/news/tour-of-duty-foundation/>

And check out the GoFundMe campaign where they are raising money to cover initial startup costs such as Consulting, administrative, legal, and licensing fees:

<https://www.gofundme.com/f/m3pm9-no-veteran-left-behind>



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## ***Red Cross Seeking Volunteers***

Do you like to help people and save lives? If so, the Donor Ambassador role may be for you! As a Donor Ambassador you help to provide excellent and professional customer service in a medical setting to enhance the donor experience.

Donor Ambassadors manage the reception and hospitality experience during Red Cross Blood Drives, including ensuring each donor is warmly greeted and assisted with initial intake according to the appointment priority system, offering refreshments to donors, thanking them for their contribution, and alerting staff immediately if a donor shows signs of feeling unwell.

As a Donor Ambassador, you are required to volunteer for at least one shift (4-6 hours) per month for 6 months, have professional and diplomatic communication skills, and be comfortable approaching people you do not know.

For more information, visit [www.redcross.org/volunteertoday](http://www.redcross.org/volunteertoday) or contact Kari Strain, local Volunteer Recruitment Specialist, at (509) 679-8795 or [JoinUSNW@redcross.org](mailto:JoinUSNW@redcross.org)

# From Your Veteran Service Officers



**Tony Sandoval**  
**Chelan County VSO**  
 428 Orondo Ave,  
 Wenatchee  
 9am - 4pm Mon - Thurs  
**(509) 667-6906**  
[tony.sandoval@co.chelan.wa.us](mailto:tony.sandoval@co.chelan.wa.us)

Even though my office is closed to walk-ins, I'm still continuing to serve veterans in our area with their essential needs through phone, email, and limited appointments.

As a reminder, all monthly regional visits (to Chelan and Leavenworth) have been postponed indefinitely for health and safety concerns.

The Chelan County Veterans Advisory Board has been 'meeting' and conducting business via email, however we are exploring options for virtual meetings moving forward. Anyone with questions regarding the Board and its activities can reach out to me directly.



**Sarah Simonson**  
**Douglas County VSO**  
 211 11<sup>th</sup> St NE (VFW Post  
 3617, East Wenatchee)  
 9am - 3pm Tues - Friday  
**(509) 683-3605**  
[vso@co.douglas.wa.us](mailto:vso@co.douglas.wa.us)

Here in Douglas County, we have adjusted to the new way of doing things. Appointments are not required, but definitely appreciated. Please call or email to set up an appointment.

I am offering support to those affected by the recent wildfires, and working with them to make sure their information and benefits are up to date. Douglas County Veterans Relief is here to help! Either to help you directly, or to connect you with those who can.

Stay Strong, DoCo!



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

The Okanogan County Veterans Service Office temporarily closed on 8 September. The Cold Springs Fire had burned fiber optic cable used by the local internet service provider, leaving the office without phone or internet. Pam evacuated to her dad's place near Deer Park for safety.

At time of writing, the office is once again open and Pam is back at work. The network repairs continue, so the internet at her office may still be slow. Please have patience during this time of recovery.

**Jerry Gingrich**  
**Grant County VSO**

**(509) 754-2011 x2931**  
[jtgingrich@grantcountywa.gov](mailto:jtgingrich@grantcountywa.gov)



## ***From the American Legion***

*While monthly in-person meetings are currently on hold, I've listed them here for reference. Please check with each Post as they might be hosting virtual meetings during this time.*

Post 10 (Wenatchee)  
208 N Wenatchee Ave  
(509) 663-5912

Post 28 (Ephrata)  
276 8<sup>th</sup> Ave NW  
(509) 754-2761

Post 56 (Okanogan)  
860 N 2<sup>nd</sup> Street  
(509) 826-2610

Post 64 (Cashmere)  
401 Sunset Highway  
(509) 782-4973

Post 82 (Tonasket)  
319 S Western  
(509) 486-2382

Post 84 (Oroville)  
314 14<sup>th</sup> Ave  
(509) 476-2761

Post 97 (Brewster)  
102 N 3<sup>rd</sup> St  
(509) 689-3307

Post 108 (Manson)  
142 Pedoi St  
(509) 888-3831

Post 143 (Twisp)  
626 Bridge St  
(509) 997-5322

Post 157 (Electric City)  
31 Coulee Rd  
(509) 631-1839

Post 209 (Moses Lake)  
538 W Broadway  
(509) 765-1126

### **Post 10, Wenatchee**

For updates on when our Post and Bar will be open again, please watch the website: [www.post10wenatchee.org](http://www.post10wenatchee.org)

*Monthly meetings on 2<sup>nd</sup> Thursday at 7pm.*

### **Post 28, Ephrata**

*Monthly meetings on 2<sup>nd</sup> Thursday at 7pm.*

### **Post 56, Okanogan**

*Monthly meetings on 3<sup>rd</sup> Monday at 7pm.*

### **Post 64, Cashmere**

*Monthly meetings on 1<sup>st</sup> Thursday at 7pm.*

### **Post 82, Tonasket**

*Monthly meetings on 1<sup>st</sup> Monday at 5pm.*

### **Hodges Post 84, Oroville**

*Monthly meetings on 2<sup>nd</sup> Thursday at 7pm.*

### **Columbia Post 97, Brewster**

*Monthly meetings on 1<sup>st</sup> Wednesday at 6pm.*

### **Manson Post 108**

There is a change in meeting location until current restrictions are loosened. We will continue to meet on the 1<sup>st</sup> Monday (if holiday, then 2<sup>nd</sup> Monday) at 7pm, now in the Hub at North Shore Bible Church, 123 Wapato Point Pkwy, Manson.

*Monthly meetings on 1<sup>st</sup> Monday at 7pm.*

### **Methow Post 143**

We collected donations for the Cove food bank here in Twisp, including non-perishables as well as cash donations. Most will go to supporting people affected by the Cold Creek Fire.

*Monthly meetings on 2<sup>nd</sup> Thursday at 7pm.*

### **Post 157, Electric City**

*Monthly meetings on 2<sup>nd</sup> Tuesday at 6:30pm.*

# From the Veterans of Foreign Wars



Post 24 George Meets at Quincy Senior Center (even months) / Moses Lake Elks Lodge (odd months)  
(509) 750-0938

Post 3617 Wenatchee Valley  
211 11<sup>th</sup> St NE  
East Wenatchee  
(509) 884-3617

Post 6853 Chelan  
427 Bradley St, Chelan  
(509) 679-4949

*While monthly in-person meetings are currently on hold, I've listed them here for reference. Please check with each Post as they might be hosting virtual meetings.*

## **George Washington Post 24**

*Monthly meetings on 2<sup>nd</sup> Saturday at 10am.*

## **Post 3617, Wenatchee Valley**

We are planning to start doing virtual meetings via Zoom.

*Monthly meetings on 3<sup>rd</sup> Wednesday at 7pm.*

## **Post 6853, Chelan**

Work continues on our new Post Home, and we've been meeting outside thanks to the pleasant weather.

*Monthly meetings on 1<sup>st</sup> Tuesday at 6:30pm.*

# Civil Air Patrol



During the last 6 months our meeting has gone completely virtual. The Senior staff and Cadets are still working hard on promoting and earning their achievements.

*Capt Audra Keyanna, new Deputy Cmdr for Cadet, was featured in the Cadet Program newsletter in September*



## **PROMOTIONS**

- Emmanuel Larson to c/Major, Cadet Commander
- Caleb Darlington to c/2<sup>nd</sup> Lieutenant, "A" Flight Commander
- Sophia Black to c/Staff Sergeant, "A" Flight Sergeant
- Austin Jeffris and Evan Coble to c/Staff Sergeant
- Hayden Reiber to c/Airman 1<sup>st</sup> Class
- Oliver Cawdery to c/Airman, "A" Flight Element Leader
- Chase Bull, Grey Olin, Kingsley Servian to c/Airman

## **AWARDS**

- c/Chief Master Sergeant Elijah Rinke: "**NCO of the Year**" medal & certificate from the Air Force Sergeant's Association (presented by Major General R. Mike Warden); "**NCO of the Year**" medal & certificate from VFW Post 3617 (presented by Commander Brad Pieratt); **Recruiting ribbon** for 2 new members
- c/Major Larson: "**Officer of the Year**" medal & certificate from VFW Post 3617 (presented by Commander Brad Pieratt).
- c/SSgts Coble, Jeffris, and Isaac Black: Achievement ribbon for **2 years of service**
- c/SSgt Black and c/Airman Cawdery: selected as **Eastern Group Cadet Advisory Council members** for 2020-21
- The Pangborn Composite Squadron earned the **Quality Cadet Unit Award** for 2019-20

Please support our Sponsors:

 <p><b>Westguard Painting LLC</b>        Josh 881-5186        Reece 860-6493        www.westguardpainting.com        2019 World's Best Painter Free Estimates</p>	Your AD Here	Your AD Here
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Editor's Notes

Did you know that NCW Veterans is coming up on its 4 year anniversary? It's true - this all started around Veterans Day in 2016. Things have come a long way from that initial thought of making sure all local resources were listed in a single place, easy to find and share.

Around this time each year, I sit back and think about what's coming next. How can I expand? How can I improve? This reflecting is how the newsletter got started. It's also how I came up with Sponsorship opportunities. And now it's fueling another process - a full site rebuild with a better, more integrated and interactive directory.

If you're interested in becoming a Sponsor (grabbing one of those spots above) or just financially contributing to the future growth and expansion of NCW Veterans, don't hesitate to reach out (contact information at left).

And keep your eyes on the website in November - I plan to release the new directory and design to coincide with the anniversary. Exciting new changes are coming!

Remember, health is more than just physical. Stay in touch.

~Connie

Your AD Here
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*NCW Vets Gazette is a newsletter for Veterans in North Central Washington, provided free of charge in print and digital form courtesy of NCW Veterans Info. It is made possible with thanks to the continued support of VFW Post 3617, its Auxiliary, American Legion Post 10, and NCW Vets Serving Vets, among other local veteran organizations, as well as our Sponsors & generous community members (like you).*

Contact:

Connie Hill - (509) 433-7879  
whatsnew@ncwveterans.info  
[www.facebook.com/ncwveterans](http://www.facebook.com/ncwveterans)

Quick Links

Main Website:  
[www.ncwveterans.info](http://www.ncwveterans.info)

Newsletter archive & sign-up:  
[www.ncwveterans.info/gazette](http://www.ncwveterans.info/gazette)

Searchable Directory:  
[www.ncwveterans.info/resources](http://www.ncwveterans.info/resources)

Regional Events:  
[www.ncwveterans.info/calendar](http://www.ncwveterans.info/calendar)

Donate:  
[www.ncwveterans.info/donations](http://www.ncwveterans.info/donations)

24/7 Support  
 Crisis Line:  
**800.273.8255**

Vets4Warriors:  
**855.838.8255**

**Mann-Grandstaff  
VA Medical Center**  
4815 N. Assembly St - Spokane  
(509) 434-7000 (800) 325-7940  
www.spokane.va.gov

**Wenatchee VA Clinic (CBOC)**  
2350 Chester-Kimm Rd  
(509) 663-7615  
weekdays 7:30am - 4pm