



# VOLUNTARY SERVICE

James Tuchs Schmidt, MD. MM. Director

Oct/Nov/Dec Fall Edition 2007

Kay Hilt, Chief, Voluntary Service

**Date/ Events**

**FROM THE DESK OF THE CHIEF**

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<b>Upcoming Events:</b>	
Halloween	10/31/07
Veterans Day	11/11/07

Hi Everyone! It was family and friends. I was quite a surprise to look at the calendar and realize that the Holiday season is soon upon us. We are planning the annual Volunteer Holiday Party and hope to see all of you there for fun and good cheer. It will take place on Saturday afternoon December 1<sup>st</sup> in Vancouver in the NSCU Victory room. More details to come but do save the date. Holiday parties are being scheduled; the "elves" are thinking about filling stockings for annual Holiday distribution and strains of seasonal music are beginning to be heard now and then. Being in the hospital any time is not a particularly fun experience for most people and hospitalization over the Holidays can be a wholeheartedly lonely time away from

eran programs. You have attended meetings, served on committees, faithfully shown up for your volunteer assignments and willingly answered the call for "help". As these "last time" events increase in number, I am taking mental pictures of your spirit of giving and hope that I can measure up in some way to the standards you have set for volunteering. Thank-you for being such great teachers! I have utmost gratitude for you for the numerous things you do each day to make someone else's day better, for the life lessons you bring to the job and for being you. All the best for a happy holiday season!!!

VA. You have done this because you believe in supporting vet-

*Kay*



## ONE TIME VOLUNTEER OPPORTUNITES

Looking for a fun Volunteer name on this list you are say- Assignment, something to ing that you are willing to spice up your week? Place help. Putting your name on your name and phone num- the list does not mean that ber on the one-time volunteer you are required to attend list. This is a list of volunteers every event. When an event who are willing to come in for planner requests volunteers, one day events. These events we will call people from the include but are not limited to list to check their availability. such things as: blood drives, If you are available and willing emergency preparedness to help out, we will put you in events, welcome home contact with the event plan- events, ambassadors to ner. To have your name groups visiting the hospital added to the list please call and many more. These us or just stop by and let us events are great opportunities know. to meet other staff and volun- teers from around the hospital and show your support for our veterans. By putting your



By Rich Maichle

## WELCOME HOME COMMITTEE

The Welcome Home Commit- emotional and rewarding op- TBI clinics in November and tee is constantly working to re- portunity. The veterans were December. I am asking differ- plenish funds and donations. so appreciative. One of ent committee members to This is the most meaningful veterans called the OEF/OIF take part in this distribution and committee one can be on. Office and left a message stat- know first hand how rewarding it is. ing how much he appreciated the doctors, nurses and staff for the care he has been given. If you are interested in support- Two members of this commit- He especially wanted to thank ing the Welcome Home Com- tee had the honor of personally the ladies that put together the mittee, please contact me at handing the Welcome Home bags to the veterans at the Welcome Home bags and 503-273-5042 or 503-655- Traumatic Brain Injury Clinic in stated that receiving this bag 4358 to find out how you can Primary Care. This was a very was the most meaningful thing help.

that has happened to him since he returned home.

Barbara Weatherill  
Chairman



We will be handing these bags out at the



## INFLUENZA VACCINATIONS

Flu season is here and to help patients and volunteers stay healthy, the VA offers free flu shots for volunteers and veteran patients. You may be wondering if getting the flu vaccine is right for you and here are some reasons to get vaccinated:



1. Influenza (“flu”) is a contagious disease

2. Anyone can get influenza, but the rates of infection are highest among children.

Some people get much sicker. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. It can cause high fever and seizures in children. On average, 226,000 people are hospitalized each year because of influenza and 36,000 die- mostly elderly.

So who is recommended to receive the flu shot?

- All children from 6 months up to 5 years of age
- Anyone 50 years of age or older
- Anyone 6 months to 18 years of age on long-term aspirin treatment
- Women who are or will be pregnant during influenza season
- Residents of nursing homes and other chronic-care facilities
- Health care providers
- Household contacts and caregivers of people 50 years and older, and those with medical conditions that put them at higher risk for severe complications from influenza.

Many of us come into direct contact with patients when we are at the PVAMC, whether it

is walking down the halls or in our work sites, so it may benefit you and the patients for you to be vaccinated. If you are in a volunteer position that comes into direct contact with patients on the wards, it is highly recommended that you are vaccinated.



If you are wondering if the flu shot is right for you, talk to your doctor or stop in and see the kind employees in the Occupational Health department. If you decide to get vaccinated, the Occupational Health department issues all flu shots.

\* Above information taken from a handout provided by the Department of Health and Human Services and the Centers for Disease Control and Prevention.

By Amanda Silvers

## COMBINED FEDERAL CAMPAIGN KICK OFF

It is that time of the year for employees to donate to their local charitable organizations. The Combined Federal Campaign (CFC) is the only campaign in the United States to solicit and collect contributions from federal employees in the workplace. It is the world’s largest and most successful non charitable(?) campaign with more than 350 facilities

campaigning throughout the United States bringing in millions of dollars each year.

This year the Portland VA Medical Center will start the kick off for the CFC on November 1<sup>st</sup> through November 7<sup>th</sup>.

The campaign will be a western theme, “Cowboy up for CFC”. There will be tons of excitement and activities at both the Portland and Vancouver

campuses. Some of the activities will be Sheriff Mad-Eye Murphy’s Jail, Wild Bills Popcorn, Prairie Dog Putt-Putt, and Gunslinger Grab Bags just to name a few

By Toni Davis



## VOLUNTEER HOLIDAY PARTY

Food, laughter, music, singing, gift exchange, etc., are a few wonderful elements that make the volunteer holiday party ex-

citing! This year the party will be held at the Vancouver Division in the NSCU Victory Dining Room on Saturday, December 1<sup>st</sup> @ 2:00p.m. Please bring your favorite dessert or appetizer, a \$3 - \$5 gift wrapped in several layers for an exchange and your festive spirit and cheer. Hope to see you there!



By Barbara Parker

## BOOK "BORROWERS"

Keep your eye out for book "borrowers" or "exchangers"! The Portland campus has seen a rise in veterans coming into the workroom and filling up bags of books (possibly to sell). These books are donated for veterans so it is ok for veteran to take a small number

not help, notify the Voluntary Service staff.

Thank you to all you volunteers who keep the workroom looking beautiful!

By Amanda Silvers

## SERVICE ORGANIZATION WEEK

PVAMC is now offering "Service Organization Week". This is a week dedicated to Service Organizations who work with veterans and the PVAMC. This is a time to give out information to veterans and the public about what your organization does and all the ways you provide support to the VA. This event will be held quarterly



with the first one being held last week of November.

A few things to remember when occupying a table during Service Organization Week:

1. There is absolutely no merchandising, or soliciting for donations of any kind.
  2. Tables are not to be moved from their designated areas.
- Recruitment for your organization is not allowed (you may

provide information about your organization to those who ask), and membership dues are not to be collected or paid in the Atrium/Main Lobby.

To reserve a table in the Atrium/Main Lobby for Service Organization Week, contact Voluntary Service Secretaries. Tables are reserved on a first-come-first-serve basis.

By Amanda Silvers



## AMERICAN LEGION AUXILIARY DONATION

### Cameras, Cameras, Cameras!

Home Based Primary Care a part of Home Based and Community Services, Vancouver Division, provides home health visits by nurses and social work staff instructed by a physician for veteran patients who

have mobility problems or unable to access VA outpatient care. This service was in need of digital cameras to photograph wounds during the healing process since the veteran is not routinely seen by providers in the clinic. Photodocumentation allows the providers to view wound progression.

eras, all of the staff was excited and truly thankful for the generous donation.

By Barbara Parker



Ann Barrie from the American Legion Auxiliary received \$1,079 from her Department President to purchase six digital cameras and memory cards for Home Based Primary Care. When Ann presented the cam-



## CONVERSATION TOPICS AT THE VA

### LOOSE LIPS SINK SHIPS

I am certain that many of you have heard that saying from the WWII era and are familiar with its meaning. Simply stated it means that we must always be careful about what we say. When you are on duty as a volunteer you must keep in mind that you are representing the VA and must measure your words carefully. Unfortunately, there have been recent reports of some volunteers engaging in conversation, sometimes heated, that goes over the line of what is acceptable.

conversation that we, as volunteers, must not discuss. Those areas are religion, politics and personal information about patients. As free people we greatly enjoy the freedom to choose our leaders and to make the choice of which religion or political party we want to follow; however, as many of us are very passionate about these subjects the conversation can become heated at times. To be on the safe side do not become engaged in any conversations of a religious or political nature.

Patient confidentiality is something that also must be strictly adhered to. Even the most mundane information about a patient is not to be discussed. I have had many patients come to my desk and tell me their tales of woe, whether about their problems with their doctor, with appointments or their personal health problems. When this occurs offer no opinions; we must listen politely but do not allow them to draw you into a conversation. Remember your HIPAA training and do not repeat any of the information you have heard.



There are several areas of

By Phil Ruhmshottel



## VOLUNTARY SERVICE WEBSITE

### Voluntary Service Website Online!

The new Voluntary Service web site is up and running! A good amount of information and conveniences are available at your fingertips!

New features include:

- ✦ Volunteer Opportunities
- ✦ Questions and Answers
- ✦ Donation Guidelines
- ✦ Needs List
- ✦ Events Calendar (VAVS Meetings, Ceremonies, Closures etc.)
- ✦ VAVS Minutes and Roll-

Call

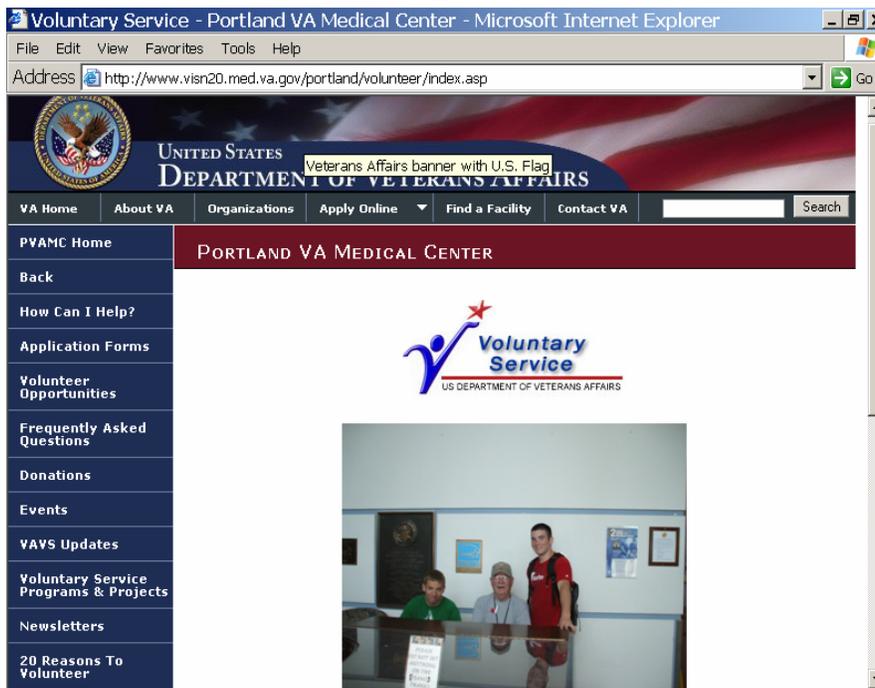
- ✦ Past and Present Newsletters
- ✦ Programs and Project Information
- ✦ Links to Organization Websites
- ✦ Ability to Submit Volunteer Hours
- ✦ E-Mail Voluntary Service Staff

Forms (Volunteer Application, Mandatory Training, Volunteer Handbooks etc.)

Next time you are surfing the web stop by!

<http://www.visn20.med.va.gov/portland/volunteer>

By Barbara Parker



## SPECIAL EVENTS

Due to the construction in the atrium, there will not be an outstanding event as in the past honoring the most valuable men and women, OUR VETERANS. The VAVS Executive Committee and members of the Special Event Committee served two delicious cakes between 1:00 PM and 1:30 PM on Tuesday, November 13<sup>th</sup>.

These cakes were devoured in no time and many thanks were exchanged. Our veterans will NEVER be forgotten.

Special thanks to the Cameron Highlanders of the NW Bagpipers, Gaarde Christian School students, and George Lediter and his singing group for visiting over the Veteran's

Day holiday.

By Barbara Weatherill



## NEW VOLUNTEERS

Voluntary Service continually and placements of new volunteers in your work area) make sure looks for new ways to recognize our wonderful volunteers. quarterly newsletter in an effort to help welcome them to on our new volunteers as a the VA. If you see any of way of saying "welcome". We these fine folks around the will be featuring the names medical center (or if they are

By Amanda Silvers

Name		Assignment	StartDate
Martha	Von Husen	Guest Services: Patient Visitor /Administrative Services: Patient Care Customer Service Representative	08/01/07
Douglas	Madison	Guest Services: Recreation Activity Assistant	08/02/07
Chelsea	Lorenson	Clinical Services: Rehabilitation Medicine: OT/PT Aide	08/03/07
Phyllis	Lindstrom	Guest Services: Coffee Program	08/03/07
Jessica	Fung	Adiministrative Services: Nursing: Office Assistant	08/06/07
Jacob	Louw	Facilities Management Services: Carpenter Shop Assistant	08/15/07
Lois	Freeman	Guest Services: Courtesy Care Program	08/15/07
Harry	Brice	Guest Services: Courtesy Care Program	08/15/07
Andrew	Robinson	Guest Services: Courtesy Care Program	08/15/07
Wesley	Stambaugh	Guest Services: Courtesy Care Program	08/15/07
Dennis	Nicholas	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	08/17/07
Michal	Sasseen	Clinical Services: SATP Assistant	08/27/07
Michael	Riley	Hospital Support: VAVS Advisory Committee: DAV Representative	08/27/07
Carrie	Trujillo	Clinical Services: Hospice Volunteer	08/27/07
Lou	Baste'	Guest Services: Shuttle Driver	08/27/07
Tracey	Williams	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	08/27/07
Anthony	Lynch	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	08/27/07
Hankyul	Lee	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	08/27/07
Sherry	Maki	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	08/27/07
Saurabh	Patel	Clinical Services: Pharmacy Assistant	08/27/07
Vy	Mai	Clinical Services: Eye Clinic: Projects Assistant	08/27/07
Ji	Lee	Clinical Services: Eye Clinic: Projects Assistant	08/27/07
Lauralee	Balash	Clinical Services: Voluntary Service: Patient Visitor	08/27/07
Christopher	Boon	Clinical Services: Voluntary Service: Patient Visitor	08/27/07
Don	Craton	Guest Services: Voluntary Service: DAV Driver	08/27/07
Regina	Cunningham	Administrative Services: Vocational Rehab Assistant	08/31/07
Sharon	Long	Hospital Support: VAVS Advisory Committee/NMCA Dep.	08/31/07
Glenn	Robinson	Guest Services: Shuttle Driver	08/31/07
Lyudmila	Paharina	Clinical Services: Pharmacy Assistant	08/31/07
Kelley	Reagan	Guest Services: Voluntary Service: Shuttle Driver	08/31/07
Was Tran	Quang	Special Projects: Vocational Rehab/Computer Lab Assistant	08/31/07
Ryan	Thompson	Clinical Services: ECU: Emergency Room Technician	09/10/07
Teri	Hearrell	Administrative Services: Operative Care Division: Office Assistant	09/10/07
Helena	Neumann	Guest Services: Voluntary Service: DAV Driver	09/10/07



## New Volunteers Continued

James	Pickhardt	Guest Services: Voluntary Service: DAV Driver	09/10/07
Judith	Kallio	Clinical Services: Voluntary Service: Patient Visitor	09/10/07
Richard	White	Facilities Management: Sterilization: Technician	09/10/07
Phillip	Rose	Facilities Management Services: Gardener	09/12/07
Ann	Gholz	Administrative Services: TLU Manager	09/14/07
LeAnn	Wakefield	Clinical Services: Recreation Therapy: Patient Visitor	09/14/07
Emilie	Weed	Special Projects: Medical Service: Physician Job Shadow	09/17/07
Kathleen	Kloenne	Guest Services: Mental Health: Front Desk Assistant	09/17/07
Gordon	Moose	Guest Services: Voluntary Service: DAV Driver	09/19/07
Colin	Morton-Maxson	Clinical Services: Rehabilitation Medicine: OT/PT Aide	09/19/07
Rebecca	Hamilton	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	09/19/07
Richard	Christman	Clinical Services: Voluntary Service: Patient Visitor	09/28/07
Kathleen	Copeland	Guest Services: Courtesy Care Program	09/28/07
Latoya	Tapscott	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	09/28/07
David	Tearle	Guest Services: Voluntary Service: DAV Driver	09/28/07
Carrol	Stagg	Clinical Services: Hospice Volunteer	10/01/07
Lance	Rousey	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	10/18/07
George	Brown	Guest Services: Voluntary Service: DAV Driver	10/18/07
Pamela	Grant	Clinical Services: Voluntary Service: Patient Visitor	10/18/07
Herbert	Klement	Guest Services: Voluntary Service: DAV Driver	10/18/07
Nadine	Shepherd	Clinical Services: Inpatient and Emergency Care Service: Patient Escort	10/18/07
Seiko	Rutherford	Clinical Services: PT Aide	10/29/07
Cherie	Eichbaum	Guest Services: Voluntary Service: Patient Visitor	10/30/07
Theodore	Barr	Administrative Services: CBOC: Receptionist	10/30/07
Michael	Padilla	Guest Services: Voluntary Service: Patient Visitor	10/30/07
Megan	Wilson	Clinical Services: Day Treatment Program: Milieu Assistant	10/30/07
Maria	Markley	Guest Services: Voluntary Service: Patient Visitor	10/30/07

## VANCOUVER SCHEDULE OF EVENTS

### November

	Date	Time	Event	Location
	11/11/07	11:00a.m.	Veterans Day Massing of the Colors	Vancouver Columbia Room
	11/26-11/30	8:00a.m. – 3:00p.m.	American Legion Gift Shop	Vancouver Columbia Room

### December

	12/3	3:45p.m.	Girl Scouts Carolers	NSCU Wards
	12/10	7:00p.m.	MellowMacs Singing Group	NSCU Victory Dining Room
	12/14	7:00p.m.	Dance Fusion NW	NSCU Victory Dining Room
	12/15	2:30p.m.	Military Order of the Cooties Ward Party	NSCU Victory Dining Room
	12/16	2:30p.m.	Shell Dancers	NSCU Victory Dining Room
	12/19	7:00p.m.	Cub Scout Carolers	NSCU Wards



## Portland Volunteer Opportunities

### Current Volunteer Opportunities - Portland

Appointment Reminder Calling	Clinic Assistant – Infectious Diseases	Patient Visitation
A/R Assistant – Revenue Office	Coffee Program Host/Hostess	Pet Assisted Activities
Accounting Support Clerk – Financial Services	Eye Clinic Assistant	Pharmacy Assistant
Carpenter Assistant	Information Desk Reception	Research Assistant
CBOC Receptionist	Inventory Manager – Voluntary Service	Supply Clerk Assistant
Clerical Support – Audiology	Library Volunteer	Volunteer Companion
Clerical Support – Emergency Department	Musician	Volunteer Driver
	NFS Research and Education Project Assistant	
	Patient Escort	
	Patient Service Representative	

## Vancouver Volunteer Opportunities

### Current Volunteer Opportunities - Vancouver

Appointment Reminder Calling	Guest Shuttle Driver	Office Assistant- Office of Resolution Management
Automated Telephone System	Horticulture Therapy Assistant	Pastry Distributor
Clothing Room Manager	Hospice Volunteer	Patient Escort
Computer Resource Room Attendant	Hospitality Host/Hostess – Coffee Program	Patient Service Assistant
Craft Room Attendant – NSCU	Information Desk Receptionist	Patient Visitation
Gardener- Vietnam Memorial Garden	Inventory Manager – Voluntary Service	Pet Assisted Activities
Grounds Assistant Gardener	Laundry Assistant	Physical Therapy Aide
	Library Book Cart Volunteer	Popcorn Cart Program
	Liver/Kidney Transplant Lodging Unit Driver	Recreation Activities Assistant
	Music Therapy	

I have been the recipient of love and service, therefore I can love and serve. There is great satisfaction in service to others, in seeing people and their conditions change.

*Clarence E. Hodges*



## PORTLAND VOLUNTEER PROFILE



**JIM COX**  
Volunteer Driver

Jim's father was a mining engineer and worked on underground oil storage tanks in Hawaii. Jim, his sister and mother went to Hawaii six months prior to the bombing of Pearl Harbor. They could hear the explosions and there was lots of black smoke. It wasn't until they turned on the radio that they learned they were under attack. His father was just getting off his shift and saw the whole thing. Jim has a piece of shrapnel that his father picked up. After the bombing, every civilian had to get fingerprinted, carry identification and a gas mask. Jim lived in the Grand Ronde area for over 30 years and worked as a timber faller. He has always been an active, athletic person. He used to participate in logging contests

in Willamina and Vernonia. Once, he won the top prize at Vernonia. One time when they felled a tree, it was rotten and there was a bear inside. The tree went over the bank, the bear came out and took off in the opposite direction. I don't know who was more surprised; the bear or the tree fallers. Jim enjoyed seeing all the wildlife in the woods and I am sure he has many interesting stories to tell.



Jim has been married for 54 years. They have four children, 6 grandchildren and one great grandchild. How lucky he is to have them all live within 50 miles of McMinnville. Before moving to McMinnville he was very active with fast pitch baseball. Since then, he has spent his time volunteering at the McMinnville library and driving the Yamhill County bus. A friend told him of the need for drivers for the DAV van from Yamhill County to Portland. For about four years, he has driven that route at

least a couple of times a week. He would like to get back to volunteering at the library, but just doesn't have much time for it right now.

In Jim's spare time he likes to golf and loves to play cards. You might even see him play a few games of solitaire while he is waiting for the veterans. It is not unusual for Jim to ask if he can take a coffee pot to the clinics or pharmacy areas. He also has delivered the newspapers to the various floors. He is a very pleasant person to be around and we all appreciate his help. I am quite sure the veterans who ride the van very much appreciate his friendly smile and helpfulness. Thank you Jim for being a great volunteer and a special thanks for helping us with the tasks mentioned above.

By Nita Lucht

## VANCOUVER VOLUNTEER PROFILE



**Jan Nelson**

Jan was born in Rhode Island where her ancestors have lived since the 1600's. In 1951 her Mom announced that she wanted to move, so her Dad found a job working on the Panama Canal. An amusing anecdote to this move is that Jan's mom just wanted to move across the street. While living in Panama her family returned to New England every couple of years for brief vacations.



**(Vancouver profile cont.)**

In 1963 Jan attended beauty school to become a hairdresser in our nation's capital. Upon returning to the Canal Zone she went to work in the Panama Canal Company Store beauty shop. During this time she met her first husband, Clayton, a SSGT in the 605<sup>th</sup> Air Commando Squadron. They married in 1965. Jan's years as an Air Force wife took her to Nashville, TN, Little Rock, AR, Goose Bay, Labrador and Ohio. Typical of many dependent spouses, she held many jobs during this period.

While she was in Canada, her parents had retired to Long Beach, WA and in 1977 while visiting them, she decided to stay in Washington. She worked at several jobs before being hired as an aquaculturist in the oyster industry. Eventually she was hired by the WA State Department of Fisheries where she helped develop a technology for spawning and rearing of razor clams. Among her "other duties" while with the Department she had the honor (?) of being the lead Fisheries worker on the Mobil Oil oil spill.

She wrote a spill response plan which ultimately earned her an Award of Merit from the State. Jan met her current husband, Chuck, a retired submariner while in living in Ocean Park, WA and moved to Vancouver in 1987. She and Chuck married in 1989.

Jan has, in her words, "lots to keep her off the streets and out of the bars." She takes care of her granddaughters while their mother works. She is very active in the Daughters of the American Revolution (DAR) where she serves as 2<sup>nd</sup> Vice Regent for the State. She serves as adult advisor to her grandchildren in their positions in a CAR (Children of the American Revolution) Chapter. Jan has been a Girl Scout on and off for over 50 years and still goes to summer camp. Her fellow scouts refer to her as "Mad Madam Mim". You will have to talk to her about the meaning of that name.

Jan tells me that her Dad was one of 28 men who landed on Gold Beach in Normandy 6

hours before the landings to map beach obstacles; all 28 returned. Due to her dad's service, her family was very patriotic. Jan shows her gratitude for our veterans through her volunteer work and makes them a priority through volunteering with the VA.



While on duty Jan can be found on Tuesday mornings staffing the 3<sup>rd</sup> floor information desk in building D-7. Her afternoons take her to Occupational Therapy where she makes leather wheel chair gloves and helps design and make several other items for use of our veterans.

Jan is a member of the VAVS Committee Vancouver Division. She wants to put out the word that if your organization wants to donate something special to the VA, a tanned hide would be great as there are always more veterans needing gloves than there is leather available to make them. Elk is the hide of choice and if you want more information, stop and see her on a Tuesday on the 3<sup>rd</sup> floor.

By Phil Ruhmshottel

**VANCOUVER VAVS EXECUTIVE COMMITTEE**

This is my last blurb to be put into print in the VAVS newsletter, as we will be electing new officers for 2008-2009. It has been a pleasure to serve as

Chairperson for the Vancouver VAVS Executive Committee for the last two years. I believe the committee has taken a larger role in helping voluntary ser-

vice, and the Vancouver Campus as a whole to function in a more productive manner.



**(Vancouver VAVS cont.)**

There are a lot of events that will happen between now and the end of the year. An ice cream social was held on October 25<sup>th</sup>. There will be a Bake Sale on November 14<sup>th</sup> and a Bake/Craft Sale on December 19<sup>th</sup>. Stop by and enjoy the baked goods and do some Christmas shopping.

If you were unable to attend the POW/MIA day celebration on September 15<sup>th</sup> you missed a great time. There were over 200 people and lots of groups represented. The helicopter, Patriot Guard MC, Marine Corp League color guard, and all the speakers made the event a huge success. I hope to see you all volunteering at

both VA campuses in the future. Remember our veterans and our troops that may be in harms way.

By Michael J. Archer Sr.




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## PORTLAND VAVS EXECUTIVE COMMITTEE

Recent recipient for the VAVS Quarterly Volunteer Award was Karen Haltiner. Karen is the DAVA VAVS Representative and has been for several years. She works very hard for veterans. Most every Thursday you will find her handing out personal care items on the wards. Sometimes there are special errands for the patients, (i.e. getting them a newspaper, a craft item, or an item that we normally don't have on the cart, etc.). She makes an extra effort to make the holidays very special for our adopted ward. Karen made 101 of the small pillows (plus pillow cases) that we put in the Welcome Home bags. Yes, she also serves on that committee. I am the DAVA Deputy Rep and enjoy working with Karen very much. By the way, she also has a full time job. Congratulations Karen, you really deserve this award.

The Quarterly Employee Award went to Rich Maichle, Voluntary Service Specialist. Rich is always pleasant to work with and tries to help us with various situations. We all learn by working together and being team mates. He is not shy about pitching in to help us when we need help. He seems to always take the time to listen to a problem we may have and maybe give us encouragement on how to solve it, or thank us for how we have handled a problem. Thanks Rich for being such a good team mate.

At our December meeting we will have elections for new officers. I have been the chairman for four years and it is time (and our bylaws state the limits of being in one office) for someone else to be the chairman. This has been a very good experience for me and I appreciate all the people who have helped us with our gift

and ice cream sales. We have an excellent team and it has been a lot of fun working with all of you. I also want to say "THANK YOU" to the VAVS staff and to all the employees who have helped us in various ways. It has been fun working the sales and we really appreciate all those who purchased ice cream and items from the sale table.

Portland VA has a special place in my heart and I love to volunteer to help in various ways. The veterans are very special people to me. It really makes my day if I can make just one frown turn into a smile. And, it really makes my day when people tell us we really do make a difference. Thank you again for the privilege to serve.

Nita Lucht, Chairman



## VAVS COMMITTEE MEETING SCHEDULES

### 2008 VAVS Quarterly Meeting Schedule - VANCOUVER and PORTLAND Combined

February 12, 2008	11:00am	Portland Auditorium
May 6, 2008	11:00am	Vancouver Columbia Room
August 12, 2008	11:00am	Portland Auditorium
November 4, 2008	11:00am	Vancouver Columbia Room

### 2008 VAVS Executive Committee Meeting Schedule – VANCOUVER ONLY

February 5, 2008	1:00pm	Vancouver Columbia Room
April 1, 2008	1:00pm	Vancouver Columbia Room
June 3, 2008	1:00pm	Vancouver Columbia Room
August 5, 2008	1:00pm	Vancouver Columbia Room
October 7, 2008	1:00pm	Vancouver Columbia Room
December 2, 2008	1:00pm	Vancouver Columbia Room

### 2008 VAVS Executive Committee Meeting Schedule – PORTLAND ONLY

February 20, 2008	9:30am	Building 101 Room 106
April 16, 2008	9:30am	Building 101 Room 106
June 18, 2008	9:30am	Building 101 Room 106
August 20, 2008	9:30am	Building 101 Room 106
October 15, 2008	9:30am	Building 101 Room 106
December 17, 2008	9:30am	Building 101 Room 106

There is no better exercise for your heart, Than reaching down and helping to lift someone up.

-Bernard Meltzer



## Recipe

### Stuffed Squash

Makes 4 servings

2 medium acorn squash	nonstick cooking spray
8 ounces white button mushrooms	2 garlic cloves, minced
3 medium scallions, thinly sliced	1/2 tsp dried rosemary
2 tsp Worcestershire sauce	1/2 tsp dried thyme
1/2 tsp rubbed sage	1 1/2 cups cooked brown rice
	1/2 tsp ground black pepper
3 Tbsp dry vermouth or dry white wine	
1/4 cup fresh grated Parmesan cheese	

Position the rack in the center of the oven and preheat oven to 375°F.

Split the squash in half, stem to bottom, and scoop out the seeds. Spray a baking sheet with nonstick cooking spray and place the squash on it cut side down. Bake until tender, about 50 minutes.

Meanwhile, spray a large skillet with nonstick cooking spray and set over medium heat. Clean and add thinly sliced mushrooms, scallions and garlic, and cook, stirring frequently, until the mushrooms give off their liquid, about 4 minutes.

Stir in the Worcestershire sauce, rosemary, sage, thyme and pepper. Cook 1 minute.

Remove pan from heat and stir in the rice, cheese and vermouth or wine. (May use chicken broth to replace wine)

Once the squash are fork-tender, turn them cut side up and fill each with a quarter of the rice mixture. Bake until warmed through, about 10 minutes.





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