



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.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 Alvarez, Leilani Castaneda, Josuany Sanchez, Mauricio Alvarado, Qiumars Dolatkah, Thomas Jefferson, Misha 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 self-confidence, 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
pday@cox.net

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 CONFERENCE

"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



William Glover
 Nominator – Sally Syren



Becky Reid
 Chapter
 President



Mom and student delegate
 Jadyn Ganss



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 Gutierrez



Washington Headquarters



Shark Tank activity



Lincoln Memorial in the evening



Touring Mt. Vernon

MEMORIAL DAY
Monday,
May 29, 2023



Remember -
our fallen heroes.
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!*