



VFW Post 3830

VETERANS OF FOREIGN WARS

NO ONE DOES MORE FOR VETERANS!

September 2014



Ed Taylor
Commander

VFW *Commander's Corner*

Aloha Everyone,

Tropical Storm Iselle blew through Puna the night of August 7 and left us with quite a mess. It toppled trees, took down the power lines, and left thousands without electricity, phone, and internet services for days, and in some cases up to two weeks. Those brittle albizia trees were the cause of much of the damage.

A tree fell onto the entrance gate at the Post, and many trees fell behind the storage containers. Fortunately, there was no damage to the building. The albizia forest at the back of the property looks like matchsticks, with splintered trees sticking up everywhere.

We have so much to be thankful for, with residents taking care of each other and making sure everyone had food and ice and water. We sent coolers of ice and cases of water to homeless Veterans through the VA social worker, and will be working with the Ladies Auxiliary to provide more support to needy Puna Veterans over the next few months. A big mahalo to everyone for all their hard work during this challenging time! We are Veterans helping Veterans!

VFW Post 3830
General Membership Meeting
Thursday, Sept. 4 at 5:00 pm
All Members Invited to Attend

Community Service Hours

The accounting of Community Service Hours is a very important part of VFW recordkeeping. These are the hours you spend helping others, any good gesture that you did for someone else without payment.

VFW members, please send your hours to Vern at <mailto:vernongawith@ymail.com>. Ladies Auxiliary members can fill in their hours at the LAVFW's members-only website <http://www.vfw3830aux.org/>. Let's all work together and get our hours reported.

SEPTEMBER IS SUICIDE AWARENESS AND PREVENTION MONTH

If you are concerned for a veteran, please help them call the [Veterans Crisis Line](http://www.veteranscrisisline.com) at 1-800-273-8255.

Sept. 11 - PATRIOT DAY

Sept. 19 - POW/MIA RECOGNITION DAY

Please pause to remember the sacrifices and service of those who were prisoners of war, as well as those who are missing in action, and their families. Don't forget to pay tribute to the men who suffered the Bataan Death March. Read a survivor's story at <http://www.bataansurvivor.com/>

Sept. 28 - GOLD STAR MOTHERS DAY

A gold star symbolizes a family member who died in the line of duty while serving in the United States Armed Forces.

Message from the Surgeon

State Surgeon Harry Kaneakua's recent report is worth repeating...

LISTENING

A Means to Understanding War Vets

"Connecting ordinary Americans with Vets returning from Afghanistan (war zone) is a surefire way of hastening their reintegration into society." ...by Paula J. Caplan

Many war returnees agree that there is an "epidemic of disconnection" between them and non-veterans. Aiming to wipe out that epidemic by providing truly meaningful connection is the Welcome Johnny and Jane Home Project (WJJHP).

<http://whenjohnnyandjanecomemarching.weebly.com/> It consists of the deceptively simple but healing pairing of one Veteran with one non-veteran. The non-veteran simply listens in silence, with respect, and without judgment to whatever the veteran wishes to say.

A Veteran's loved one can also have a one-on-one session with a non-veteran listener. The goal is to offer the Veteran or family member a gift. That is the time and space to say whatever they wish and to do so in confidence. These sessions are NOT interviews, definitely are NOT therapy sessions and are NOT RECORDED. The listener takes NO NOTES. *Listen with a 100% of your attention and with your whole heart.*

We used to call it FRIENDSHIP. We used to call it HUMAN CONNECTION. It is about the astonishing POWER of LISTENING.

Oktoberfest Dinner Brats, sauerkraut, with all the fixings for dinner on Sept. 27, 4:00-6:00 pm. You don't want to miss it.

Community Breakfast Update

The Quartermaster has announced an increase in the breakfast donation to \$6.00 effective September 7, due to the rapidly increasing cost of food and supplies. We hope to see you at breakfast. It's still the best deal in town!

VA Benefits Workshop

The VA benefits workshop in Hilo last week provided a wealth of information on VA benefits, loan guaranty, vocational rehabilitation and employment, death benefits, and more. Questions were addressed during the workshop and counselors from the various departments were available for one-on-one consultation after the meeting. Additional workshops are planned for the next fiscal year.

Vets Haulin' Vets Van

This van is exclusively for those Veterans requiring wheelchair transportation. If you're a disabled Veteran and require transportation using a wheelchair to go to doctor's appointments, please call Rick Lay at 965-8299 at least 48 hrs. in advance to schedule an appointment for a ride.

The **VA van** is available to any Veteran in Puna or Hilo who needs transportation to CBOC or the Vet Center. Call Don Bennett at 965-9168 to make an appointment for a ride.

If you know Veterans who would be eligible to be members of the VFW, invite them to join. If you know of any Veteran or family in need, please bring it to our attention. We are Veterans helping Veterans!

Feel free to call me at any time - 965-1007 or my cell 505-290-1847 - or meet me at the Post.

Respectfully yours,
Ed Taylor, Commander



LAVFW *President's Corner*

*Ladies Auxiliary
to the Veterans of Foreign Wars*



Aloha from the Ladies Auxiliary,
We survived the storm! I am so proud of the members of the Ladies Auxiliary who stepped-up to help the community and our Veterans after Iselle struck. Many of them are CERT and Neighborhood Watch members; they were busy getting things set up and checking on the community to find neighbors in need.

It was amazing to see how we all worked together. Now it seems Puna may be facing another disaster with lava, so everyone please stay informed and stay safe.

At our monthly meeting, VA social worker Jamal Mayhew came to speak to us about the homeless and needy Veterans that he sees daily working out in the field. Many have PTSD, some never go into town, many are hungry, and they live in terrible conditions.

Jamal is part of a team that includes counselors and an APRN that visits these Veterans to provide mental health services in their own community or home. They meet with each Veteran weekly, and have made 5,246 outreach encounters with Veterans since 2010.

Many of these Veterans need food, clothes, blankets, personal care items...the basic necessities. The LA has been donating \$100 a month from the Relief Fund to help purchase needed items, and last week we packed 18 backpacks with needed toiletries and food.

This will now be an ongoing project as we continue to supply them with backpacks filled with items they need. I want to thank all the ladies who donated money and supplies.

Mahalo to our Post 3830 who donated \$100, and to our comrades from VFW Post 3875 in Hilo, who donated \$500, and our Sisters from LAVFW Post 12122 in Kona, who donated 12 new backpacks, shampoos and soap. We so appreciate your support.

This is a project worthy of our attention, to take care of our Veterans at home.

Our Sister Marlene Hapai was the co-chair for the Puna Regional PREParedness Fair. It was a great success, and we were there with information to help spread the word about our great organization.

Thank you, Dottie and Jan, for all your hard work on this event. The poster board was great. We will have it at our next function so please check it out.

In the words of our National President Ann Panteleakos, "*Patriotism Begins at Home.*"

Aloha and Peace,
Freda Hart, LAVFW President





Coqui Poke **News from the Neighborhood**

September events for VFW Post 3830. Mark your calendar! Come and enjoy yourself!

Sept. 4 - Post Meeting 5:00 pm.
VFW Post 3830 General Membership Meeting.

Sept. 5 - Post Open 5:00-10:00 pm.
Potluck...Bring a tasty dish to share.

Sept. 7 - Community Breakfast
9:00-11:00 am. SOS, scrambled eggs, hash browns, biscuits, fruit salad, coffee and tea.

Sept. 12 - Post Open 5:00-10:00 pm.
Potluck...Bring a tasty dish to share.

Sept. 13 - Community Chili Dinner and Bingo 6:00-9:00 pm. Meat chili or Vegetarian chili, rice, cornbread, tossed salad, dessert.

Sept. 21 - Community Breakfast
9:00-11:00 am. Bacon, scrambled eggs, hash browns, biscuits and gravy, fruit salad, coffee and tea.

Sept. 27 - Community Dinner
4:00-6:00 pm. Oktoberfest Dinner with Brats and Sauerkraut with all the fixings, and desserts.

Sept. 25 - Ladies Auxiliary Meeting
3:30 pm, followed by potluck.

Sept. 26 - Birthday Bash / Potluck Post Open 5:00-10:00 pm. Celebrating the September birthdays. Live music. Bring a tasty dish to share.

Mark your calendar for next month...

Oct. 5 - Community Breakfast

Oct. 11 - Chili Dinner and Bingo


Oct. 19 - Community Breakfast

Oct. 25 - Community Dinner



VFW Post 3830

~ September 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day September is Military Suicide Awareness Month	2 V-J Day: Japan Signed Formal Surrender (1945)	3	4 VFW Post Mtg 5:00 pm	5 Post Open 5:00—10:00 pm	6
7 Breakfast 9:00—11:00 am SOS	8	9	10	11 Patriot Day and National Day of Service and Remembrance	12 Post Open 5:00—10:00 pm	13 Chili & Rice Dinner with BINGO 6:00—9:00 pm
14	15	16	17	18	19 Post Open 5:00—10:00 pm POW/MIA Recognition Day	20
21 Breakfast 9:00—11:00 am Bacon	22	23	24	25 LAVFW Mtg 3:30 pm followed by Potluck	26 BIRTHDAY BASH! Post Open 5:00—10:00 pm	27 Oktoberfest Dinner 4:00—6:00 pm
28 Gold Star Mother's Day	29	30	Upcoming events in October: Oct. 5 - Community Breakfast Oct. 11 - Chili Dinner and Bingo Oct. 19 - Community Breakfast Oct. 25 - Community Dinner			



Assessing damage from the storm



Tree fell and damaged a LA member's home in Nanawale



Tiffany and Jacquie, sorting items for Veterans Backpacks



Freda, Dottie and Jacquie show Veterans Backpacks ready for distribution



Stella and Dottie at the PREP Fair



Celebrating August Birthdays - John, Terry, Jim, Mike (in back on keyboard), and Sam with Bobby Reno

