

POST 4108 Newsletter

~ Serving veterans and their families since 1946 ~

COMMANDER'S SITREP

Comrades,
Summer has finally found its way around beautiful central Oregon. I had the privilege of attending the last day of the State VFW Convention in Warm-Springs at Kah-Nee-tah Resort & Spa, where it was an equally awesome couple of days. During my time I was able to meet a lot of the state leaders and witness the changing of the guard for the state.



Mike Trammel
Post Commander
503-516-4180

There were plenty of VFW 4108 Post and Auxiliary members in attendance, which is a testament to this great Post. It is an honor to be a part of this Post and the work being done all around to support the VFW. I also would like to acknowledge and congratulate some of our own that have stepped up in their leadership roles and continue to put the needs of the Veterans first.

My heart felt congratulations to the following elected officer's (VFW & Auxiliary) for the State of Oregon: Comrade Judith Burger, State Judge Advocate; Comrade John Wrinkle, State Surgeon; Valorie Wrinkle, VFW Auxiliary State Guard.

As for Department Chairmanships, John Wrinkle is the VFW Voice of Democracy Chair and Valorie Wrinkle is the State Scholarship Chair for the Auxiliary. John is also Community Service and National Legislative. Judith Burger is Americanism and POW/MIA Chair and Dennis Guthrie is State Legislative.

I would also like to thank all those members who continue to volunteer your time. Without our members there is no Post. I hope to see everyone at our Post meeting on June 7th and congratulate them in person for their continued service.

Mike Trammel, Commander, Post 4108

Volume 7, Issue 7

July 2016

Website: www.vfw4108.org

Veterans of Foreign Wars Post 4108

1836 SW Veterans Way,

P.O. Box 1685

Redmond OR 97756

Facebook: Redmond Oregon VFW Post

AUXILIARY ACTREP



Pixie Newcomb
Auxiliary President
541-526-1371

I have to admit this past year I have given a lot of thanks to many members for what they do, and have missed two very important people in the Auxiliary. I would like to thank Sonja Morgenthaler, our Treasurer for making sure the Auxiliary is in order with our finances and membership. (This is not an easy job). The second member is Valorie Wrinkle, our Secretary who works very hard at making sure the minutes, and all our chair reports are in order and sent in on time as well as helping me in many way to make sure our Auxiliary is doing their job. I also want to let members know that due to her diligence, she won Secretary of the year from Department. Thank you both for all the hard work.

Congratulations to Judith Burger, John and Valorie Wrinkle for their new positions at Department. I know they will have a good year.

Don't forget the 4th of July parade and we want to see members join in the parade. There will room on the float for those that need to ride. Burgers and dogs at Post 4108 after the parade. We will have the drawing for the quilt 4th July. Tickets will be available throughout the BBQ, so if you have not purchased your quilt tickets you still have a chance before the drawing. Thank you everyone for all that you do and have a safe but fun 4th of July weekend. God Bless America.

POST ACTION NEWS

Monday, June 27, 2016 – 6:00 pm:
House Committee Meeting.

Tuesday, June 28, 2016 – 7:00 pm:
Lake Park Estates Meeting.

Sunday, July 3, 2016- 8:00 am to 4
pm: Sea Cadets Drill Practice.



Monday, July 4, 2016 – 10 am:
Fourth of July Parade in Downtown
Redmond.

Monday, July 4, 2016 – 11:00 am to
1:30 pm: Barbecue at VFW Post
4108. Free to all veterans and their
families.

Monday, July 4, 2016 – 6:00 pm: Rod
& Gun Club Meeting

Tuesday, July 5, 2016 – 6:00 pm:
Redmond Rotary meeting.

Thursday, July 7, 2016 – 4:00 to 7:00
pm: Taco Thursday. \$1.50 per taco.

Thursday, July 7, 2016 – 6:30 pm
Joint Opening of Post and
Auxiliary. Regular Meetings to
follow.

Saturday, July 9, 2016—Private
Party in Hall.

Tuesday, July 12, 2016 – 7:00 pm:
OHA Board Meeting.

Thursday, July 14, 2016 – 7:30 am:
Redmond Commercial Group

Thursday, July 14, 2016—10am:
Bingo at Redmond Health Care
Center with the Auxiliary.

Thursday, July 14, 2016 – 7:00 pm:
Military Order of the Purple Heart
meeting.

Saturday, July 16, 2016 - 12:05 pm:
MOC/MOCA Meeting.

Sunday July 17, 2016- 8:00 am to 4
pm: Sea Cadets Drill Practice.

Tuesday, July 19, 2016 – 5:30 pm –
7:00 pm: OHA Meal Night. Bodacious
beef taco salad for \$8.

Wednesday, July 20, 2016—1:00 pm:
Birthday cakes at Redmond Health
Care with the MOCA.

Wednesday, July 20, 2016 - 1:00 pm
– 6:00 pm: Red Cross Blood Drive at
VFW Post 4108.

Friday, July 22, 2016 through
Tuesday, July 26, 2016: VFW and
Auxiliary National Convention in
Charlotte, North Carolina

Wednesday, July 27, 2016 through
Sunday, July 31, 2016: MOC/MOCA
Supreme Convention in Charlotte,
North Carolina.

Saturday, July 23, 2016 – Private
Party in Hall.

Monday, July 25, 2016 – 6:00
pm: House Committee Meeting.

Thursday, July 28, 2016 – 7:30 am:
Redmond Commercial Group.

Monday, August 1, 2016 – 6:00 pm:
Rod & Gun Club Meeting

Tuesday, August 2, 2016 – 6:00 pm:
Redmond Rotary meeting.

Thursday, August 4, 2016 – 4:00 to
7:00 pm: Taco Thursday. \$1.50 per
taco.

Thursday, August 4, 2016 – 7:00 pm:
Post and Auxiliary Meetings.

Tuesday, August 9, 2016 – 7:00 pm:
OHA Board Meeting.

Thursday, August 11, 2016 – 7:30 am:
Redmond Commercial Group

Thursday, August 11, 2016 – 7:00 pm:
Military Order of the Purple Heart
meeting.

Saturday, August 13, 2016 – 7:00 am
to 8:00 pm: Tuff Butt Classic
Fundraiser.

Tuesday, August 16, 2016 – 5:30 pm –
7:00 pm: OHA Meal Night. Menu to be
determined.

Saturday, August 20, 2016 – 12:05
pm: MOC/MOCA Meeting.

Saturday, August 20, 2016 – Class
Reunion in the Hall

Thursday, August 25, 2016 – 7:30 am:
Redmond Commercial Group.



WEBMASTER

Our website at <http://www.vfw4108.org> continues to be developed. Some new items added are:

Donation Button - We've initiated a PayPal account and added a **DONATE** button to the Donation Page and Main Home Page so donations can be received online via PayPal or Credit Card. Thanks to Quartermaster Tureck for setting up our account.

NEWS ALERT - Added A News Alert Widget to the Home Page for short term items that are news-worthy to our members.

New Members - Added a New Members Page to the Main Menu. This list will be updated with new Post members monthly. (updates in progress).

Post/Auxiliary Surveys - Added Post and Auxiliary member surveys to obtain data on what our members would like to see at the Post and some demographic data. Please take the time to fill out the survey to assist the Post and Auxiliary Officers in planning for the next year.

Tip of the Month - Our Post is a 501 (c)(19) non-profit organization. It is important that our members turn in any volunteer hours/mileage that they perform for community service. Our Post Community



Don DeLand
Honor Guard
503-869-0318

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YOUTH ACTIVITIES

Hi Everyone,

We had a very successful "Adopt a Veteran" gardening project again this year. The kids chose to help Don Keith and his wife by planting new flowers, weeding, mowing, and dressing up two beautiful potted planters with flowers. We had 14 children and 4 adults volunteer for about 4 hours. We sure do love our youth here at the Post!

We also had a very successful Pappy's fundraiser for Youth Activities as well. Thank you for your continued support.

Don't forget to dress your kiddos up for the 4th of July Parade!



Alicia Wherry
Youth Activities
951-735-5524

FROM THE AUXILIARY SECRETARY



Attention All Auxiliary Members—Would You Like to Save Money??

Did you know that being a Life Membership in the VFW Auxiliary means that you are not affected by any dues increases that might be imposed in the future? You pay once and you are done.



Valorie Wrinkle
Auxiliary Secretary
541-678-3894

Did you know that you can transfer an annual membership to a Life membership at any time?

Did you know that buying a Life membership for a family member can be one of the most meaningful gifts you can ever give someone?

If you have ever considered becoming a Life member or giving a Life membership as a gift, now is the time to do it. At our National Convention in July, a resolution is being considered that will significantly increase the cost of a Life membership. The price for a Life Membership has not changed since 1985, so the increases are significant. Below is a chart of the current pricing, and the proposed increased pricing.

<u>Current:</u> Age Group	Current Price	<u>Proposed Change:</u> Age Group	Proposed Price
16 to 20	\$220	16 to 25	\$400
21 to 25	\$210	26 to 35	\$300
26 to 30	\$200	36 to 50	\$290
31 to 35	\$190	51 to 60	\$275
36 to 40	\$185	61 to 65	\$200
41 to 45	\$175	66 to 70	\$180
46 to 50	\$170	71 to 75	\$170
51 to 55	\$160	76 to 80	\$160
56 to 60	\$150	81 to 85	\$150
61 to 65	\$140	86 and Over	\$100
66 to 70	\$130		
71 to 75	\$115		
76 to 80	\$ 95		
81 to 85	\$ 75		
86 to 90	\$ 60		
91 and Over	\$ 50		

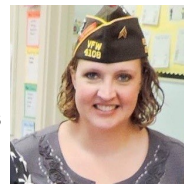


If you are interested in converting your Annual Membership to Life Membership, call me at the phone number above or call Treasurer Sonja Morgenthaler at 541-504-9432. We would be happy to help you!

POST SURGEON

Hello, Fellow Comrades and Families!

How are you enjoying this warm weather we've been getting? I know my boys and I are definitely taking some time to be outside. With nice weather comes the chance to be outdoors enjoying the sun, nature and friends. With those come sunburns, bugs and dehydration, so let's get on top of those problems by staying ahead of them. Please make sure with the surge in heat that you are drinking enough clear liquids (water preferably), using sunscreen and bug repellent. Sunscreen will hugely decrease your chance of sunburn and skin cancer and I'd sure like to have you all around for a LONG time. :-). Bug repellent will be handy for those cooler mornings and evenings to avoid those itchy bug bites and the potential for infection they can bring.



Tracy McKenzie
Post Surgeon
(541) 410-3122

A few tricks I've tried over the years for itchy bug bites are: Benadryl, lavender essential oil, nail polish (to keep air from the site), ice and I'm sure you've heard and tried a few other ways to avoid itching and making those bites worse. The more you scratch the more likely you are to invite infection into the area, so let's not scratch those itches. Prevention is better and there are some good bug sprays out there, but if you're using a DEET spray please only apply that to your clothing and not your skin!

Enjoy your family and friends with this great weather!

Here's a fun recipe to keep you cool:

Specialty drinks are an easy and delicious way to get into the holiday spirit. This non-alcoholic cranberry and lime spritzer is a festive, fun, and delicious addition to complement any meal.



Ingredients:



Cranberry juice
Sparkling water or lemon-lime soda
ice cubes
Lime essential oil

Directions:

Fill glass with ice and pour sparkling water or lemon-lime soda half way.
Fill additional half of glass with cranberry juice.
Add 1 drop Lime essential oil and stir.
Tip: For garnish, add sliced limes and cranberries.

Respectfully,
Tracy McKenzie
Oregon District 10 Chaplin
Deschutes Post 4108 Post Surgeon

HONOR GUARD

The Honor Guard performed two funerals, a flag folding ceremony at Crooked River Ranch Chapel, and Memorial Day Ceremonies at Terrebonne Pioneer Cemetery and Redmond Memorial Cemetery in the last month. We continue to meet to practice our formations and procedures so that we can perform military honors as well as possible for the families of our fallen veterans. We welcome new members Pete Begley and Patti Oliver to our ranks.

The Madras Post 12141 has now obtained ceremonial rifles and is establishing their own Honor Guard, relieving our Guard from traveling to Madras to cover that area. Our Post Honor Guard has offered them assistance and training in starting up their Guard.

If you would be interested in joining the Post Honor Guard, contact Don DeLand, [503-869-0318](tel:503-869-0318) or delandx2@msn.com.



Don DeLand
Honor Guard
503-869-0318

MOUNTED COLOR GUARD

Due to a lack of riders the MCG did not ride in the Sisters Parade. We need at the minimum 4 riders. At this time we have 4 committed riders for the Prineville Parade this Saturday.

We are still looking for riders, if interested please contact us. You can send me an email at: pss@prinetime.net; please note that is a n not a m!



Peggy Sweet
Mounted Color Guard
541-548-0639

TANK PROJECT



TANK REPORT:

Been burning up the phone lines with the Army. They are going to try and have all the paper work and a pick up order to us and the trucking company by early next week. Keep your fingers crossed, we are still hoping for the arrival prior to the fourth of July.



Hal Robbins
Tank Committee
541-480-5031

WEBMASTER (continued from page 2)

Service hours/mileage are also reported on the VFW State level Community Service Report. The **Community Service Report** is available on the website under the **Post Page**. You can fill out your community service from your home computer or smartphone using the website form. You can also obtain a paper copy of the Community Service Report from the binder above the mailboxes in the Canteen. Auxiliary members have their own reporting structure.

VFW Post/Auxiliary Surveys

I have received some feedback that some members of the Post and Auxiliary are reluctant to fill out the surveys on our website (<http://www.vfw4108.org/>) due to the survey requiring the member's name. I can assure you that no names or e-mail addresses will be published with the survey results.

If you are still uncomfortable providing your name, you can enter **Anonymous** in the Name field and leave the e-mail field blank. That will keep you completely anonymous.

I apologize if I made anyone uncomfortable about the surveys. The data is just to see what our demographics look like, and to gather members' thoughts on things they would like to see at the Post. It was never my intent to publish names associated with any comments made.

VFW post member survey:

<http://www.vfw4108.org/post-survey/>

VFW Post Auxiliary member survey:

<http://www.vfw4108.org/auxiliary-survey/>

SCHOOLS OF INSTRUCTION

Each year the Department Officers and Chairmen for the VFW and the Auxiliary put on sessions called "Schools of Instruction." If you want to know about the programs that the VFW and Auxiliary promote and support, you need to come to at least one of these Schools. This is also when the program booklets and other important information for the year will be provided. Officers and Chairmen will be on hand to answer questions and offer assistance.

On the VFW side, there are also sessions for Commanders and Quartermasters to get the latest instruction. On the Auxiliary side, there are break-out sessions for Treasurers, Secretaries and Recruiters.

Whether you are a new member or Officer, or you have been around a while, there is always something new to learn. It is also a good time to meet people from other Posts around the State and share ideas.

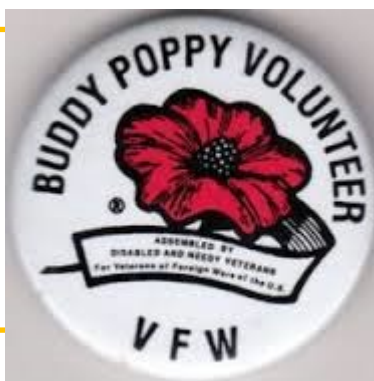
The schedule for this year's Schools of Instructions is as follows:

Saturday, August 13, 2016, 9:00 am Joint opening at the Foothills church across from the Molalla Grange, 127 Grange Avenue, Molalla. Following the joint opening, the Auxiliary will move across to the Grange Hall for their schools and the VFW will remain at the church.

Saturday, August 20, 2016, 9:00 am Joint opening at VFW Post 922, 1221 SE Court Place, Pendleton. The VFW will meet downstairs and the Auxiliary will be upstairs.

Saturday, August 27, 2016, 9:00 am Joint opening at the Senior Center, 202 E Central Avenue, Sutherlin, Oregon.

Ask around the Post if you would like to carpool with someone. Come enjoy a day of learning, sharing ideas and friendship.



IMPORTANT NOTICE

There will be a Joint Opening before our regular Post and Auxiliary meeting on July 7. Please plan to arrive by 6:30 pm.

There will be a presentation of awards for the Buddy Poppy distribution on Memorial Day weekend, followed by a speaker from "Thelma's Place", the new Memory Care unit in Bend.

The regular Post and Auxiliary meetings will begin at 7 pm.

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 6 pm: House Committee Meeting	28 7 pm: Lake Park Estates Meeting	29	30	July 1	July 2
3 8 am—4 pm: Sea Cadets Drill Practice.	4 10 am: Parade in Downtown Redmond. Gather at 5th & Dogwood by 9:30 am! 11:00 am to 1:30 pm: Burger & Dog BBQ at Post—free to all veterans and their families. 6 pm: Rod & Gun Club Mtg	5 6pm: Redmond Rotary	6	7 4 pm: Taco Thursday. 7pm: VFW & Aux Meeting.	8	9 Private party in Hall
10	11	12 6 pm: OHA Board Meeting	13	14 10 am: Bingo at Redmond Health Care Center with VFW Auxiliary 7pm: Military Order of the Purple Heart Meeting	15	16 12:05 pm: MOC/MOCA Pup Tent 8 Scratch/Meeting
17 8 am—4 pm: Sea Cadets Drill Practice.	18	19 5:30—6:30 pm: OHA/VFW Meal Night: Bodacious Beef Taco Salad for \$8.	20 1 pm: Birthday Cakes at Redmond Health Care with MOCA 1 pm to 6 pm: Red Cross Blood Drive at the Post.	21 VFW/Auxiliary National Convention in Charlotte, NC	22 VFW/Auxiliary National Convention in Charlotte, NC	23 VFW/Auxiliary National Convention in Charlotte, NC Private Party in Hall
24 VFW/Auxiliary National Convention in Charlotte, NC	25 VFW/Auxiliary National Convention in Charlotte, NC 6 pm: House Committee Meeting	26 VFW/Auxiliary National Convention in Charlotte, NC 7 pm: Lake Park Estates Meeting	27 MOC/MOCA Supreme Convention-Charlotte NC	28 MOC/MOCA Supreme Convention-Charlotte NC 7:30 am: Redmond Commercial Group	29 MOC/MOCA Supreme Convention-Charlotte NC	30 MOC/MOCA Supreme Convention-Charlotte NC
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**The 4th of July Parade will be held on Monday, July 4, 2016 at 10 am.
To participate, please be at 5th & Dogwood by 9:30 am.**

You can march or ride the float. Either way we would love to see you there. Then, join us at the Post for a burger and dog BBQ—free to all veterans and their families. Help us celebrate our Independence, and don't forget to thank a veteran for preserving our freedom!!



&



Contact Us:

541-548-4108

Newsletter Editor:

**Valorie Wrinkle: 541-678-3894
vjwrinkle@gmail.com**

Hall Rental:

Dianne Guthrie: 541-280-5162

Veteran Service Officer:

Judith Burger: 541-977-3550

Canteen Hours: Mon through Fri: 3 pm to Close/Sat thru Sun: Noon - Close

Serving



Veterans

Since 1946

Look for us on Facebook!

Redmond Oregon VFW Post 4108
