



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

<https://www.freedomsfoundation.org/california/san-diego-county-chapter/> September 2022

PRESIDENT'S MESSAGE... BECKY REID



Summer is ending and we are excited to turn our attention to a new chapter year. Our "Day at the Races" fundraiser was very successful and so much fun. It was great to connect with long-time friends and make new friends as well.

We were excited to honor Monica Gutierrez, our beloved student chaperone as our representative in the Winner's Circle. Thank you to all who attended and supported this effort.

Our students are scheduled to attend the Leadership Program at Valley Forge March 9th through March 15th, 2023. We are already reaching out to schools for our new recruits. Meeting such inspiring young adults is still our favorite part of what we do. You will have an opportunity to meet these amazing students at our Annual Awards Luncheon on February 9, 2023. Please plan to join us.

Thank you for your continued support. Your donations allow us to pay a substantial portion of the students cost for this trip. Students return from this trip with increased self-confidence, ready to take on leadership roles in their schools and lives. We believe this is an investment in our students that has a lifetime benefit.

Please consider joining the board and helping us to continue this important work. Hope to see you soon. Stay safe and be well.

MISSION OF FREEDOMS FOUNDATION AT VALLEY FORGE NATIONAL AWARDS PROGRAM

As part of our mission we honor acts of civic virtue. This program is intended as a way to say thank you to those whose projects, words or deeds reflect the best of the American spirit of volunteerism by offering constructive solutions to contemporary problems. At our Awards Luncheon in February, 2023 four recipients will be honored and will receive the National Award – The George Washington Honor Medal.

There are several categories for Freedoms Foundation's National Awards:

Community - Adult and Youth - individual and groups
School - Elementary thru College/University
Educator - Elementary thru College/University
Public Communications
Special Events

If you know or are aware of anyone or group that our Chapter should honor, please send your suggestions to Brenda Ferich, Vice President - Awards bferich@cox.net

STUDENT QUOTES FROM THE "SPIRIT OF AMERICA" LEADERSHIP PROGRAM

"I feel more certain of my values and morals, and inspired to share them with others in order to make the changes I wish to see in my community."

Melia Miner-Clairemont High School

"This was an amazing opportunity to learn more about the founding of our economy, the Founding Fathers and the way our country works as well as how laws and bills are amended and passed."

Emily McKewan- Madison High School."

"Attending this program has made me better prepared to participate in our democracy as well as to teach others. I am deeply grateful for this opportunity."

Maya Ruhe – Canyon Hills High School

"I will carry the skills I learned for the rest of my life. The Valley Forge campus is a very special place with very special people who are truly passionate and patriotic."

Alyssa Arias – Julian High School

MEMBERSHIP

Your membership in FFVF provides essential support to our mission to teach, support and foster the principles and obligations of freedom.

Become a member- Join others in bringing the message of engaged and responsible citizenship to our community.

Membership Levels

Individual Membership	\$35.00
Couple's Membership	\$50.00
Patron Membership	\$100.00
Life Membership	\$1000.00

Send check to Paula Day, Treasurer - 4717 Corte Mariposa – Bonita, CA 91902-1532 or to pay with credit card contact Paula: 619-475-5020 or phday@cox.net



Our Donors

We give thanks to the many members and friends who support the goals and activities of our chapter.

*Brenda Ferich
Paula Day
Joan Henklemann
Sharon Henry
Tom Helmantoler
Adele Lancaster*

*Jean Larsen
Jo Liddell
Becky Reid
Sally Syren
Virgina Syverson
Joyce Truett*



**CONSTITUTION DAY
September 17, 2022**

On September 17, 1787, the delegates to the Constitutional Convention met for the last time to sign the document they had created. It is encouraged that all Americans observe this important day in our nation's history. Celebrate Constitution Day through activities, learning, parades and demonstrations of our Love for the United States of America and the Blessings of Freedom our Founding Fathers secured for us.



In Memoriam



*June Barrymore Ash
April 7, 1930- May 17, 2022
Life Member*

SAN DIEGO COUNTY CHAPTER'S ANNUAL DAY AT THE RACES – JULY 31, 2022

On Sunday, July 31, 2022 the San Diego Chapter members and friends gathered at the Del Mar Thoroughbred Club to enjoy a Day at the Races and raise funds for our students to attend the “Spirit of America” Leadership Program at the Valley Forge campus. Our Honoree, Monica Gutierrez visited the Winner’s Circle to honor V Bucks, the winner of the race named for the Freedoms Foundation at Valley Forge.



Monica Gutierrez, sister and friend



President Becky Reid with husband Jim



Sally Syren, Tom Helmantoler and guests



Brenda Ferich, Brian and Sharon Henry



Sid Mitchell and Julie Burks



Paula Day and Soroptimist friends



Caleb Berry, DaVina Hoyt and Tom Helmantoler



The Truett Family



Barbie Brown, Chuck Day and guests



Virginia Syverson family and friends

SAVE THE DATE
ANNUAL AWARDS LUNCHEON
FEBRUARY 9, 2023
ADMIRAL BAKER CLUBHOUSE

*CELEBRATE OUR NATIONAL AWARD HONOREES

*MEET OUR NEW 2023 STUDENTS DELEGATES TO THE "SPIRIT OF AMERICA" LEADERSHIP PROGRAM AT VALLEY FORGE



OFFICIAL VERSIONS OF THE PLEDGE OF ALLEGIANCE 1892-PRESENT

(Changes *in red bold italics*)

1892

"I pledge allegiance to my flag and the Republic for which it stands: one nation indivisible with liberty and justice for all."

1892 to 1923

"I pledge allegiance to my flag and *to* the Republic for which it stands: one nation indivisible with liberty and justice for all."

1923 to 1924

"I pledge allegiance to *the* flag *of the United States* and to the republic for which it stands stands: one nation indivisible with liberty and justice for all."

1924 to 1954

"I pledge allegiance to the flag of the United States *of America*, and to the republic for which it stands; one nation indivisible with liberty and justice for all."

1954 to Present

"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation *under God*, indivisible, with liberty and justice for all."

The official name of *The Pledge of Allegiance* was adopted in 1945. The most recent alteration of its wording came on [Flag Day](#) (June 14) in 1954, adding the words, under God.

