

Veterans of Foreign Wars
Post 9785
Ladies and Men's Auxiliaries

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"All American Post"



SEPTEMBER 2011

Commander
Marty Harris

Ladies Auxiliary President
Tina Stoddard

Men's Auxiliary President!
Al Stoddard

SERVICE OFFICER NEWS

Thank heavens all of us are remaining healthy and enjoying our summer. Thanks to Shawn Rall and Scotty Griffith for covering for me while I was gone fishing Alaska and down in the Lower 48. You kept the Post hale and hearty guys and I appreciate that. 1468669

Barbara Wortman is healing nicely after an auto accident and resting at home. She and Joe Opalka were visited by "the Gang" who cheered both of them up! Well done guys! Hat's off to you. Now everyone stay healthy now, ya hear?

Suellyn Wright Novak



LADIES AUXILIARY

Sisters

Summer is over and fall is starting to set in. The temperature outside is starting to cool down, and before long the leaves on the trees will be starting to turn colors. Hopefully we won't see any of that white stuff (snow) fall very soon.

We have some great fundraiser ideas tentatively planned for this winter, and we need your help to make them work. Please come to our meeting this month on September 13th at 7:00 pm to find out what they are. As with anything our organization does, it takes our Ladies Auxiliary members to volunteer towards helping make our fundraisers and/or projects or programs a success. Please step up and help out when and where you can. Our success greatly depends and relies on you. 20000124290

Our Ladies Auxiliary Department President Debbie Watson made her official visit to our Auxiliary on the evening of August 13th. I would like to thank those of you who attended as well as those of you who brought food in. I would like to thank Kathleen Just for shopping for the food that was set out that evening, as well as Jane Keller who helped Kathleen with the prepping. Also, thank you Diane Kalina for helping Kathleen with the clean up afterwards. Our Ladies Auxiliary passed its inspection with flying colors. Thank you all. I apologize if I missed anybody who helped out that day.

I have scheduled a Ladies Auxiliary Workshop on Saturday, September 17th at 11:00 am. Please plan on attending as we will be covering some of the rituals and programs we work

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LADIES AUXILIARY

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on throughout the year. This will be a great time to learn more about the programs our Ladies Auxiliary works on throughout the year, our Bylaws and Rituals, and why we do certain things certain ways.

This month's meeting is on Tuesday, September 13th at 7:00 pm. Please mark it on your calendar and plan on attending. Our success depends on you! Our organization relies greatly on its volunteers – YOU!

Loyally,

Tina Stoddard

President

MEN'S AUXILIARY

Ok, it is now September and where did the summer go? I hope everybody had a great summer and caught a lot of fish.

The Post starts Steak Nights the second Friday night in September. Be ready to help out on cooking steaks, help take orders, and running the stairs delivering the steaks. If you want to help, let the Post know that you are interested in helping out somehow. Everybody needs to get involved. Here is your chance to help out. 5018

We do need more volunteers around the Post so help out your fellow Post and Auxiliary members when you can. There is Steak Nights and other special events always going on around the Post. Also, Wednesday Night Darts League will be starting in the next couple of months. We will post a sign-up sheet in the Post sometime in the next few weeks. If you would like to play on one of the two Darts (Steel Tip) teams, please let me know soon.

Thanks to all the volunteers who help out around the Post

This month's meeting will be on September 18th at 11:00 am. Mark it on your calendar and make plans to attend.

Al Stoddard

President



LADIES AUXILIARY Cancer Dues



If you are a Life member of the Ladies Auxiliary to VFW Post 9785, please pay your Cancer Dues of \$2.00 per year. Please consider making an additional \$1.00 per year donation towards our own Auxiliary Cancer Grant Fund. Life Members are responsible for their own Cancer Dues.

Name: _____

Address: _____

Phone: (_____) ____ - _____

Membership #: _____

No. of years paying for: _____ at \$2.00 per year for National Cancer Dues.

TOTAL: _____

No. of years paying for: _____ at \$1.00 per year for LAVFW 9785 Cancer Grant Fund.

TOTAL: _____

E-Mail Address: _____

Send to: Ladies Auxiliary to VFW Post 9785
Jane Keller, Treasurer
850 North Tina Lane
Palmer, AK 99645-8932

HISTORY OF THE POW/MIA FLAG

Since World War I more than 200,000 Americans have been listed as being Prisoners of War or Missing in Action. Specifically during the Vietnam War, more than 2,500 Americans were captured and listed as Missing in Action, MIA. An organization called the National League of Families was formed short after the end of the Vietnam War. Composed of spouses, children, parents, and other family members of the MIA soldiers its goal was to remind the nation of their loved ones plight. 438200

In 1971 Mrs. Michael Hoff, the wife of a MIA soldier and member of the National League of Families, recognized the need for a symbol of our POW/MIAs and felt that there should be a symbol to remind the nation of these soldiers and the cause to bring them home. Prompted by an article in the Jacksonville, Florida Times-Union, Mrs. Hoff contacted Norman Rivkees, Vice President of Annin & Company, which had made a banner for the newest member of the United Nations, the People's Republic of China, as a part of their policy to provide flags to all United Nations members' states. Mrs. Hoff found Mr. Rivkees very sympathetic to the POW/MIA issue, and he, along with Annin's advertising agency, designed a flag to represent our missing men. Following League approval, the flags were manufactured for distribution.

Around this time the People's Republic of China had been admitted to the United Nations and a flag manufacturer called Annin Company had produced a flag for them. Mrs. Hoff read about this in the Florida-Times Union and felt a flag would be perfect. She contacted the companies Vice-President, Norman Rivkee. Mr. Rivkee was very receptive to this idea and quickly turned to one of their advertising agencies to create a design. At this agency worked Newt Heisley, a military pilot in World War II. Mr. Heisley took on the project being he was a veteran himself and his oldest son Jeffery, had trained for combat in the Vietnam War. Jeffery had become very ill while training for combat and when he returned home a once strong man was now gaunt and lifeless. This image brought to mind what life must have been like for those soldiers captured and encased on foreign soil. He began to sketch his son's gaunt profile using a black background and a white silhouette. As he sketched he added a barbwire and a tower in the distance still in the black and white color scheme. Under this image the words "You Are Not Forgotten" were boldly added. This design was one of many, but was instantly chosen. The flags went into production so quickly that the sketch was never refined and his initial drawing is the POW/MIA Flag we see today. 2024794

The League's POW/MIA flag is the only flag ever displayed in the U.S. Capitol Rotunda where it will stand as a powerful symbol of national commitment to

America's POW/MIAs until the fullest possible accounting has been achieved for U.S. personnel still missing and unaccounted for from the Vietnam War. On August 10, 1990, the 101st Congress passed U.S. Public Law 101-355, which recognized the League's POW/MIA flag and designated it *"as the symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their families and the Nation"*.

The importance of the League's POW/MIA flag lies in its continued visibility, a constant reminder of the plight of America's POW/MIAs. Other than "Old Glory", the League's POW/MIA flag is the only flag ever to fly over the White House, having been displayed in this place of honor on National POW/MIA Recognition Day since 1982. With passage of Section 1082 of the 1998 Defense Authorization Act during the first term of the 105th Congress, the League's POW/MIA flag will fly each year on Armed Forces Day, Memorial Day, Flag Day, Independence Day, National POW/MIA Recognition Day and Veterans Day on the grounds or in the public lobbies of major military installations as designated by the Secretary of the Defense, all Federal national cemeteries, the national Korean War Veterans Memorial, the National Vietnam Veterans Memorial, the White House, the United States Postal Service Post Offices and at the official offices of the Secretaries of State, Defense and Veteran's Affairs, and Director of the Selective Service System.

On March 9, 1989, an official League flag, which flew over the White House on 1988 National POW/MIA Recognition Day, was installed in the U.S. Capitol Rotunda as a result of legislation passed overwhelmingly during the 100th Congress. In a demonstration of bipartisan Congressional support, the leadership of both Houses hosted the installation ceremony.

The POW/MIA design was never copyrighted and has been legally ruled as "public domain." This flag is the only flag, other than the American Flag, that has ever flown over the White House. The POW/MIA flag has flown there on every POW/MIA Recognition Day, the third Friday of every September, since 1982. It also flies over the nation's Capital on Veteran's Day, Memorial Day, Armed Forces Day, Flag Day, and Independence Day. The flag is flown daily in the United States Capital Rotunda and all VA Medical facilities are to display the flag on any day that National colors are displayed. The original creation of the POW/MIA flag was for those soldiers missing from the Vietnam War, but over time has come to represent missing men and women from any war.

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For more information visit www.pow-miafamilies.org

September is Military Suicide Awareness Month.

In June 2010 soldiers committed suicide at a rate of one per day that month, according to Army statistics. This is only part of a tragic story that the U.S. Military is working to change. A reported 20 to 30 percent of returning soldiers have Post Traumatic Stress Disorder, a major contributor to suicidal thought.

The Ladies Auxiliary to the Veterans of Foreign Wars mourns the death of every single soldier, no matter the cause. To show support of the military's own during September Suicide Awareness Month members will be promoting the Suicide Awareness Teardrop sticker. Auxiliary members have been asked to wear a teardrop each day in the month of September, and they encourage the public to join in this project. 5103

If anyone has a loved one who may need help call the VFW National Home's hotline at 800-313-4200 or the National Suicide Prevention hotline 800-273-8255.

"It's a small gesture of solidarity and concern," says LAVFW National Americanism director Sandi Onstwedder. These men and women are our heroes, and anything we can do to bring this issue to light is a chance to help one of them."

September has been designated Military Suicide Awareness Month by the Veterans of Foreign Wars and the Ladies Auxiliary because of the high number of veterans who commit suicide.

"It is likely that more veterans will commit suicide than will be killed in combat," said Nancy LeCornu, a member of the VFW Post 1142 Ladies Auxiliary.

"This is true for soldiers serving in Afghanistan, Iraq and any other war that we are having now or have had in the past," said Mrs. LeCornu.

Twenty percent to 30 percent of returning men and women soldiers have Post Traumatic Stress Disorder, a major contributor to suicidal thoughts. According to Army statistics in June 2010, soldiers committed suicide at a rate of one per day during that month as reported in the July Ladies Auxiliary VFW magazine. Statistics also show that

women veterans are more prone to suicide than men, said a news release.

There are two groups of veterans that deal with this emotional stress, said a release. The veterans serving in our military and the veterans who have served, but are now out of the military.

"We can help those who have come home by making the public aware of the warning signs of suicide," said Mrs. LeCornu.

Some of the signs are talking about suicide, obsessing about death, giving away treasured items, increased use in drug or alcohol, withdrawing from friends and family activities.

"These are only a few signs of suicide thoughts. Remember veterans are good at hiding their emotional state. They are trained to endure," said Mrs. LeCornu.

During the month of September, everyone is asked to wear a "Suicide Awareness Teardrop" every day through the month of September. This action will bring attention to the large number of suicides that occur with veterans in service and to veterans at home. 1028033

For teardrops, go to the website www.ladiesauxvfw.org under "Programs" and click on Americanism. Under Americanism is Teardrops Suicide Public Awareness Program where a sheet of the teardrops is available. The teardrop template can be downloaded on any sticker paper.



PATRIOT DAY

- REMEMBER -

September 11, 2011

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