



Freedoms Foundation  
At Valley Forge  
San Diego Chapter

## The Forge

### The Freedoms Foundation Mission

We educate about American rights and responsibilities,  
Honor acts of civic virtue, and  
challenge all to reject apathy and get involved.

Becky Reid President

[www.freedomsfoundation.com](http://www.freedomsfoundation.com)

February 2021

## THREE HONOREES TO RECEIVE NATIONAL AWARDS

The San Diego Chapter is pleased to announce the 2020-2021 FFVF National Awards. We will be honoring three outstanding recipients of the George Washington Honor Medals in the near future. Because of our unusual year, we will not have our Annual Awards Luncheon, but will be presenting the awards personally in the spring.



### Jamie Tyrone - "Fighting For My Life: How To Thrive in The Shadows of Alzheimer's"

Jamie Tyrone, a retired nurse and former hospital marketing executive, learned she had a 91 percent chance of getting Alzheimer's disease which she discovered quite by accident. She participated in a genetic study on line. The shocking news of her own test results while all alone at home in front of her computer put her into a tailspin — she began to battle with depression and thoughts of taking her own life. At the urging of her husband, she went into therapy and was diagnosed with post-traumatic stress disorder, or PTSD. *It was a turning point for Tyrone.*

Tyrone founded the nonprofit Beating Alzheimer's By Embracing Science, or B.A.B.E.S. Speaking engagements, monetary support from local philanthropic organizations and other sources helped to aid in her quest for a cure.

Jaime's personal experience and her desire to support the research is what prompted her to write a book titled **"Fighting For My Life: How To Thrive in The Shadows of Alzheimer's."** released May 7, 2019.

Jamie envisions a world without this cruel disease that destroys memories and often shatters families. She is a founding member of Women Against Alzheimer's and has been honored with a *place on Maria Shriver's "Big Wall of Empowerment" recognizing those who are architects of change.*



### Karla Peterson – "Phenomenal Woman – Dr. Charlotte Baker"

Through a series of articles that appeared in the San Diego Union, San Diegians were introduced to outstanding women who made many contributions in their fields of endeavor.

Karla Peterson, journalist presented her readers to one such woman, Dr. Charlotte Baker, first female medical doctor in San Diego and a woman of great achievement. This pioneering woman balanced a very busy life, all the while leading a suffrage movement and serving as the president of the San Diego Suffrage Association.

Karla Peterson brings to her audience a glimpse of what life was like 100 years ago during the pandemic of the Spanish Flu as one of our early pioneers Dr. Charlotte Baker led the passage of the 19<sup>th</sup> amendment. This issue was important then and affects our lives today as we celebrate the 100<sup>th</sup> anniversary of its passage.

(Cont. page 2)



## **PRESIDENT'S MESSAGE...**

*Becky Reid*

Here is hoping that you all had a good if different holiday season. As COVID 19 continues to spread the future continues to feel unpredictable.

Virginia Sykes and I were delighted to be able to meet with David Farmer our National FFVF CEO when he was in San Diego in November. He was able to update us on the improvements being made to the Valley Forge Campus and gave some great suggestions for carrying on while we wait for things to get back to a more normal situation. Thank you David for all you do to carry on this important work.



Thank you to all our San Diego members for all your continued support. It is more important than ever that we broaden our knowledge of American history and democracy as well as understand our constitutional rights. Please invite friends to become members join the Board and

help us continue to build upon this strong foundation. We cannot continue this work without you.

These are challenging times for us all and we hope you're in good spirits and health looking forward to a New Year that brings us back together again soon. Stay safe.

Regretfully our 2021 awards luncheon had to be cancelled. We are proud to recognize these amazing honorees and we are impressed with their talents and devotion to their communities

## **NATIONAL HONOREES**

*(Cont. from Page 1)*

A feature writer and columnist Parla Peterson's articles appear in the newspaper three times weekly. She is a graduate of San Diego State University. As a former editor commented Parla strives to enrich our community with her work and does so with positivity and an admirable lack of journalistic cynicism. Parla's voice and ability to give voice make her engaging writing a must read.



Brenda Ferich and Adele Lancaster present Darcy Pavich her 2020 FFVF award.

## **WE CELEBRATE OUR CHERISHED DONORS**

Mary Brandeberry  
Paula and Chuck Day  
P. Deese  
Brenda Ferich  
Sandy and Tom Elmantoler  
Adele Lancaster  
Jane Jane  
Bob Fiddell  
Charlotte Perry  
DeVonne Simonides  
Sally and Jim Syren  
Boye Truett  
Virginia Sykes  
Anne Walker

\*\*\*\*\*



## **In Memoriam**

**BETTEJAN H. COUNTS**  
1926 - MAY 31, 2020

**CHAPTER PRESIDENT**  
1992-1994



**LIL SERNACH MACFIE**  
DECEMBER 26-1926 –  
NOVEMBER 22, 2020

**LONG-TIME MEMBER**



(Cont. from 2) HONOREES

Our third recipient is a student from Carlsbad, CA, Sam Vanetsky

### SAM VANETSKY -GEORGE WASHINGTON HONOR MEDAL STUDENT ESSAY



We are very pleased to honor Sam Vanetsky for his youth essay titled, "What are the Responsibilities of – Citizenship?" His reflections on our history and how we can learn from the past are insightful. He will be receiving the George Washington Honor Medal a blue

neck ribbon. Sam was an 8<sup>th</sup> grader at Aviara Oaks Middle School where he submitted his entry and was nominated by his English teacher, Stephanie Williams.

Sam shares a special bond with his grandfather who in 1967 received the Armed Forces Letter Award and received the George Washington Medal for his essay while stationed at RAF Alconbury, England.



### OUTSTANDING STUDENTS - WHERE ARE THEY NOW?

Two of our former students have been recognized for their fundraising activities and making a positive impact in their communities.

### NICOLE ARIAS NAMED ONE OF TOP RECIPIENTS OF DON DIEGO COLLEGE SCHOLARS HIPS



Nikki Arias of Julian and  
2019 student delegate to

Valley Forge was named one of the top recipients of the Don Diego Awards. She was also named the top FFA scholar. Nicole received the one-time \$20,000 CGW Family Foundation Scholarship covering four years of higher education. Nicole is headed to UC Davis, where she will major in biochemistry and molecular biology. She is the daughter of immigrant parents, father from El Salvador and mother from Mexico.

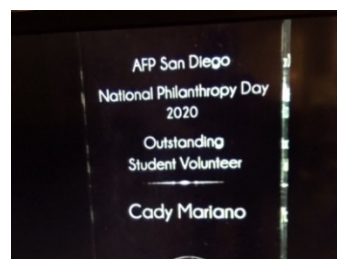
Nicole dedicated 350 hours of service in San Diego County, helping raise \$62,000 for regional charities. She mastered online college courses, worked and volunteered at various organizations, played varsity volleyball and golf, where she was team captain and MVP, and competed successfully at the Fair. Nicole notes, "The Fair allowed me to push myself outside my comfort zone and showcase my strengths."

### CADY MARIANO RECEIVES 2020 STUDENT VOLUNTEER AWARD



Cady Mariano, a George Washington Honor Medal recipient in 2018 and currently a student at USC was named the American Fundraising Professional Student

Volunteer of the Year by the San Diego Foundation on National Philanthropy Day, November 14, 2020. It was televised by the CW channel in San Diego.



Cady spearheaded a multi-charity effort which resulted in her Leo group providing PPE to over 50 hospitals and clinics in the San Diego area and around the country.

Cady stressed that working together we can help our communities and make a positive impact on people in need.





NON PROFIT  
ORG  
U.S. POSTAGE  
**PAID**  
SAN DIEGO, CA  
PERMIT NO. 2336

San Diego County Chapter  
P.O. Box 81614  
San Diego, CA 92138-1614

**ADDRESS SERVICE REQUESTED**



### Have you renewed your membership?

Have you renewed your commitment to educating Americans about their past and the character and virtues that will ensure our country's future? Have you encouraged others to support the work of Freedoms Foundation at Valley Forge to cultivate engaged, responsible citizens knowledgeable in American history and democracy? Are you and friends committed to the purpose of educating students so they understand their constitutional rights and their responsibilities as citizens? Do you support recognizing members of our community who, through their volunteer efforts, are making a profound difference in the lives of so many? Membership in the San Diego Chapter FFVF is an affirmative to the questions above.

Freedoms Foundation at Valley Forge was founded in 1949, amid post-war concerns about the future of the United States. Our founders asked: Did Americans have full knowledge of the rights they had inherited – rights many had died defending? Did they grasp the responsibilities that were part and parcel of the American compact? These very same questions are asked today. America is always at a crossroads. Which direction, which path will you see us walk? Renewed membership and additional donations answer the question.

Contact Chapter Treasurer Paula Day ([phday@cox.net](mailto:phday@cox.net) or 619-475-5020 for information regarding membership levels and ways to contribute. Or, simply send your donation to:

Paula Day, Treasurer, 4714 Corte Mariposa, Bonita, CA 91902-1532

Adele Lancaster – VP Membership