



The Forge

The Freedom's 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.org/chapter/san-diego-ca/

February 2023

HAPPY NEW YEAR!!! – BECKY REID, PRESIDENT



HAPPY NEW YEAR to all! Every New Year comes with challenges and opportunities. Plans for 2023 are well underway. Our student delegates to the 'Spirit of America' Leadership Program at Valley Forge have been selected and you will be able to meet them at the Awards Luncheon on February 9th. In March they will go to Valley Forge and Washington, D. C. where they will meet young people from around the country, experience our country's history personally and develop leadership skills that will prepare them for active and responsible citizenship. Students who experience the program report that it is life changing for them.

The Awards Luncheon is a great time to reflect on how much our Freedom's Foundation Family continues to amaze with its generosity and support. I appreciate all of you. Take time this year to celebrate family, friends, and yourselves.

NATIONAL RECIPIENTS OF THE GEORGE WASHINGTON HONOR MEDAL



WILLIAM "BILL" GLOVER
"A Man of Distinguished Service"

Bill is the epitome of a man who has spent his life serving his community. When asked why he volunteers he states, "If not me, then who?" As a young boy he was given his foundation to help others.

With his father's permission he joined the Naval Reserves at 16 and went on to have an impressive military career, including service in Viet Nam and retiring as an 1st lieutenant..

After military retirement, he began a 23 year career with the San Diego Regional Veterans Administration and was recognized by the Secretary of the Navy for developing a transition program informing veterans of the benefits and resources available to them.

Bill became involved with the "Stand Down" program for homeless veterans, but has not limited his service to the military. He is a proud member of the Allied Gardens Optimist Club as well as other groups. He has received many honors including the 2021 Veteran of the Year in the 40th District.



RONALD MCDONALD HOUSE
SAN DIEGO

Ronald McDonald House Charities of San Diego provide a "home-away-from-home" for families with children being treated for serious, often life-threatening conditions at local hospitals.

In 1980 San Diego's first Ronald McDonald House opened and in 2006, a much larger House was built. The location was unusual—the top deck of a parking structure—yet it was ideally located directly across from Rady Children's Hospital. A Family Care Center was added to support families who are not staying overnight which offers hot meals, napping rooms, showers, computer access, play spaces, and much more during daytime hours.

While parents must focus on the urgent needs of a hospitalized child, it's not just hospitalized children who need attention. Healthy siblings need support, too. In 2010 an onsite school along with enrichment activities and "camp" during vacation periods was opened.



Student Representatives who will attend the "Spirit of America" Leadership Conference at Valley Forge March 9-15, 2023

Maurico Alvarado	Southwest High
Daniela Alvarez	Southwest High
Kimberly Camara	Madison High
Leilani Castaneda	Southwest High
Qiumara Dolatkah	Julian High
Elliot Elisara	Classical Academy
Noah Francisco	Mission Bay High
Jadyn Ganss	Mission Bay High
Misha Manalad	Mar Vista High
Josuany Sanchez	Southwest High

Students attending the leadership conference go through a lengthy selection process. They attend an informational meeting at their respective high schools, complete an application, write an essay and are interviewed by Freedoms Foundation members of the San Diego County Chapter.

As selected delegates they attend a Student Orientation Meeting, our Annual Awards Luncheon to meet members of the Chapter, attend the Fly Away Breakfast sponsored by the Allied Gardens Optimist Club and then take off on the "Red Eye" to Freedoms Foundation at Valley Forge, Pennsylvania where they will attend have an interactive 3 ½ day seminar followed by a trip to Washington D.C.

Thanks to the interview team - Kelly Balzar, Sandy and Tom Helmantoler, Joyce Truett, Sally Syren and Virginia Syverson.



ELLEN P. DEWEESE

**July 12, 1935-
November 30, 2022**

Long-time Member



JERRY LEE GOSS

**May 1, 1927-
November 28, 2022**

Long-time Member



BETTY JO TAGER WILLIAMS

**April 1, 1926-
October 8, 2022**

Life Member

Our Donors

We are thankful for your generosity and grateful for your support as we ensure the goals of our chapter continue.

**Kelly Balzar
Nancy Campbell
Paula Day
Karen Dempsey
David Dickson
Francine Dobbin
Brenda Ferich
Monica Gutierrez
C.L. Hannon
Tom Helmantoler
Roberta Henry
Sharon Henry
Ernestine Herman
Roberta Irwin
Jonnie Johnson
Ann Justice**

**Virginia Kurz
Adele Lancaster
Jean Larsen
Jo Liddell
Virginia Lloyd
Rosa McNulty
Danita Morette
Fern Murphy
Martha Powers
Becky Reid
Ruth Runge
Susan Sullivan
Sally Syren
Virginia Syverson
Joyce Truett
Larry Zeiger**

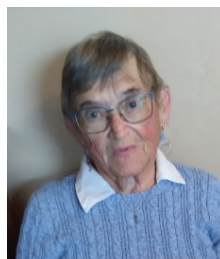


FISHER HOUSE **San Diego**

Fisher House San Diego offers a "home away from home" at no cost for families of patients receiving medical care at the Naval Medical Center San Diego.

Comfortable accommodations are provided allowing military families to focus on the medical care and recovery of their loved one. Guests are warmly welcomed by caring and compassionate staff members who offer encouragement and provide families with information about the resources and services available to help meet their needs. There are spacious guest rooms furnished with televisions, DVD players, phones, hair dryers, iron, ironing board, linens, towels and bedding. Guests also have access to a fully equipped kitchen, laundry facility, dining room, living room and family room. The facility is smoke-free and high-speed internet access is available throughout. The staff members are passionate about supporting those who have sacrificed for our country's freedom and security.

Fisher House has a full time staff but depends on volunteers and voluntary support to enhance daily operations and program expansion. Local organizations assist in meal preparation for the families, which has proven to be a heart-warming situation for one and all.



SHIRLEY FERRILL **"Faith, Love and Hope in Action"**

"Faith, Hope and Love in Action," a motto of United Women of Faith clearly describes George Washington Honor Medal recipient Shirley Ferrill. After serving in the U.S. Navy, Shirley married and became the mother of three children, with moves to various locales because of her husband's Navy career. They settled in National City, and Shirley embarked on work and volunteer activities to provide food, jobs, and health to others. She has taken mission trips to many countries, seeing first-hand the plight of women across the world which increased her support of women's issues.

Today she serves at a local food bank, supports New Entra Casa, a home for mothers trying to change their lives, holds politicians, accountable and is currently the leader of the "Pillow Project" as part of National Military Women Across the Nation.

She has sought donations to purchase materials, and her cadre of women has made over 10,000 neck pillows for military men and women who often have to fly thousands of miles for new duty stations and/or deployment. Because of her actions to improve lives, Shirley is a role model for all women in San Diego County and beyond.



Presidents' Day Remembered – February 20, 2023



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. Please help support our students attending the "Spirit of America" Leadership Program.

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.

FREEDOMS FOUNDATION AT VALLEY FORGE STUDENT ORIENTATION – DECEMBER 17, 2022

Parents were invited and along with the Student Delegates to learn about their upcoming trip.



Elliot Elisara and Mom
Classical Academy



Dad and Daniela Alvarez
Southwest High



Mom, Noah Francisco and Dad
Mission Bay High



Mom and Josuany Sanchez
Southwest High



Mom and Jadyn Ganss
Mission Bay High



Mom Misha Manalad and dad
Mar Vista High



Mom and Mauricio Alvarado
Southwest High



Kimmie Camara and Mom
Madison High



Leilani Castaneda and Dad
Southwest High



Monica Gutierrez-chaperone



Becky Reid – FFFV president
San Diego County Chapter



Tom Helmantoler, Becky Reid,
Sally Syren and Virginia Syverson

Students learned about the interactive “Spirit of America” Leadership Conference at the Valley Forge campus and the extended trip to Washington D.C. from V.P. - Youth, Virginia Syverson.

Monica Gutierrez, a Southwest High School history teacher and chaperone met with the students and brought them together to introduce one another and create a bond before traveling.

Expectations, important upcoming dates and fund raising ideas were discussed.

A question and answer session followed.