



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.ffvf.org/

May

NATIONAL RECIPIENTS OF THE GEORGE WASHINGTON HONOR MEDAL



Honored at the Annual Awards Luncheon in February, four awardees received the George Washington Honor Medal for their outstanding contributions to the community.

Shown are the recipients with their nominators; L. to R. Virginia Syverson, Shirley Ferrill, Sally Syren, Bill Glover, Tiana Babcock, Sharon Henry, Brenda Ferich and Chuck Day.

STUDENT DELEGATION TO VALLEY FORGE STUDENT LEADERSHIP PROGRAM

In March, San Diego County students attended the "Spirit of America" leadership conference, in Valley Forge, Pennsylvania. They also enjoyed an added trip to Washington, D.C.

Shown from L. to R. Chaperone Monica Gutierrez, Daniela Castaneda, Alvarez, Leilani Josuany Sanchez, Mauricio Alvarado, Qiumars Dolatkhah, Misha Thomas Jefferson, Manalad, Jadyn Ganss, Elliot Elisara, Kimmie Camara and Noah Francisco.



President – Becky Reid



Summer is almost here and we are excited to turn our attention to a new chapter year. Our students had a wonderful experience attending the Leadership Program at Valley Forge March 9-15 and our Annual Awards Luncheon on February 9th was a success. Our honorees continue to inspire and amaze

us. Accolades go to Brenda Ferich and Joyce Truett for organizing the luncheon and presenting the wonderful menu. Larry Zeiger, deserves thanks for being a great emcee. He is always a big hit and adds so much to the program.

Thank you to our members and friends in the community who continue to assist us in reaching our goals. Your donations allow us to pay a substantial portion of the students' cost for the Valley Forge trip. Students return from this trip with increased selfconfidence, ready to take on leadership roles in their schools and in their 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.

Hope to see you at the races on Sunday, July 30th.

RENEW YOUR MEMBERSHIP

Your membership supports our San Diego chapter's student programs and activities. Our Annual Awards Luncheon honors those individuals and/or groups who demonstrate outstanding civic leadership.

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

Send check to Paula Day, Treasurer 4717 Corte Mariposa – Bonita CA 91902-1532 Or to pay with credit card, contact Paula at <u>phday@cox.net</u>

YOU CAN MAKE A DIFFERENCE!





In Memoriam

Yvonne W Larsen

June 12, 1930-February 12, 2023

Long-time Member

Darleen A "Cookie" Ingram

December 1, 1929-December 21, 2022

Long-time Member

Our Donors – Thank you



Bill Glover Optimist International Foundation Dave Dickson Rose Perkins Monica Gutierrez Virginia Syverson Charlie Watkins

STUDENTS COMMENT ON THE VALLEY FORGE "SPIRIT OF AMERICA" LEADERSHIP CONFERNCE

"I learned more about the importance of American citizenship and how it goes beyond just voting/ participating in government. Being an American citizen includes giving back to our communities and having accountability for our actions. Our nation was created through the sacrifices of our predecessors with the hope for securing a democratic and free future. The least we can do is honor our citizenship and educate ourselves about the past."

Misha Manalad – Mar Vista High School

"We were challenged with thinking critically about our role as citizens and learned great history about our nation and its founding. I also had the pleasure of meeting and interacting with a diverse group of high school students. I am so grateful to have the opportunity to go on this trip!"

Elliot Elisara - Classical Academy-Escondido

ANNUAL AWARDS LUNCHEON - FEBRUARY 9, 2023 2022-2023 GEORGE WASHINGTON HONOR MEDAL RECIPIENTS



The Ronald McDonald House Team Nominator - Brenda Ferich



Fisher House San Diego Nominator – Sharon Henry



Shirley Ferrill Nominator- Virginia Syverson Nominator – Sally Syren



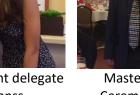
William Glover



Chapter



Becky Reid Mom and student delegate Jadyn Ganss President



Master of Ceremonies Larry Zeiger



Monica Gutierrez and student delegates Misha Manalad, Kimmie Camara, Jadyn Ganss Elliot Elisara and Noah Francisco

FLY AWAY BREAKFAST HOSTED BY THE ALLIED GARDENS OPTIMIST CLUB -MARCH 5, 2023



Students are ready to go next week



Optimist Bill Glover presents checks to President Becky Reid



Daniela Alvarez introduces herself



V.P. Youth Virginia Syverson Chaperone Monica Gutierr



Touring Mt. Vernon



Washington Headquarters



Shark Tank activity



Lincoln Memorial in the evening

MEMORIAL DAY Monday, May 29, 2023



Remember our fallen heros. They are the reason that we are free. Memorial Day, which was originally known as Decoration Day, originated after the Civil War as a springtime tribute to fallen soldiers. The ceremony was marked by prayer and the decorating of fallen soldiers' graves with flowers.

The simplest thing we can do to explain and honor this holiday with your children or grandchildren and to spend time talking to them about what Memorial Day means to you. Take the day to talk and reflect on the subject of those who have paid the ultimate sacrifice to keep us free.

Honor and Respect

Visit a local Veteran's cemetery. Almost every community has some sort of a war memorial.

Visit and Pay Tribute

Take cookies, books, or movies to a nearby Veteran's hospital.



FREEDOMS FOUNDATION AT VALLEY FORGE ANNUAL DAY AT THE RACES SUNDAY, JULY 30, 2023 DEL MAR THOROUGHBRED CLUB



HONORING ROSE PERKINS

Invitations will be in the mail in June. Watch for it and be sure to come and bring your friends. The afternoon of excitement and fun is also a fundraiser for our STUDENT LEADERSHIP PROGRAM!