



VOLUNTARY SERVICE

James Tuchschildt, MD. MM. Director

July/Aug/Sept Summer Edition 2007

Kay Hilt, Chief, Voluntary

Date/ Events

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FROM THE DESK OF THE CHIEF

Greetings to All! It's by making plans for hard to believe that summer is winding place until 2008. It down already as it takes a lot of ad- seems as though it vanced planning and just got here. My garden is certainly a re- milder of the passing of the seasons, how- ever. The peas have long completed their cycle of production; the beans are going bonkers; the tomatoes and peppers are eagerly waiting a few hot days to turn red; and we gardeners are beginning to think about next year's crop.

In Voluntary Service, the staff is also beginning to think about next year



to have a vision materialize. It's necessary to think well into the future so that the future will bring what is desired. As many of you know, I am planning to retire around the end of February, 2008 and for that to happen as smoothly as possible, the process of finding a new Chief is now in the beginning stages. All of you have worked so hard and contributed so much to the quality of the experience that veterans have when they use the services of the Portland VA Medical Center and all of its



sites of care, that the transition from one leader to another should occur with the least amount of disruption. Of course, changes will happen with new leadership, but that will be a good thing. It will be an opportunity for new ideas and a fresh approach. I anticipate that all the good things happening through Voluntary Service will only get better. The things you do to enhance the quality of the care veterans receive by

Upcoming Events:

Labor Day	9/3/07
POW/MIA Day	9/15/07

Volunteering is Good for the Heart and Soul!



(Chief's desk cont.)

making appointment reminder calls, giving veterans a ride, helping to fill prescriptions, signing up veterans for the My-HealtheVeteran program, teaching veterans to use a computer, planning special events, visiting veterans, providing comfort items, serving coffee, escorting patients to appointments, making the grounds more beautiful, answering phones, greeting patients and visitors at the information desks, welcoming home our newest generation of veterans, calling bingo, providing recreation activities, making donations of needed items and all of the millions of other things you do to provide that human to human touch that helps veterans get better care won't change. The future, as I see it, will be one of keeping the good things and finding new opportunities to better serve our veterans. It is a bright and hopeful future!

Kay

GREEN ENVIRONMENTAL MANAGMENT

Donated Books

Frequently we get large donations romance novels (e.g. Harlequin novels). Even though we discourage the donation of such a large amount of these books at one time (our donation guideline asks for no more than 5 per book donation), we do accept them when they come in.

We would like to ask that you please do not discard

them in trash or recycling receptacles unless they are in disrepair.

We understand that because our patient base is primarily male, these books are not always the preferred ones. There are, however, many visitors (whether they are in waiting rooms, or inpatients) who **do** read these books and will take them. The

medical center spends thousands of dollars each year in

recycling costs. We do not want to needlessly add to these mounting costs by tossing usable items.

If you are unsure if an item is usable, please ask the staff in the Voluntary Service office. We are happy to assist you in any way we can.

By Amanda Silvers

VANCOUVER HAPPENINGS

NSCU residents are kept busy with enjoyable activities planned and directed by the Recreation Therapy Staff, John Schulling, John Vazquez and Debbie Vourlas, with support from individual volunteers and service organizations.

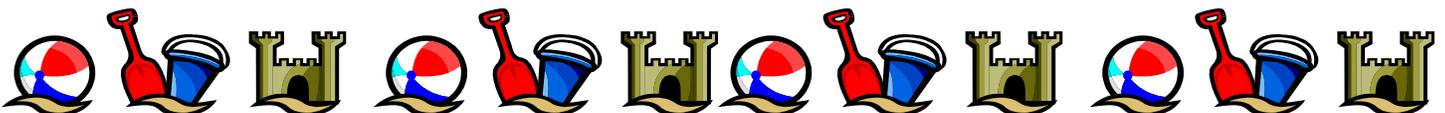
On July 2nd, a group of NSCU veterans, several of them WWII vets, traveled to Portland's Center for the Performing Arts to hear an inspiring talk by Ken Burns, pro-

ducer of outstanding films for PBS, and to see an emotional preview of his new film, "The War." The entire film about WW II will be aired on PBS (local Channel 10) over seven nights starting September 23, 2007.

Always a winner, RE-CREATION visited NSCU on August 17th with its fast-paced, highly entertaining show, featuring songs from the movies. This troupe of 11 talented col-

lege-age performers, which operates out of Pennsylvania, travels the country performing primarily at VA Medical Centers. The Vancouver campus is lucky to be on its itinerary every year.

The August Bar-B-Q, with steaks on the menu, was held on August 22nd, sponsored by the Cooties. In the courtyard before the meal, a local Motorcycle Club displayed a number of motorcycles, including some



(Vancouver Happenings cont.)

racing models, for NSCU vets to examine and dream over.

The September 13th Bar-B-Q will celebrate Oktoberfest with bratwurst, sauerkraut, German music and gemütlichkeit. (Good times and Good Fellowship!)

Popular monthly activities include shopping tours to Wal-Mart, lunches at Hometown Buffet, and movies at one of Vancouver's Regal Cinemas.

Residents go bowling at Crosley Bowl twice a month, using adapted equipment, if needed that enables them to participate.

The Clark County Men's and Women's Bowling Association has been especially generous in supporting the Vancouver campus, providing needed items and funds.

Patients in CRU (Ward E) now have a computer to use, giving them access to the internet and enabling them to send e-mail. Funds for the computer purchase were donated

by various individuals and groups.

To make birthdays more special, NSCU residents will now be able to select the entrée for their birthday dinner, e.g. steak, fish, etc. To top off the meal, a small birthday cake will be presented while the staff serenades with a Happy Birthday chorus.

By Marjorie Varner

RE-CREATION VISITS PVAMC

HHV presents Re-Creation USA

Help Hospitalized Veterans presented "Re-Creation CINEMAGIC!" at the Portland VA Medical Center and the Nursing Skilled Care Unit in Vancouver on Friday, August 17th.

Re-Creation USA holds over 300 shows annually for VA hospitals and State Veterans Nursing Homes nationwide. Their song and dance show is the only national pro-

gram of live entertainment therapy for hospitalized veterans.

The cast members of Re-Creation have been cited as "America's Ambassadors to Hospitalized Veterans". These young volunteers have been boosting the spirits of veterans and their families with their live show since 1971 focusing on the nation's best loved music and entertainers of all time.

In addition to the Department of Veterans Affairs, four national organizations support this program. The BVL fund, the Bowlers of America charity for hospitalized veterans, provides financial assistance for tour costs. Help Hospitalized Veterans also underwrites Re-Creation's VA Medical Center tours. The Elks National Veterans Service Commission, in

conjunction with local BPOE lodges, house Re-Creation touring



groups. The Veterans Fund provides tour cost assistance and support in placing Re-Creation media materials in all the VA Medical Centers and State Veterans Homes.

If you didn't get a chance to see this energetic and caring performance you can always put it on you calendar for next year.

By Toni Davis



GOING THE EXTRA MILE (LITERALLY)

Late in the day on a Monday when most of the staff had already gone home, a call came in from Scott Fisher, Facilities Management Service engineer, saying that the Eugene van had broken down near Salem and asking what we needed to do to get the passengers home. As you might guess, anytime there is a disruption of the van schedule, it means that passengers and drivers are, at the very least, inconvenienced. While the logistics for solving this dilemma were being worked out, two of



our volunteers, without hesitation, agreed to, literally, go the extra mile. Kelly Cape, Salem driver, went to the scene of the breakdown and became 'incident commander'. When the replacement van finally arrived from Portland, Vic Swanson, Eugene driver, agreed to drive one of the passengers on to Roseburg, logging many more miles than he had expected to when he left Eugene that morning. Neither Kelly nor Vic had been sitting around just waiting for something better to do, but both of them, changed their plans and answered the call to "go the extra mile". Jim Watkins, VA Transportation Foreman and Steve Brewster, a new VA driver who happened to have had the day off, also, changed their plans and brought a replacement van

to Salem so the trip could continue. This kind of dedication to serve veterans is irreplaceable. Our thanks to these folks for their willingness to drop everything and help the veteran passengers get to their destinations. You are real heroes!

By Kay Hilt



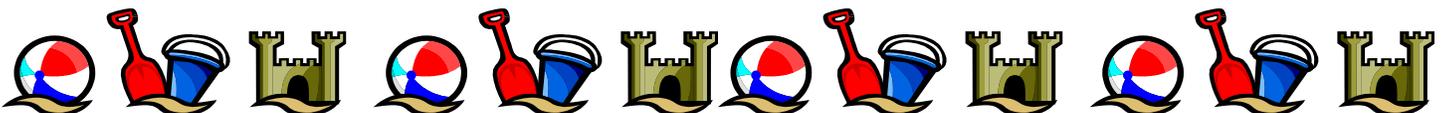
NEW VOLUNTEER PROCESSING IN EFFECT

With an ever growing list of people who wanted to volunteer their time serving veterans and obstacles to processing them as volunteers looming large, something had to be done. A team of Voluntary Service staff (Rich Machle, Toni Davis, Barbara Parker and Amanda Silvers) was formed to investigate the problems and come up with solutions. This team worked with Human Resources staff and Occupational Health staff

to develop the solutions. Now, after the initial contact with Voluntary Service staff is made to find out the areas of interest a person has, prospective volunteers will be scheduled for the fingerprint background check and the tuberculin TB skin test (PPD) when it is convenient for them. After this has been completed, the prospective volunteer will attend a volunteer orientation which is offered two times per month. The new process has cut the time from

four weeks or more to a maximum of two weeks. Not only will new volunteers get on the job sooner but the much needed volunteer positions will be filled faster as well. This example of teamwork is a win-win for the medical center, the volunteer and ultimately for the veteran receiving care at the VA.

By Kay Hilt



ID Badges

Outdated Badges

It has come to our attention that there are volunteers whose ID badges are expired. There are several reasons why it is important to have a current card.

They are:

- 1) All employees and work without compensation (WOC) volunteers have been authorized to be in the medical center perform-

ing assigned tasks. The ID badge is proof of this. Please wear this badge at all times when you are on duty.

- 2) PVAMC Police Officers could ask you to show your card in the event of an emergency.

- 3) In the event of a local or national emergency that the hospital is involved in you would need a current ID badge

to be allowed on the site. Please check your ID badge to make sure it is not outdated. If it is, contact Amanda Silvers in Portland at (503)273-5042 or Barbara Parker in Vancouver at (360) 690-1842.

By Bruce Gross

Joint Commission

Joint Commission Update

“Congratulations to all PVAMC staff on an excellent Joint Commission Survey!

We have received our preliminary report at the exit briefing today have passed the survey in all four programs (Hospital Accreditation, LTC, Home Care, and Behavioral Health).

The surveyors were very complimentary of our facility, our staff, and even our noble mission of serving America’s heroes. It made me very proud to be part of such an awesome organization.

The surveyors did note several areas with requirements for improvement (5 in Hospital program and 3 in Home Care), but the JC has literally hundreds of standards in each program. I would pre-

fer to view the results as 792 standards met out of 800 (I did not actually count all the standards), rather than focusing on the negative.

Thank you again for a great survey.”

The above message was sent by Dr. Tuchschtmidt, Director of the Portland VA Medical Center.

Voluntary Service also wants to thank each of you for your contribution to passing this survey. You may be thinking, “What did I do?” Here are some things that all volunteers do everyday:

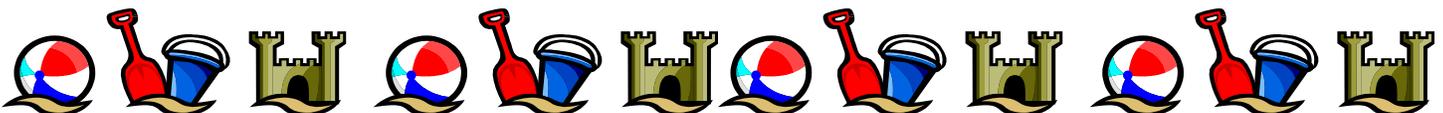
- 1) For starters you come to the VA to honor America’s Veterans by volunteering your time to help provide healthcare on a regular basis.
- 2) You wear your name

badge each day when you are here, distinguishing you part as of the hospital team.

- 3) You complete your annual mandatory training every year; this helps the VA meet its requirements for staff education and keeps you current with health and safety procedures.
- 4) You practice hand hygiene and keep sensitive information confidential.
- 5) You were prepared to answer questions the Joint Commission surveyors might have asked you.
- 6) You know how your job relates to the mission of the medical center

Thank you for doing your part. We are proud of you!

By Rich Maichle



POW/MIA Ceremony in Vancouver

POW/MIA Day Recognition Ceremony- Vancouver Campus



Everyone is invited to attend the POW/MIA Day Recognition Ceremony will take place Saturday, September 15th at 1:30 P.M. in the Vietnam War Memorial Garden located on the Vancouver Campus. David Stockwell, Deputy Director for Administration and Finance, the City of Vancouver's Mayor, Royce Pollard, and Richard E. Brooks, RADM USN (Ret) are invited to speak at the ceremony.

Brick and bench dedication will take place as well.

The following is a poem dedicated to all POW/MIA service personnel.

In Remembrance

You may have noticed a small table here in a place of honor.

It is set for one. This table is our way of symbolizing the fact that members of our Armed Forces are missing. They commonly are called POW's and MIA's. We remember them because of their incarceration and absences.

The table is set for one is small — symbolizing the frailty of one prisoner against his oppressors.

The tablecloth is white — symbolizing the purity of their intentions to respond to their country's call to arms.

REMEMBER!

The single rose displayed in a vase reminds us to the families and loves ones who keep the faith awaiting their return.

REMEMBER!

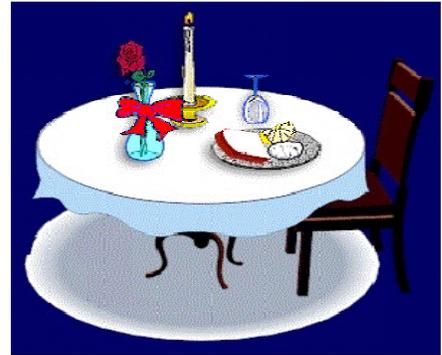
The red ribbon tied so prominently on the base is reminiscent of the red ribbon worn on the lapel and breasts of thousands who bear witness to their unyielding determination to demand a proper accounting of our missing.

REMEMBER!

A slice of lemon is on the break plate to remind us of their fate.

REMEMBER!

There is salt on the bread



plate— Symbolic of the families' tears as they wait.

REMEMBER!

The glass is inverted— they cannot drink a toast with us.

REMEMBER!

The chair— the chair is empty—they are not here.

REMEMBER!

REMEMBER— all of you who depend on their might and aid, and relied on them, for surely, they have not forsaken you!

Excerpted from "IN REMEMBRANCE"

By Larry H. Tessone, USAFR (Ret)

By Barbara Parker



PVAMC Special Presentation

Veteran Max Torres presented the PVAMC with a plaque that was inscribed with the Pledge of Remembrance at the August VAVS quarterly meeting. Max wrote the Pledge of Remembrance to honor the people who have served in the armed forces. David Stockwell, MHA Deputy Director of Administration and Finance accepted the award on behalf of the VA. There were many other dignitaries in attendance. Gresham City



Councilor Paul Warr-King represented Mr. Torres' home city of Gresham. The color guard was from a local Army recruiting station and the Inter-Tribal Warriors Honor Guard was there from Olympia, WA. Max's son, Judge pro-term of the municipal Count in Auburn, Washington and brother Daniel Torres Jr. of the Veterans of Foreign Wars Post Sterling, CO were also present.

Max was in the Army from 1952 -1955 and served with Company A, 1st Tank Battalion, 1st Armored Division. During his military service Max was meritoriously promoted to Corporal. He attended the Non Commissioned Officers Academy, graduated with honors and made Tank Commander. Then he was meritoriously promoted to Sergeant and made Assistant Platoon Sergeant. Mr. Torres was nominated by Senator Edwin C. Johnson, CO to compete for attendance at the U.S. Air Force academy for the First Class of Cadets in 1955. Max started writing after he re-entered college at age 68 following his second retirement.

Mayor Pete Lewis of Auburn, WA encouraged Max to participate in the City's annual Veteran's Day Parade in 2005 and the first of many Pledge of Remembrance plaques was presented at that time. We are proud to accept this plaque from Max and join with him to Honor, Remember, and Serve America's veterans.

**Pledge of Remembrance,
By Max Torres**

*To all who served with honor
To those that came home in pain
To the ones that returned draped in my flag
I will remember each one of you
I will remember your sacrifices
For it is because of you that I still stand tall*

A Grateful Nation

By Rich Maichle



If you insist on measuring yourself, place the tape around your heart rather than your head. -- Carol Trabelle



Vancouver Chapel Dedication

An impressive ceremony on August 4th officially dedicated Room A120 at the NSCU as the Department of Veterans Affairs, VA Medical Center, Vancouver, Washington Campus Chapel. It will "Provide a sanctuary of inclusiveness of all United States military veterans, their families and friends, and hospital staff."

Chapel: Its dedication to "Everyone regardless of race, creed, gender, sexual orientation, or disability." The Chapel is also dedicated to "Everyone who is suffering from loss, physical ailment, or mental incapacities" and to "The people who made it all possible and those who will keep its spirit alive."

was Colonel Edward Leonard, USAF (Ret.) whose moving words were entitled "The Need for God As Experienced by a Former Prisoner of War." Voluntary Service's own Toni Davis and volunteer Don Wagner are members of the Chapel Beautification Committee which brought this project to its successful completion.

Spiritual readings from the world's major religions signified one aspect of the

Donors to the Chapel and the beautiful stained glass window in it were gratefully recognized. The speaker

By Marjorie Varner

Physical Changes At Vancouver

The Vancouver campus has taken on an entirely new look due to major changes underway there. All the WWII barracks-style buildings, except one, are gone. A new road is being built that will replace the existing perimeter road that now accesses the Primary Care Clinic. Scheduled for completion in December 2007, it will lead traffic from the main Fourth Plain Boulevard entrance directly ahead to the

Primary Care Support Building (D-15 where the Canteen is located) and the new parking area that offers at least 100 new parking spaces. From there, the road will continue on to the Ft. Vancouver Way entrance. A C-Tran bus stop will be located inside the campus and work has commenced on this project. A traffic circle will facilitate bus entrances and exits and will bring veterans coming to use campus services closer to

their appointments. In 2008 construction will begin on another new campus building. Located behind the Clark County Health Department building, it will be 25,000 square feet in area, the same size as building D-15, and will house departments that will augment outpatient clinic services. Completion is scheduled for 2009.

By Marjorie Varner

Mandatory Training– Again

Well it's hard to believe that we are coming up on a new fiscal year, and we all know what that means- Mandatory Training! It seems like only yesterday we were sending the quizzes out, but the time to refresh our memories is fast approaching. Just re-

member, that the sooner you get your training in, the better. I'm sure most of you could possibly recite the training from memory by now and that's a good thing- **and** the patients at the PVAMC. Having properly re-trained volunteers keeps pa-

tients and staff safe. The new mandatory training will be sent out the first part of October, so keep your eyes peeled.

By Amanda Silvers



Current Volunteer Opportunities - Portland

Appointment Reminder Calling
A/R Assistant – Revenue Office
Accounting Support Clerk – Financial Services
Carpenter Assistant
CBOC Receptionist
Clerical Support – Audiology
Clerical Support – Emergency Department

Clinic Assistant – Infectious Diseases
Coffee Program Host/Hostess
DAV Hospital Services Coordinator
Eye Clinic Assistant
Information Desk Reception
Inventory Manager – Voluntary Service
Library Volunteer
Musician
NFS Research and Education Project Assistant

Office Assistant – Human Resources
Office Assistant – Pain Clinic
Patient Escort
Patient Service Representative
Patient Visitation
Pet Assisted Activities
Pharmacy Assistant
Research Assistant
Supply Clerk Assistant
Volunteer Companion
Volunteer Driver

Vancouver Volunteer Opportunities

Current Volunteer Opportunities - Vancouver

Appointment Reminder Calling
Automated Telephone System
Instructor – Pharmacy
Clothing Room Manager
Computer Resource Room Attendant
Craft Room Attendant – NSCU
Gardener- Vietnam Memorial Garden

Grounds Assistant Gardener
Guest Shuttle Driver
Horticulture Therapy Assistant
Hospice Volunteer
Hospitality Host/Hostess – Coffee Program
Information Desk Receptionist
Inventory Manager – Voluntary Service
Laundry Assistant
Library Book Cart Volunteer
Liver/Kidney Transplant Lodging Unit Driver

Music Therapy
Office Assistant – Voluntary Service
Office Assistant- Office of Resolution Management
Pastry Distributor
Patient Escort
Patient Service Assistant
Patient Visitation
Pet Assisted Activities
Physical Therapy Aide
Popcorn Cart Program
Recreation Activities Assistant

Vancouver Volunteer Profile



Evelyn Tapanainen

“Evelyn” and “Energy” both begin with “E”, and in the

case of Evelyn Tapanainen, the two are practically synonymous. Evelyn has led a full, busy life during her 8 decades, but has been sure to make time for her volunteer service at the Vancouver campus of the VA. As a Red Cross volunteer, she visits the wards weekly, distributing items, visiting with the veterans and running occasional er-

rands for them. Over the 35 years of her service here, she has seen the Vancouver campus stand alone VAMC change from a hospital to it’s present NSCU status as part of the Portland VAMC.

She is known for her charming manner, for always moving at double-time and for her last name- which at first glance defies pronunciation.



(Vancouver profile cont.)

It's really quite easy, pronounced Tap-a-nigh-nun.

Evelyn traded her maiden name, McGannon, for Tapanainen when she married Toivo "Tap" Tapanainen, a young sailor of Finnish extraction from Hockinson, WA, whose Navy ship operated out of the Naval Base at Quonset Point, Rhode Island, during WWII.

Quonset Point was near Evelyn's home in Pawtucket, RI, where she was born and raised (a touch of New England can still be heard in her speech). After high school and night school, she was employed as a payroll clerk at a local woolen mill, and, always energetic and ambitious, had a second job as a waitress.

Her mother and father and two older brothers all loved to dance, and Evelyn could do a great Charleston when she was only eight years old. It was only fitting, then, that she and Tap, also a good dancer, met at a dance.

They married in Rhode Island shortly before the end of the war and moved to Portland, where Tap, a skilled carpenter, built their first home and Evelyn worked in the millinery department at Lipman's and later at Olds and King,

established Portland department stores, now long-gone.

They later moved to Vancouver to be closer to Tap's parents who needed help with their Hockinson farm. Tap built their home in the Minnehaha area where they raised their family of one son and two daughters. Evelyn was busy with the children's activities at school, taught Sunday School and led a Camp Fire Girls group. Tap established Tap Construction Company, which was involved in the building of Thunderbird/Red Lion Hotels throughout the Northwest.



Evelyn handled payroll, book-keeping and correspondence for the company, moving with the various construction sites. She and Tap made a memorable trip to Europe, driving through the continent from Finland south to Italy and the French Riviera. Wanting to help and support a childhood girl-friend who was in the Vancouver VA Hospital, and searching for a worthwhile volunteer activity, Evelyn began her 35 years of VA service. Sarah Swanson, whom Evelyn knew from church, encouraged her to volunteer and to affiliate with the Red Cross.

Almost ten years later, Evelyn had another close in-

volvement with the Vancouver VA Hospital when Tap, incapacitated by ALS (Lou Gehrig's disease), spent the final few months of his life there when Evelyn could no longer care for him at home, which she had done for an extended period of time.

After Tap's death in 1980, Evelyn's family, good friends, Trinity Lutheran Church and one of its circles, and volunteer work at the VA helped fill her days.

Later she began to enjoy the twice-weekly morning dances at Rudy Luepke Center, where she met Bill Wilson, another light-footed dancer, who has become a good friend.

Evelyn's family has grown to include three grandchildren and four great-grandchildren. Her son and his wife and one grandson live in Northern California and the rest are in Vancouver and Portland.

One of her favorite pastimes has been flowers and gardening, but her recent move to Van Mall Retirement Community will curtail that activity. She regards that as the only negative factor about the move, however, and looks forward to the extra free time she will have for her family and friends, her other interests and the opportunity to investigate new ones.

Her volunteer service at the VA has been long and



(Vancouver profile cont.)
outstanding. Evelyn goes out
of her way to engage the vet-
eran patients in conversation,
making doubly sure that they
have the items that will make
them more comfortable. She

says that she has the greatest
admiration for the veterans and
tries to treat them the way she
would like to be treated. Thank
you, Evelyn, for 35 years of be-
ing a living example of the
Golden Rule for our veterans at

the Vancouver VAMC campus.

By Marjorie Varner

PORTLAND VOLUNTEER PROFILE



Pat Modlin - Portland VFW Rep

Pat grew up in Napa, California
and still thinks it is an excellent
place to live. She has been in
the Northwest for about 3 1/2
years. She is married to Frank,
who is also from California.
They enjoy traveling.

Four years of her life
were spent in Viet Nam being
an Air Force Hospital Corps-
man. The first two years she
took care of very ill pediatric
patients and the last two years
caring for injured military per-
sonnel. She loved her work so
much she wanted to stay in
longer but one of her bosses (a
Colonel who went on to be-
come a Two Star General)
thought she should get out and
do something better with her
life, so she did.

She loves volunteering
at the VA and enjoys going to

the wards to deliver personal
care items. It is enlightening to
her that so many people are so
happy with the care that they
receive. Sometimes the nurses
suggest a bright lap robe to
help cheer up the patient. It is
very gratifying to Pat to see a
smile and get a nice thank you
from the patient. After volun-
teering at the VA she realized
that there are many repercus-
sions from the war that happen
sometimes years and years
later, such as Agent Orange.

Pat has been collecting small
stuffed animals to send to the



Pat's generosity
carries over in so many ways at
the VA. During the holiday sea-
son, Pat loaned the medical
center a set of Nutcrackers
(some of which she painted
herself) that were displayed in

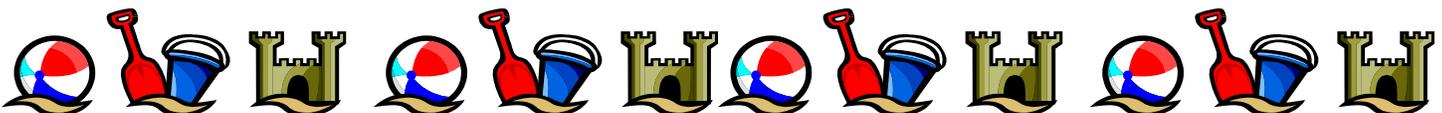
the Atrium. These were no ordi-
nary nutcrackers- these nut-

crackers were dressed as ser-
vice personnel from various
branches of the military. The
response from the people who
saw them in the Atrium display
was overwhelming! Everyone
wanted to know where they
could get them. Pat even do-
nated some of her other per-
sonal decorations to be used
around the medical center dur-
ing the Holiday season.

Pat has been collecting small
stuffed animals to send to the
troops overseas (who give
them to local children).
She has sent 1800 at a
cost of \$8.00 to \$9.00 a
box. A box will hold 25 to
30. What a rewarding and
thoughtful thing to do. She
has many replies of
thanks, but a special one
is from a Colonel who sent
a beautiful commendation.

Pat remarked that
if she had to live her life all over
again, she would not change a
thing. Thank you Pat, for volun-
teering at the Portland VA and
for being so kind to all you
meet.

By Nita Lucht



VANCOUVER VAVS EXECUTIVE COMMITTEE

VAVS Executive Committee Vancouver

The events that have been held have gone over very well. We had a bake sale in June, and an ice cream sale in July. There are two more bake



planned in November and December. We may also have another ice cream sale. The ID badges for the Liver Transplant unit have been delivered, and we hope they will be helpful for getting the patients on the shuttle to Portland. We have taken on the task of

supplying the TLU with laundry soap. At our October and December meetings we will be nominating and electing new officers for the next two years. Please be sure to attend; your support is vitally important to keep the Vancouver VAVS running smoothly.

By Michael J. Archer Sr.

PORTLAND VAVS EXECUTIVE COMMITTEE

Portland VAVS Executive Committee

Karen Roth, VAVS Representative for the Coos counties, is the newest member of our team. She is very active with various veterans' activities. We look forward to working with Karen on activities at the Portland VA. Her willingness to work with the rest of

our team to help veterans is greatly appreciated. Our gift and ice cream sales are still strong. On the second day of the last sale, the ice cream people worked so hard they ran out of ice cream early. Thanks again to all those who helped. At our last meeting we voted to donate \$1350.00 for items such as toothpaste, coffee, wel-

come home bags and van driver safety vests for each van. Total donations we have made is now \$73,804.00. Our next sale will be September 12 and 13.

by Nita Lucht

WELCOME HOME PROJECT

The Welcome Home committee members have been working extremely hard and have reached their first goal of completely filling the first 100 kits. Some have already been distributed to our returning veterans coming to the Medical Center for treatment and were received with great appreciation.

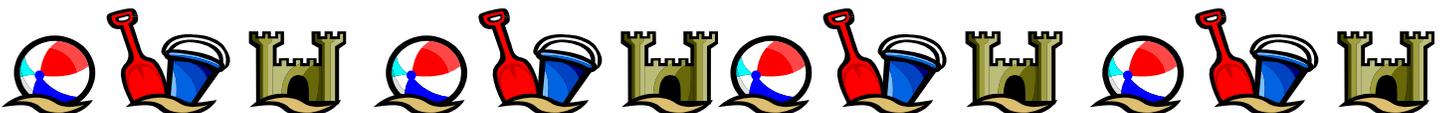
The committee is very proud of this project and all that has been accomplished.

We are preparing to start filling the next 100 kits. Each kit contains a pillow with a patriotic pillow case, food coupons, "Welcome Home/Thank You" wood sign, coupons for car washes, telephone cards, note pads, pens, pencils, candy, nuts, gum, lap robes, special buttons and comfort items. It is estimated that each kit is worth between \$45.00 to \$65.00 dollars. The items have all been donated from different merchants or pur-

chased by the committee with funds donated from the various Veterans Service Organizations.

Many thanks to everyone on the committee for all the hard work that each one has done. Our veterans really appreciate all that we have done and continue to do.

By Barbara Weatherill
Chairman



VAVS COMMITTEE MEETING SCHEDULES

2007 VAVS Quarterly Meeting Schedule - VANCOUVER and PORTLAND Combined

February 6, 2007	11:00am	Portland Auditorium
May 1, 2007	11:00am	Vancouver Columbia Room
August 7, 2007	11:00am	Portland Auditorium
November 6, 2007	11:00am	Vancouver Columbia Room

2007 VAVS Executive Committee Meeting Schedule – VANCOUVER ONLY

February 13, 2007	1:00pm	Vancouver Columbia Room
April 3, 2007	1:00pm	Vancouver Columbia Room
June 5, 2007	1:00pm	Vancouver Columbia Room
August 14, 2007	1:00pm	Vancouver Columbia Room
October 2, 2007	1:00pm	Vancouver Columbia Room
December 4, 2007	1:00pm	Vancouver Columbia Room

2007 VAVS Executive Committee Meeting Schedule – PORTLAND ONLY

February 21, 2007	9:30am	Building 101 Room 106
April 18, 2007	9:30am	Building 101 Room 106
June 20, 2007	9:30am	Building 101 Room 106
August 15, 2007	9:30am	Building 101 Room 106
October 17, 2007	9:30am	Building 101 Room 106
December 19, 2007	9:30am	Building 101 Room 106

**THE HIGHEST REWARD FOR A PERSON'S WORK IS
NOT WHAT THEY GET FOR IT, BUT WHAT THEY BE-
COME BECAUSE OF IT. -- JOHN RUSKIN**



Recipe

CRISPY CHICKEN SALAD

- 1 tablespoon butter
- ¼ cup sliced almonds
- 3 tablespoons sugar, divided
- ¼ cup olive oil
- 2 tablespoons cider vinegar
- ½ teaspoon salt
- Dash hot pepper sauce
- 4 cups chopped lettuce
- 2 cups cubed cooked chicken
- 1 ½ cups chow mien noodles
- 1 can (20 oz) unsweetened pineapple tidbits, drained and patted dry
- 1 cup chopped celery
- 1 green onion, chopped

In a small skillet, melt butter over medium heat. Add almonds; cook and stir for 3 – 4 minutes or until toasted. Sprinkle with 1 tablespoon sugar; cook and stir 2 – 3 minutes longer or until sugar is melted. Spread on foil to cool.

For dressing, in a jar with a tight-fitting lid, combine the oil, vinegar, salt, hot pepper sauce and remaining sugar; shake until sugar is dissolved.

In a large bowl, combine the lettuce, chicken, noodles, pineapple, celery and onion. Shake dressing and drizzle over salad; toss to coat. Break apart sugared almonds, sprinkle over salad. Serve at once.

Yield: 8 servings





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