

Virginia Oath Keepers

"I will Support and Defend the Constitution of the United States"

Oath Taker's News

Join Us

Do you promise to support and defend the US. Constitution?
Become a Virginia Oath Keeper!

Better yet, become a [Founding Member](#)

Meeting & Event Calendar

Come to a meeting near you or help spread the word at a fair, gun, or prepper show!

- Don't Forget the State and SW regional training weekends

Conference Calls

Second Thursday 1900

Radio Nets

Participate or listen to our radio nets.

- **Statewide HF Net: First and Third Thursday 2100 3.838**
(Will move up the band for QRM)
- **Local VHF-UHF Nets: SW VHF call-in, Every Monday 1930, 146.685 MHz, 100Hz tone.** The Apple Orchard Mountain Repeater near Bedford has an effective range of 50 mi and sometimes further! Give it a try!

Action Items:

Support your local Constitutional Sheriff-Police

When you see an officer, thank him or her for their service

Training Weekends

[August 19-21, State Training Weekend.](#)

[September 9-11, SHTF](#) Join us for a bugout scenario at the SW Regional Training weekend

Get on the general email list. This is where non-secure information is shared.

- [Link here](#)
- Text "VAOK" to 22828

[Update your contact info, Be sure to add your Region, Chapter, Call sign/Class](#)

Provide this to both state and chapter leadership (see "Comms Corner").

[Help support our mission, use this link to "Amazon.com"](#)

[There are less than 32 Founding Memberships left! Don't miss out on a great deal!](#)

We need volunteers!!! Please contact the [State President](#):

- State Treasurer
- State CRT Director
- NW Regional Coordinator
- NE Communications Coordinator
- South-Side Hampton Roads Chapter Leaders

[Check out the new Comms section on the VAOK.org website](#)

[Obtain your Ham Radio License](#)

[VAOK members: purchase a HF SSB receiver GP5-SSB from County Comm before 9/1/2016 and receive a free case. Click for details.](#)

[Start a Chapter](#)

New chapters are springing up all over the Old Dominion. Start one near you!

Determine your region and contact your regional coordinator.

[Update Your Info](#)

Click to email the Membership Coordinator

State Board of Directors

[Mike Koeniger](#), State President

[Nik Harvey](#), State Vice President

[Roy Hutchinson](#), State Sergeant at Arms

[Amy Rayle](#), State Secretary/Treasurer

[Milan Sturgis](#), Director - Legislative Action and

Policy

[Vacant](#), Director - Community Resource Teams

[Rob Peters](#), Director - Medical and Preparedness

[Johnny Beben](#), Director - Training and Tactics

[Jeff Sullivan](#), Director - Media Outreach

State Officers

[John Ratliff](#), Southwestern Regional Coordinator

[Vacant](#), Northwestern Regional Coordinator

[Sean Docherty](#), Northeastern Regional Coordinator

[Tim Carpenter](#), Southeastern Regional Coordinator

[Willie Eberlein](#), Director of Family Safety

[Mike Pandolf](#), Communications Coordinator

[Barry Joyce](#), Merchandise Coordinator

[Mark Matthews](#), Membership Coordinator

[Micah Eubanks](#), Social Media Outreach

[Jeff Sullivan](#), Webmaster

State President's Message

Greetings fellow lovers of liberty. It is already a long hot summer and we are only halfway through it. I hope my message finds you all well. First the difficult news, I ask that you all keep one of my advisors (Alex W.) in your thoughts and prayers. He has been an important resource in our organization and I have been told he is suffering from a heart condition.

Alex you are in my thoughts and prayers; it is my honor to call you my friend. Please remember all of our fellow patriots suffering with medical maladies. Also, our Community Resource Team Director had to step down from his position for personal reasons, we wish Jamie Brodesser the best and I appreciate the sacrifices he has made for VAOK. His family will appreciate having him back. A quick reminder, our OMG Chapter Leader Jim Raughton is still recovering from his malady [if you can help him out please do](#).

We have also experienced tremendous growth. We have new officers stepping up and filling in. Our Northeastern Region is being led by Sean Docherty and his family. Southeastern Virginia is in the capable hands of Tim Carpenter and his family. Southwest Virginia is still led by one of the hardest working members of VAOK, John Ratliff and his family. I mention these men and their families because they are the folks enabling all of you to start chapters, interact with local politicians and to help defend and protect your communities. There are the many people behind the scenes who are sending out membership packages (Barry), processing applications (Mark M), taking care of our social media presence (Micah), working on Comms (Mike P.) and of course all of our local chapter leaders, regional and state officers. My hope is that in the future you will hear from each of these members and get a good feel for what is going on.

I want to wrap up by extending my thanks for your support and for your patriotism. It has been my pleasure to work with you and represent you in our organization. I am now entering my last year as the President of your Virginia Oath Keepers. In my last 12 months I will be working hard to position the organization to become a local and statewide force for the defense of the Constitution as well as coordinating elections for our changes in leadership. While a year may seem like a long time, I am old enough to know it will be over soon. I hope to see many of you in August at our statewide training day or on my chapter tour this autumn. Please keep help us spread the message of freedom and hope in the coming months. Your example is contagious and we will persevere. Yours in liberty.

Sergeant at Arms

Tolerating the heat

Tolerating heat is not a matter of toughening up. It is accomplished by acclimation, hydration, wardrobe and pace. You cannot effectively go from an air conditioned environment to 90°+ heat. Your body wasn't built to tolerate that. You have to acclimate yourself to a warmer environment by being in it more often. Push that thermostat up to 75° or more slowly as you get use to it. Run the ceiling fans to move the air. I use to come home from the Middle East and hop in my truck on an 80° night to drive home and have to roll up the windows because I was use to 100° ++.

You have to stay hydrated by drinking before you get thirsty. Once you feel that you are thirsty you're already dehydrating. Don't drink too much at any one time or you'll get a stomach ache. Drink water!! Gatorade and other sports drinks have a lot of sugar in them to give an athlete more energy, but I and maybe you are not athletes. Our bodies create more heat trying to "Burn" the sugar. If you must have flavor or you know what fish do in water either use an electrolyte supplement in the water or cut the Gatorade with 50% water. Yes, water it down. More hydration less sugar. Take a nip every few minutes. A nip of the water that is. Alcohol and tobacco cause vaso-dilatation which is your blood vessels widening to allow for more blood flow thus dissipating heat faster. This is why I say NO booze or smoking in cold weather. I would never recommend tobacco, but a cold beer is great with lawn mowing and has been clinically proven to my satisfaction to help alleviate heat.

Next you have to adjust how you dress. Yes, it's all about fashion. Light airy cotton is the key to being cool. "Vented" clothing is great, but a little pricey. Long sleeves to cover as much skin as possible. The sun directly on your skin will not only burn you, but it's HOT. Stay as light as you can in clothing weight and color. Sweat pants are called that for a reason and are NOT summer attire! Conversely military clothing (BDUs) are heavier cotton and make you sweat. Once wet it's a very nice layer of insulation, but wet sweaty clothes are not socially acceptable.

Last but not least is pace. You can't go 100mph and expect to keep working long. Slow down! You'll still get it done, but you sure will feel better. Only mad dogs and Englishmen go out in the mid-day sun.

Comms Corner

Reliable VAOK Communications; Contact Info

Without the ability to communicate, we cannot operate or support each other in times of trouble. Reliable communication in all situations is a high priority for VAOK. It is easy to pass messages grid-up when we are sitting in front of a computer, but what about grid-down, in a remote location, or even walking around with a dumb phone or handheld radio. We need to be able to pass messages between non-members, chapter members, chapters, regions, and state leadership in all situations using various methods. These subjects will be explored in future "Comms Corner" columns. For now, we will discuss the common thread: Contact information.

A reliable communications system requires maintaining accurate contact information with the appropriate personnel. Per the VAOK By-Laws, state maintained contact information is secured at the highest possible level. Grid up, the state's contact database availability is high as long as you are one of the few state officers with access. However, the local and grid-down situation is a different story. This is where sharing your contact information with your chapter and trusted VAOK friends comes in. Local contact information is absolutely critical to routine chapter and emergency communications.

(Comms Corner)

Here are the fields that are maintained in the state database. You should share this info locally.

- Name
- Address
- Phone
- E-mail
- Call Sign, Class
- Region
- Chapter
- Membership Numbers
- (a texting number may be added)

You may wonder: Why do we need the Region and Chapter fields? The state maintains member only mailing lists that are based on your region and chapter. Therefore, it is important to complete those fields even if you are not active at the chapter level (the day may come where you have no choice but to be active).

Action Items Requested

1. If you are a member and your information is incomplete or has changed, please send an update email to the state Membership Coordinator at membership@virginiaoathkeepers.org. Please include all fields (above) to ensure that we update the correct record. If you are not sure of your region or chapter, just pick the nearest ones. [The Regions and Chapters page](#) on the website will help you determine this information.
2. Provide as much of the above information to your chapter leader and trusted VAOK members as you feel comfortable.
3. Sign up for the state general email list (members and non-members) go to this [Link](#) or text "VAOK" to 22828
4. Chapter leaders: Provide a signup log at each meeting. Obtain and secure this contact information.

Next Month, Radio Nets and Listening!

STAY TUNED!

73 DE KW4MK